

Fresno, CA

WEEKLY AVERAGE 2000 CALORIES PER DAY

3104, 4104, 4210/04, 5104, 12-04, 2-05, 8-05, 12-08, 2-07, 5107

[illegible]

*Dietary T. C. score per serving.

NUTRITION EVALUATION: This menu meets the guidelines of the American Dietetic Association which are based upon the current RDA's and DRI's for males and females 19 to 50 years as established by the Food and Nutrition Board of the Institute of Medicine. Adequate levels of protein, vitamin A, vitamin C, thiamin, riboflavin, niacin, calcium, phosphorus, and iron are also included.

AFRANAFK
AFRANAFK
AFRANAFK

CLIENT'S APPROVAL:

Reviewed 1-07

3/24/18
Sgt. Steven Plump
Lt. Funk
OK 1/10/18

Fresno, CA

REVIEWED/REVISED: 2/86; 4/86; 5/88; 8/86; 12/86...

WEEKLY AVERAGE 2000 CALORIES PER DAY

BT 606073	3
Only	3
Wageningen	8
Laagmolen	2/10/10

All articles and portions including captions are indexed weekly from JUNE 1978.

[illegible]⁴⁴Correia | *Champan por sempre*

ADDITIONAL STATEMENT: The minor events the publishers of the American Commercial Association might be faced upon the creation of the Board of Directors will be minor. The Board will be composed of representatives of the various industries, and the Board will be responsible for the management of the Association. The Board will be responsible for the management of the Association. The Board will be responsible for the management of the Association.

А. ПАНАРИН

DESTINATARI E DONAZIONE

Review Article 1-07

CUSTOMER'S APPROVAL:

CUSTOMER DIET PREFERENCES

E1 2007

Fruenda, CA

WEEKLY AVERAGE 2000 CALORIES PER DAY

REVIEWED/REVISED: 2/85; 4/85; 5/85; 9/86; 12/86
... 3/04, 4/04, 4/20/04, 5/04, 12-04, 2-05, 8-05, 12-05, 2-07, 3/07

Protein	1
Dairy	2
Vegetable	1
Legumes	2

OSTTANES SOCIETÄT

CLIENTS APPROVAL:

• CUSTOMER SERVICE DIRECT

En 2003

Reviewed 1-07

[Signature]
Sgt. W. J. [illegible]

CLIENTS APPROVAL:

Sgt. Maguire Pluripp

3/27/15

Atkins



FRESNO COUNTY CORRECTIONS

Fresno, CA

WEEK 4

WEEKLY AVERAGE 2000 CALORIES PER DAY

REVIEWED/REVISED: 2/20/01 4:00P, 6/26/01 8:00P, 12/26/01
2/24/04 4:00P, 4/26/04 5:00P, 12/24/04 2:00P, 6/25/05 12:00P, 2/27/07

