

**REQUIRED BID MENU**

**FRESNO COUNTY Probation Juvenile Menu**  
**Fresno, CA**  
**ENHANCED FOOD BASED MENU PLANNING OPTION - USDA 1996**  
**WEEKLY AVERAGE 2950 CALORIES PER DAY**

**WEEK 1**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>B R E A K F A S T</b>	Citrus Fruit or 4 oz Juice (C) 1 EA Grits 1 C Hard Cooked Eggs 2 EA Wheat Bread 2 sl Margarine 1 @ Sugar Substitute 1 EA 1 % Milk 2 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C Breakfast Gravy (2 oz mt)LF 4 oz Hashbrowns 1/2 c Biscuits (1/80) 2 @ Jelly PKT 2 EA Sugar Substitute 1 EA 1 % Milk 2 C	Citrus Fruit or 4 oz Juice (C) 1 EA Farina LF 1 C Ham 2 oz Waffles 2 @ Syrup 2 oz Margarine 1 @ Sugar Substitute 1 EA 1 % Milk 2 C	Citrus Fruit or 4 oz Juice (C) 1 EA Grits LF 1 C Sausage 1 oz Wheat Bread 2 SL Jelly PKT 2 EA Margarine 1 @ Sugar Substitute 1 EA 1 % Milk 2 C	Citrus Fruit or 4 oz Juice (C) 1 EA Oatmeal LF 1 C Hard Cooked Eggs 2 EA Cottage Fries 1/2 c Biscuits (1/80) 2 @ Jelly PKT 2 EA Sugar Substitute 1 EA 1 % Milk 2 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C Scrambled Eggs 2.5 oz Hashbrowns 1/2 c Wheat Bread 2 sl Jelly PKT 2 EA Sugar Substitute 1 EA 1 % Milk 2 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C Sausage 1 oz Pancakes (5 oz total) 2 @ Syrup 2 oz Margarine 1 @ Sugar Substitute 1 EA 1 % Milk 2 C
<b>L U N C H</b>	Peanut Butter 2 OZ Wheat Bread 4 SL Jelly PKT 2 EA Carrot Sticks (A) 3/4 C or 3 1/2 oz Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Salami 3 oz Wheat Bread 4 SL Salad Dressing PKT 2 EA Celery Sticks 3/4 C or 4 1/4 oz Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Peanut Butter 2 OZ Wheat Bread 4 SL Jelly PKT 2 EA Carrot Sticks (A) 3/4 C or 3 1/2 oz Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Bologna 2 OZ Sliced <b>REAL</b> Cheese on 1 oz Wheat Bread 4 SL Mustard PKT 2 EA Celery Sticks 3/4 C or 4 1/4 oz Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Tuna Salad (3 oz) LF 4 oz Wheat Bread 4 SL Carrot Sticks (A) 3/4 C or 3 1/2 oz Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Salami 3 oz Wheat Bread 4 SL Salad Dressing PKT 2 EA Celery Sticks 3/4 C or 4 1/4 oz Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Bologna 2 OZ Sliced <b>REAL</b> Cheese on 1 oz Wheat Bread 4 SL Mustard PKT 2 EA Carrot Sticks (A) 3/4 C or 3 1/2 oz Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C
