# FRESNO COUNTY Probation Juvenile Menu

### Fresno, CA

### **ENHANCED FOOD BASED MENU PLANNING OPTION - USDA 1996**

REQUIRED BID MENU
WEEK 1

**WEEKLY AVERAGE 2950 CALORIES PER DAY** 

WEEKT						JALOIIILO I LII DAI							
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C	) 1 EA	Citrus Fruit or 4 oz Juice (C	) 1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C	) 1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C	) 1 EA
Grits	1 C	Dry Cereal	1 C	Farina LF	1 C	Grits LF	1 C	Oatmeal LF	1 C	Dry Cereal	1 C	Dry Cereal	1 C
Hard Cooked Eggs	2 EA	Breakfast Gravy (2 oz mt)LF		Ham	2 oz	Sausage	1 oz	Hard Cooked Eggs	2 EA	Scrambled Eggs	2.5 oz	Sausage	1 oz
		Hashbrowns	1/2 c					Cottage Fries	1/2 c	Hashbrowns	1/2 c		
Wheat Bread	2 sl	Biscuits (1/80)	2@	Waffles	2@	Wheat Bread	2 SL	Biscuits (1/80)	2@	Wheat Bread	2 sl	Pancakes (5 oz total)	2@
				Syrup	2 oz							Syrup	2 oz
Margarine	1@	Jelly PKT	2 EA	Margarine	1@	,	2 EA	Jelly PKT	2 EA	Jelly PKT	2 EA	Margarine	1@
						Margarine	1@						
Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA	J.	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA
1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C
Peanut Butter	2 OZ	Salami	3 oz	Peanut Butter	2 OZ	Bologna	2 OZ	Tuna Salad (3 oz) LF	4 oz	Salami	3 oz	Bologna	2 0
						Sliced REAL Cheese or	1 oz	, ,				Sliced REAL Cheese o	n 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 SI
Jelly PKT	2 EA	Salad Dressing PKT	2 EA	Jelly PKT	2 EA	Mustard PKT	2 EA			Salad Dressing PKT	2 EA	Mustard PKT	2 E.
		_											
	3/4 C or		3/4 C or	0 100 1 (4)	3/4 C or		3/4 C or		3/4 C or		3/4 C or	0 10" 1 (4)	3/4 (
Carrot Sticks (A)	3 1/2 0Z	Celery Sticks	4 1/4 oz	Carrot Sticks (A)	3 1/2 0Z	Celery Sticks	4 1/4 OZ	Carrot Sticks (A)	3 1/2 0Z	Celery Sticks	4 1/4 oz	Carrot Sticks (A)	1/2 0
Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	e 1 EA	Fresh Fruit or 4 oz Juice	e 1 EA	Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	e 1 EA	Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	e 1 E/
Caskina Candus as Faulus	4 @ or	Cooking Conductor Facili	4 @ or	Caskina Candur ar Faui	4 @ or		4 @ or	Cooking Conductor Facili	4 @ or	Caaliaa Caadu ar Fauiu	4 @ or 1.8 oz	Cookies Conducer Faui	4@
Cookies Sandw or Equiv 1 % Milk	1.6 02	Cookies Sandw or Equiv 1 % Milk	1 C	Cookies Sandw or Equi 1 % Milk	1 C	Cookies Sandw or Equiv 1 % Milk	1.0 02	Cookies Sandw or Equivo 1 % Milk	1 C	Cookies Sandw or Equiv  1 % Milk	1.6 02 1 C	Cookies Sandw or Equiv	1 C
1 /0 IVIIIN	10	1 /0 IVIIIK	10	i /o ivilin	10	I /o IVIIIK	10	1 /0 IVIIIN	10	I /O IVIIIK	10	1 /o IVIIIK	10
Taco Meat w/ Beans	12 07	Spanish Macaroni		Beef Pattie with	3 OZ	Potatoes & T. Ham	12 07	Diced Turkey & Noodles	s 12 oz	Mt & Bean Burrito	12 oz	Hot Sliced W/D Turkey	4 07
(2 oz meat)**	0_	& Meat Casserole	12 OZ	20011 4440 11141	0 02	Casserole (4 OZ Meat)	0_	(2 oz mt)	0_	Filling (2 OZ Meat) **	0_	Gravy	3 02
(= ==)		(4 OZ Meat)		Hamburger Bun	1 EA			(= ==)		Flour Tortilla 6"	1@		
		(		Catsup PKT	1 EA						_	Creamed Potatoes	1 C
1				Baked Beans	1 C			Green Beans	1/2 C				
Cajun Potatoes	1 C	Carrots (A)	1/2 C	Green Beans	1/2 C	Carrots (A)	1/2 C			Mixed Veg/Carrots (A)	1/2 C	Carrot Salad	1/2
<u> </u>													
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Green Salad	3/4 c	Green Salad	3/4 c	Shed Lettuce/Onions	3/4 c	Garden Salad	3/4 c	Green Salad	3/4 c	Shed Lettuce/Onions	3/4 c		
Dressing LF	1 TBSP	Dressing LF	1 TBSP	Dressing LF	1 TBSP	Dressing LF	1 TBSP	Dressing LF	1 TBSP	Dressing LF	1 TBSP		
Tortillas	2 ea	Cornbread 1/48	1 EA			Cornbread 1/48	1 EA	Wheat Bread	2 sl	Cornbread 1/48	1 EA	Cornbread 1/48	1 E
		Margarine	1/3 oz				1/3 oz 4 @ or	Margarine	1/3 oz	Margarine	1/3 oz	Margarine	1/3
Brownie (1/48)	1@	Plain Cake 1/48	1 EA	Plain Cake 1/48	1 EA	Cookies Sandw or Equiv	1.8 oz	Plain Cake 1/48	1 EA	Plain Cake 1/48	1 EA	Fruit Crisp (1/4 c frt)	1/2
1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C
Fruit Juice	4 oz	Fruit Juice	4 oz	Fruit Juice	4 oz		4 oz	Fruit Juice	4 oz	Fruit Juice	4 oz	Fruit Juice	4 oz
Pb & cheese Crackers	1 pkg (6@	Apple	1@	Pb & cheese Crackers	1 pkg (6@	Raisins	1/2 c	Pb & cheese Crackers	1 pkg (6@	Peanuts	2 oz	Pb & cheese Crackers	1 pkg
;													
		cooked, within manufacture										I	