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 EA Citrus Fruit or 4 oz Juice (C) 1 C Dry Cereal 3 Tbsp Peanut Butter 2 SL White Bread 2 EA Jelly PKT 1 EA Sugar Substitute 1 C 1% Milk 2 OZ Lunchroom Meal 2 OZ Sliced Cheese on Wheat Bread 2 EA Sliced Dressing PKT 1/2 C or 2 SL Candy Sticks 1 EA Fresh Fruit or 4 oz Juice 4 @ or 1 LB or 1 PK Cookies Sandwich or Equiv 1 PK Fruit Punch w/Vit C 2 EA Hot Dogs (3 OZ total) 2 SL White Bread 2 EA Mustard PKT 1 C Ranch Beans 1/2 C Mixed Vegetables 3/4 C Toasted Salad Dressing (scr) 2 Tbsp White Bread Margarine 4 @ or 1 LB or 1 PK Fruit Punch w/Vit C & Ca	1 EA Citrus Fruit or 4 oz Juice (C) 1 C Dry Cereal 1/54 Fruit/Cheese Eggs 2 SL White Bread 2 EA Jelly PKT 1 EA Sugar Substitute 1 C 1% Milk 2 OZ Lunchroom Meal 2 OZ Sliced Cheese on Wheat Bread 2 EA Sliced Dressing PKT 1/2 C or 2 SL Candy Sticks 1 EA Fresh Fruit or 4 oz Juice 4 @ or 1 LB or 1 PK Cookies Sandwich or Equiv 1 PK Fruit Punch w/Vit C Cold Center/Beats (4 OZ total) 12 OZ Mixed Fruit 1 EA Mustard PKT 1 C Plain Flakes 1 C Corned Beef 2 OZ Toasted Salad Dressing (scr) 2 SL White Bread Margarine 1 @ or 1 LB or 1 PK Fruit Punch w/Vit C & Ca	1 EA Citrus Fruit or 4 oz Juice (C) 1 C Dry Cereal 2 EA Fruit/Cheese Eggs 1/48 White Bread 1 SVD Jelly PKT 1 EA Sugar Substitute 1 C 1% Milk 2 OZ Lunchroom Meal 2 OZ Sliced Cheese on Wheat Bread 2 EA Sliced Dressing PKT 1/2 C or 2 SL Candy Sticks 1 EA Fresh Fruit or 4 oz Juice 4 @ or 1 LB or 1 PK Cookies Sandwich or Equiv 1 PK Fruit Punch w/Vit C Mexican Rice, Tomato and Turkey (2 OZ total) 12 OZ Mixed Fruit 1 EA Mustard PKT 1 C Plain Flakes 1/2 C Green Beans 3/4 C Toasted Salad Dressing (scr) 2 Tbsp White Bread Margarine 1 @ or 1 LB or 1 PK Fruit Punch w/Vit C & Ca	1 EA Citrus Fruit or 4 oz Juice (C) 1 C Dry Cereal 1/48 White Bread 2 EA Jelly PKT 1 EA Sugar Substitute 1 C 1% Milk 2 OZ Lunchroom Meal 2 OZ Sliced Cheese on Wheat Bread 2 EA Sliced Dressing PKT 1/2 C or 2 SL Candy Sticks 1 EA Fresh Fruit or 4 oz Juice 4 @ or 1 LB or 1 PK Cookies Sandwich or Equiv 1 PK Fruit Punch w/Vit C Beef Patties 3 OZ Gravy 1 C Green Beans 3/4 C Toasted Salad Dressing (scr) 2 Tbsp White Bread Margarine 1 @ or 1 LB or 1 PK Fruit Punch w/Vit C & Ca	1 EA Citrus Fruit or 4 oz Juice (C) 1 C Dry Cereal 2 EA Fruit/Cheese Eggs 2 Tbsp White Bread 2 EA Jelly PKT 1 EA Sugar Substitute 1 C 1% Milk 2 OZ Lunchroom Meal 2 OZ Sliced Cheese on Wheat Bread 2 EA Sliced Dressing PKT 1/2 C or 2 SL Candy Sticks 1 EA Fresh Fruit or 4 oz Juice 4 @ or 1 LB or 1 PK Cookies Sandwich or Equiv 1 PK Fruit Punch w/Vit C Cold Center/Beats (4 OZ total) 12 OZ Mixed Fruit 1 EA Mustard PKT 1 C Plain Flakes 3/4 C Toasted Salad Dressing (scr) 2 Tbsp White Bread Margarine 1 @ or 1 LB or 1 PK Fruit Punch w/Vit C & Ca	1 EA Citrus Fruit or 4 oz Juice (C) 1 C Dry Cereal 1/48 White Bread 2 Tbsp White Bread 2 EA Jelly PKT 1 EA Sugar Substitute 1 C 1% Milk 2 OZ Lunchroom Meal 2 OZ Sliced Cheese on Wheat Bread 2 EA Sliced Dressing PKT 1/2 C or 2 SL Candy Sticks (A) 1 EA Fresh Fruit or 4 oz Juice 4 @ or 1 LB or 1 PK Cookies Sandwich or Equiv 1 PK Fruit Punch w/Vit C Shaww/Vegetables & meat (14 OZ total) (1/2 C Veg) 12 OZ Mixed Fruit 1 EA Mustard PKT 1 C Plain Flakes 3/4 C Toasted Salad Dressing (scr) 2 Tbsp White Bread Margarine 1 @ or 1 LB or 1 PK Fruit Punch w/Vit C & Ca	

Portion	3
Calories	3
Protein	8
Carbohydrate	30g

All entree portions including appetizers are cooked weight measurements. Once cooked all vitamins measurements. All combination dishes are poultry-based unless otherwise indicated. All entrees, vegetables, and soups served are prepared with margarine unless indicated as LF (Low Fat). No point is scored unless item is named pork. Portion of items were sodium is used.

NOTE: Portions of the menu are based on the guidelines of the American Correctional Association which are based upon the current RDA's and RDA's for males and females 18 to 50 years are established by the Food and Nutrition Board of the Institute of Medicine. Adequate levels of protein, vitamins A, vitamins C, riboflavin, niacin, calcium, phosphorus, and iron are also included.

APPROVAL

DIETITIAN'S SIGNATURE:

CHEF'S APPROVAL:

Reviewed 1-47

3/24/08 Sgt. Maguire Plupio A. Hunt