<b>D I N N E R</b>	Taco Meat w/ Beans (2 oz meat)** 12 OZ Cajun Potatoes 1 C Green Salad 3/4 c Dressing LF 1 TBSP Tortillas 2 ea Brownie (1/48) 1 @ 1 % Milk 1 C	<i>Spanish Macaroni &amp; Meat Casserole (4 OZ Meat)</i> 12 OZ Carrots (A) 1/2 C Green Salad 3/4 c Dressing LF 1 TBSP Cornbread 1/48 Margarine 1/3 oz Plain Cake 1/48 1 EA 1 % Milk 1 C	Beef Pattie with 3 OZ Hamburger Bun 1 EA Catsup PKT 1 EA Baked Beans 1 C Green Beans 1/2 C Shed Lettuce/Onions 3/4 c Dressing LF 1 TBSP Plain Cake 1/48 1 EA 1 % Milk 1 C	<i>Potatoes &amp; T. Ham Casserole (4 OZ Meat)</i> 12 OZ Carrots (A) 1/2 C Garden Salad 3/4 c Dressing LF 1 TBSP Cornbread 1/48 1 EA Margarine 1/3 oz 4 @ or 1.8 oz 1 % Milk 1 C	<i>Diced Turkey &amp; Noodles (2 oz mt)</i> 12 oz Green Beans 1/2 C Green Salad 3/4 c Dressing LF 1 TBSP Wheat Bread 2 sl Margarine 1/3 oz Plain Cake 1/48 1 EA 1 % Milk 1 C	Mt & Bean Burrito 12 oz Filling (2 OZ Meat) ** 1 @ Flour Tortilla 6" 1 @ Mixed Veg/Carrots (A) 1/2 C Shed Lettuce/Onions 3/4 c Dressing LF 1 TBSP Cornbread 1/48 1 EA Margarine 1/3 oz Plain Cake 1/48 1 EA 1 % Milk 1 C	Hot Sliced W/D Turkey 4 oz Gravy 3 oz Creamed Potatoes 1 C Carrot Salad 1/2 C Cornbread 1/48 1 EA Margarine 1/3 oz Fruit Crisp (1/4 c frt) 1/2 c 1 % Milk 1 C
<b>S N A C K</b>	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Apple 1 @	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Raisins 1/2 c	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Peanuts 2 oz	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and entrée items made from scratch are based upon cooked weight measurements. Weights on cookies made from mix are prior to baking. Side dishes are volume measurements. All combination dishes are ground poultry unless otherwise indicated. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used (EXCEPT WHERE NOTED AS REAL).

\*\*Contains 1 C beans per serving.

## REQUIRED BID MENU

**FRESNO COUNTY Probation Juvenile Menu**  
**Fresno, CA**  
**ENHANCED FOOD BASED MENU PLANNING OPTION - USDA 1996**  
**WEEKLY AVERAGE 2950 CALORIES PER DAY**

## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>B R E A K F A S T</b>	Citrus Fruit or 4 oz Juice (C) 1 EA Oatmeal LF 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Grits LF 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Oatmeal LF 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Grits LF 1 C
	Sausage 1 oz Wheat Bread 2 SL	Hard Cooked Eggs 2 EA Wheat Bread 2 SL	Sausage 1 oz Pancakes (5 oz total) 2 @ Syrup 2 oz	Breakfast Gravy (2 oz mt) LF 4 oz Biscuits (1/80) 2 @	Scrambled Eggs 2.5 oz Hashbrowns 1/2 c Wheat Bread 2 sl	T Ham 1 oz Sliced Cheese on 1 oz Biscuits (1/80) 2 @ Hashbrowns 1/2 c	Sausage 1 oz Pancakes (5 oz total) 2 @ Syrup 2 oz
	Margarine 1 @ Jelly PKT 2 EA	Margarine 1 @	Margarine 1 @	Jelly PKT 2 EA	Jelly PKT 2 EA	Jelly PKT 2 EA	Margarine 1 @
	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C
	T Ham 4 oz	Peanut Butter 2 OZ	Bologna 2 OZ Sliced <b>REAL</b> Cheese on 1 oz	Tuna Salad (3 oz) LF 4 oz	Peanut Butter 2 OZ	Salami 3 oz	Bologna 2 OZ Sliced <b>REAL</b> Cheese on 1 oz
<b>L U N C H</b>	Wheat Bread 4 SL Mustard PKT 2 EA	Wheat Bread 4 SL Jelly PKT 2 EA	Wheat Bread 4 SL Mustard PKT 2 EA	Wheat Bread 4 SL	Wheat Bread 4 SL Jelly PKT 2 EA	Wheat Bread 4 SL Salad Dressing PKT 2 EA	Wheat Bread 4 SL Mustard PKT 2 EA
	Carrot Sticks (A) 3/4 C or 3 1/2 oz	Celery Sticks 3/4 C or 4 1/4 oz	Carrot Sticks (A) 3/4 C or 3 1/2 oz	Carrot Sticks (A) 3/4 C or 3 1/2 oz	Celery Sticks 3/4 C or 4 1/4 oz	Celery Sticks 3/4 C or 4 1/4 oz	Carrot Sticks (A) 3/4 C or 3 1/2 oz
	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz
	Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C	Cookies Sandw or Equiv 1.8 oz 1 % Milk 1 C
<b>D I N N E R</b>	Diced Meat & Noodles 12 OZ (4 OZ Meat)	Bean & Ham Casserole 12 OZ (2 oz Meat)**	Italian Spaghetti 12 OZ w/ Meat Sauce (4 oz Meat)	Turkey Stew (2 OZ Meat, 12 OZ (1/2 c vegetables)	T Ham 2 oz Creamed potatoes 1 C	Chili with Meat & Beans 12 OZ (4 OZ Meat)**	Taco Filling (2 oz mt) 3 oz Tortillas - corn 2 ea Chili Beans 1 C
	Green Beans 1/2 C	Carrots (A) 1/2 C	Green Beans 1/2 C	Rice 1 C	Mixed Veg/Carrots (A) 1/2 C	Cajun Potatoes 1 c	Green Beans 1/2 C Rice 1 c
	Garden Salad 3/4 c Dressing LF 1 TBSP	Green Salad 3/4 c Dressing LF 1 TBSP	Green Salad 3/4 c Dressing LF 1 TBSP	Green Salad 3/4 c Dressing LF 1 TBSP	Green Salad 3/4 c Dressing LF 1 TBSP	Cole SlaWheat/ carrots ( 1/2 C	Lettuce & Onion 3/4 c Dressing LF 1 TBSP
	Wheat Bread 3 SL Margarine 1/3 oz	Cornbread 1/48 1 EA Margarine 2/3 oz	Wheat Bread 3 SL Margarine 1/3 oz	Cornbread 1/48 1 EA Margarine 1/3 oz	Wheat Bread 2 sl Margarine 1/3 oz	Cornbread 1/48 1 EA Margarine 1/3 oz	
	Plain Cake 1/48 1 EA 1 % Milk 1 C	Plain Cake 1/48 1 EA 1 % Milk 1 C	Brownie (1/48) 1 @ 1 % Milk 1 C	Plain Cake 1/48 1 EA 1 % Milk 1 C	Peanutbutter Bar (1/48) 1 @ 1 % Milk 1 C	Plain Cake (1/48) 1 @ 1 % Milk 1 C	Plain Cake 1/48 1 EA 1 % Milk 1 C
<b>S N A C K</b>	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Apple 1 @	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Raisins 1/2 c	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Peanuts 2 oz	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and entrée items made from scratch are based upon cooked weight measurements. Weights on cookies made from mix are prior to baking. Side dishes are volume measurements. All combination dishes are ground poultry unless otherwise indicated. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used (EXCEPT WHERE NOTED AS REAL).

\*\*Contains 1 C beans per serving.

**FRESNO COUNTY Probation Juvenile Menu**  
**Fresno, CA**  
**ENHANCED FOOD BASED MENU PLANNING OPTION - USDA 1996**  
**WEEKLY AVERAGE 2950 CALORIES PER DAY**

**REQUIRED BID MENU**

**WEEK 3**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>B R E A K F A S T</b>	Citrus Fruit or 4 oz Juice (C) 1 EA Grits 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Farina LF 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Grits LF 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Oatmeal LF 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C
	Hard Cooked Eggs 2 EA	Ham 2 oz	Breakfast Gravy (2 oz mt) LF 4 oz Hashbrowns 1/2 c	Sausage 1 oz	Hard Cooked Eggs 2 EA Cottage Fries 1/2 c	Scrambled Eggs 2.5 oz Hashbrowns 1/2 c	Sausage 1 oz
	Wheat Bread 2 sl	Waffles 2 @ Syrup 2 oz	Biscuits (1/80) 2 @	Wheat Bread 2 SL	Biscuits (1/80) 2 @	Wheat Bread 2 sl	Pancakes (5 oz total) 2 @ Syrup 2 oz
	Margarine 1 @	Margarine 1 @	Jelly PKT 2 EA	Jelly PKT 2 EA Margarine 1 @	Jelly PKT 2 EA	Jelly PKT 2 EA	Margarine 1 @
	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C
<b>L U N C H</b>	Peanut Butter 2 OZ	Salami 3 oz	Peanut Butter 2 OZ	Bologna 2 OZ Sliced <b>REAL</b> Cheese on 1 oz	Peanut Butter 2 OZ	Salami 3 oz	Bologna 2 OZ Sliced <b>REAL</b> Cheese on 1 oz
	Wheat Bread 4 SL	Wheat Bread 4 SL	Wheat Bread 4 SL	Wheat Bread 4 SL	Wheat Bread 4 SL	Wheat Bread 4 SL	Wheat Bread 4 SL
	Jelly PKT 2 EA	Salad Dressing PKT 2 EA	Jelly PKT 2 EA	Mustard PKT 2 EA	Jelly PKT 2 EA	Salad Dressing PKT 2 EA	Mustard PKT 2 EA
	Carrot Sticks (A) 3/4 C or 3 1/2 oz	Celery Sticks 3/4 C or 4 1/4 oz	Carrot Sticks (A) 3/4 C or 3 1/2 oz	Celery Sticks 3/4 C or 4 1/4 oz	Carrot Sticks (A) 3/4 C or 3 1/2 oz	Celery Sticks 3/4 C or 4 1/4 oz	Carrot Sticks (A) 3/4 C or 3 1/2 oz
	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz
<b>D I N N E R</b>	Cookies Sandw or Equiv 1 C	Cookies Sandw or Equiv 1 C	Cookies Sandw or Equiv 1 C	Cookies Sandw or Equiv 1 C	Cookies Sandw or Equiv 1 C	Cookies Sandw or Equiv 1 C	Cookies Sandw or Equiv 1 C
	<i>Turkey Stew (2 OZ Meat) (1/2 c vegetables)</i> 12 OZ	Salisbury Steak 3 OZ	<i>Chili con Carne/ Beans (4 OZ Meat)**</i> 12 OZ	Hot Dogs (3 oz total) 3 OZ	Hot Sliced Ham 4 OZ	<i>Chili Mac &amp; Tom (2 OZ Meat)</i> 12 OZ	<i>Italian Meat Sauce &amp; Spaghetti (4 oz meat)</i> 12 OZ
		Creamed Potatoes 1 C Carrots (A) 1/2 c		Mustard PKT 1 EA	Pintos 1 C Green Beans 1/2 c		
	Rice 1 C		Rice 1 C	Ranch Beans 1 C Mixed Veg w/ Carrots (A) 1/2 C		Peas & Carrots (A) 1/2 C	Green Beans 1/2 C
	Green Salad 3/4 c Dressing LF 1 TBSP Cornbread 1/48 1 EA Margarine 1/3 oz	Green Salad 3/4 c Dressing LF 1 TBSP Cornbread 1/48 1 EA Margarine 1/3 oz	Green Salad 3/4 c Dressing LF 1 TBSP Cornbread 1/48 1 EA Margarine 1/3 oz	Green Salad 3/4 c Dressing LF 1 TBSP Wheat Bread 2 SL	Green Salad 3/4 c Dressing LF 1 TBSP Cornbread 1/48 1 EA Margarine 1/3 oz 4 @ or 1.8 oz	Lettuce/Onions 3/4 c Dressing LF 1 TBSP Cornbread 1/48 1 EA Margarine 1/3 oz	Green Salad 3/4 c Dressing LF 1 TBSP Wheat Bread 2 sl Margarine 1/3 oz
<b>S N A C K</b>	Plain Cake (1/48) 1 @ 1 % Milk 1 C	Plain Cake (1/48) 1 @ 1 % Milk 1 C	Plain Cake (1/48) 1 @ 1 % Milk 1 C	Brownie (1/48) 1 @ 1 % Milk 1 C	Cookies Sandw or Equiv 1 C	Plain Cake (1/48) 1 @ 1 % Milk 1 C	Plain Cake (1/48) 1 @ 1 % Milk 1 C
	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Apple 1 @	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Raisins 1/2 c	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Peanuts 2 oz	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and entrée items made from scratch are based upon cooked weight measurements. Weights on cookies made from mix are prior to baking. Side dishes are volume measurements. All combination dishes are ground poultry unless otherwise indicated. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used (**EXCEPT WHERE NOTED AS REAL**).

\*\*Contains 1 C beans per serving.

**FRESNO COUNTY Probation Juvenile Menu**  
**Fresno, CA**  
**ENHANCED FOOD BASED MENU PLANNING OPTION - USDA 1996**  
**WEEKLY AVERAGE 2950 CALORIES PER DAY**

**REQUIRED BID MENU**

**WEEK 4**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>B R E A K F A S T</b>	Citrus Fruit or 4 oz Juice (C) 1 EA Oatmeal LF 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Grits LF 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Oatmeal LF 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Dry Cereal 1 C	Citrus Fruit or 4 oz Juice (C) 1 EA Grits LF 1 C
	Sausage 1 oz Wheat Bread 2 SL	Hard Cooked Eggs 2 EA Wheat Bread 2 SL	Breakfast Gravy (2 oz mt) LF 4 oz Biscuits (1/80) 2 @	Sausage 1 oz Pancakes (5 oz total) 2 @ Syrup 2 oz	Scrambled Eggs 2.5 oz Hashbrowns 1/2 c Wheat Bread 2 sl	T Ham 1 oz Sliced Cheese on 1 oz Biscuits (1/80) 2 @ Hashbrowns 1/2 c	Sausage 1 oz Pancakes (5 oz total) 2 @ Syrup 2 oz
	Margarine 1 @ Jelly PKT 2 EA	Margarine 1 @	Jelly PKT 2 EA	Margarine 1 @	Jelly PKT 2 EA	Jelly PKT 2 EA	Margarine 1 @
	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C	Sugar Substitute 1 EA 1 % Milk 2 C
<b>L U N C H</b>	T Ham 4 oz	Peanut Butter 2 OZ	Bologna 2 OZ Sliced <b>REAL</b> Cheese on 1 oz	Tuna Salad (3 oz) LF 4 oz	Peanut Butter 2 OZ	Salami 3 oz	Bologna 2 OZ Sliced <b>REAL</b> Cheese on 1 oz
	Wheat Bread 4 SL Mustard PKT 2 EA	Wheat Bread 4 SL Jelly PKT 2 EA	Wheat Bread 4 SL Mustard PKT 2 EA	Wheat Bread 4 SL	Wheat Bread 4 SL Jelly PKT 2 EA	Wheat Bread 4 SL Salad Dressing PKT 2 EA	Wheat Bread 4 SL Mustard PKT 2 EA
	Carrot Sticks (A) 3/4 C or 3 1/2 oz	Celery Sticks 3/4 C or 4 1/4 oz	Carrot Sticks (A) 3/4 C or 3 1/2 oz	Carrot Sticks (A) 3/4 C or 3 1/2 oz	Celery Sticks 3/4 C or 4 1/4 oz	Celery Sticks 3/4 C or 4 1/4 oz	Carrot Sticks (A) 3/4 C or 3 1/2 oz
	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz	Fresh Fruit or 4 oz Juice 1 EA 4 @ or 1.8 oz
	Cookies Sandw or Equiv 1 C 1 % Milk 1 C	Cookies Sandw or Equiv 1 C 1 % Milk 1 C	Cookies Sandw or Equiv 1 C 1 % Milk 1 C	Cookies Sandw or Equiv 1 C 1 % Milk 1 C	Cookies Sandw or Equiv 1 C 1 % Milk 1 C	Cookies Sandw or Equiv 1 C 1 % Milk 1 C	Cookies Sandw or Equiv 1 C 1 % Milk 1 C
<b>D I N E R</b>	T Hot Dogs (3 OZ total) 2 EA Wheat Bread 2 sl Mustard PKT 2 EA	<i>Chili ConCarne/ Beans 12 OZ (4 OZ Meat)**</i>	Sliced Ham 2 oz Mustard PKT 1 EA Pinto Beans 1 C	<i>Mexican Rice, Tomato and Turkey Cass. (4 OZ Meat) 12 OZ</i>	Beef Pattie 3 OZ Creamed Potatoes 1 C	<i>Chili Mac &amp; Tom 12 OZ (2 OZ Meat)</i>	<i>SteWheat/ Veggies &amp; meat 12 OZ (4 OZ meat) (1/2 c Veg)</i>
	Ranch Beans 1 C Cottage Fried Potatoes 1/2 C	Cajun Potatoes 1 C	Carrots (A) 1/2 C	Green Beans 1/2 C	Mixed Vegetables (A) 1/2 C	Carrots (A) 1/2 C	Rice 1 C
	Tossed Salad 3/4 c Dressing LF 1 TBSP	Tossed Salad 3/4 c Dressing LF 1 TBSP	Tossed Salad 3/4 c Dressing LF 1 TBSP	Lettuce/Onion 3/4 c Dressing LF 1 TBSP	Tossed Salad 3/4 c Dressing LF 1 TBSP	Tossed Salad 3/4 c Dressing LF 1 TBSP	Tossed Salad 3/4 c Dressing LF 1 TBSP
	Wheat Bread 2 sl Margarine 1/3 oz	Wheat Bread 2 sl Margarine 1/3 oz	Wheat Bread 2 sl Margarine 1/3 oz	Cornbread 1/48 1 EA Margarine 1/3 oz	Hamb. Bun 1 EA Mustard PKT 1 EA	Cornbread 1/48 1 EA Margarine 1/3 oz	Cornbread 1/48 1 EA Margarine 1/3 oz
	Cookies Sandw or Equiv 4 @ or 1.8 oz 1 % Milk 1 C	Plain Cake (1/48) 1 @ 1 % Milk 1 C	Peanut butter Square (1/48) 1 @ 1 % Milk 1 C	Plain Cake (1/48) 1 @ 1 % Milk 1 C	Plain Cake (1/48) 1 @ 1 % Milk 1 C	Plain Cake (1/48) 1 @ 1 % Milk 1 C	Brownie (1/48) 1 @ 1 % Milk 1 C
<b>S N A C K</b>	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Apple 1 @	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Raisins 1/2 c	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)	Fruit Juice 4 oz Peanuts 2 oz	Fruit Juice 4 oz Pb & cheese Crackers 1 pkg (6@)

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and entrée items made from scratch are based upon cooked weight measurements. Weights on cookies made from mix are prior to baking. Side dishes are volume measurements. All combination dishes are ground poultry unless otherwise indicated. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used (EXCEPT WHERE NOTED AS REAL).

\*\*Contains 1 C beans per serving.

E1 3264