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).

### FRESNO COUNTY Probation Juvenile Menu Fresno, CA

## ENHANCED FOOD BASED MENU PLANNING OPTION - USDA 1996

REQUIRED BID MENU
WEEK 2

**WEEKLY AVERAGE 2950 CALORIES PER DAY** 

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
		1 EA	Citrus Fruit or 4 oz Juice (C)	1 FA	Citrus Fruit or 4 oz Juice (C)	1 FA	Citrus Fruit or 4 oz Juice (C)	1 FA	Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C)	1 FA		1 EA
	Oatmeal LF	1 C	Grits LF	1 C	Dry Cereal	1 C	Dry Cereal	1 C	Oatmeal LF	1 C	Dry Cereal	1 C	Grits LF	1 C
	Sausage	1 oz	Hard Cooked Eggs	2 EA	Sausage	1 oz	Breakfast Gravy (2 oz mt)LF	4 oz	Scrambled Eggs	2.5 oz	T Ham	1 oz	Sausage	1 oz
K	Wheat Bread	2 SL	Wheat Bread	2 SL	Pancakes (5 oz total)	2@	Biscuits (1/80)	2@	Hashbrowns Wheat Bread	1/2 c 2 sl	Sliced Cheese on Biscuits (1/80)	1 oz 2 @	Pancakes (5 oz total)	2@
	Margarine	1@	TTHOUGH BIOGG	202	Syrup	2 oz	Diodalio (1700)	- 0	Triodi Broad	_ 0.	Hashbrowns	1/2 c	Syrup	2 oz
	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	Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA
	1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C
	T Ham	4 oz	Peanut Butter	2 OZ	Bologna Sliced <b>REAL</b> Cheese or	2 OZ 1 1 oz	Tuna Salad (3 oz) LF	4 oz	Peanut Butter	2 OZ	Salami	3 oz	Bologna Sliced <i>REAL</i> Cheese on	2 OZ 1 oz
L	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
U N	Mustard PKT	2 EA	Jelly PKT	2 EA	Mustard PKT	2 EA			Jelly PKT	2 EA	Salad Dressing PKT	2 EA	Mustard PKT	2 EA
C	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	Fresh Fruit or 4 oz Juice	1 EA 4 @ or	Fresh Fruit or 4 oz Juice	1 EA 4 @ or	Fresh Fruit or 4 oz Juice	1 EA 4 @ or	Fresh Fruit or 4 oz Juice	1 EA 4 @ or	Fresh Fruit or 4 oz Juice	1 EA 4 @ or	Fresh Fruit or 4 oz Juice	1 EA 4 @ or
	Cookies Sandw or Equiv		Cookies Sandw or Equiv		Cookies Sandw or Equiv		Cookies Sandw or Equiv		Cookies Sandw or Equiv		Cookies Sandw or Equiv		Cookies Sandw or Equiv	
	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C
	Diced Meat & Noodles (4 OZ Meat)	12 OZ	Bean & Ham Casserole (2 oz Meat)**	12 OZ	Italian Spaghetti w/ Meat Sauce (4 oz Me		Turkey Stew (2 OZ Meat (1/2 c vegetables)	t, 12 OZ		2 oz	Chili with Meat & Beans (4 OZ Meat)**	12 OZ	Tortillas - corn	3 oz 2 ea
D									Creamed potatoes	1 C			Chili Beans	1 C
N N	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
E R													Rice	1 c
	Garden Salad		Green Salad	3/4 c	Green Salad	3/4 c	Green Salad	3/4 c	Green Salad	3/4 c	Cole SlaWheat/ carrots (	(.1/2 C	Lettuce & Onion	3/4 c
	Dressing LF		Dressing LF	1 TBSP	Dressing LF	1 TBSP	Dressing LF	1 TBSP	Dressing LF	1 TBSP			Dressing LF	1 TBSP
	Wheat Bread	3 SL	Cornbread 1/48	1 EA	Wheat Bread	3 SL	Cornbread 1/48	1 EA	Wheat Bread	2 sl	Cornbread 1/48	1 EA		
	Margarine	1/3 oz	Margarine	2/3 oz	Margarine	1/3 oz	Margarine	1/3 oz	Margarine	1/3 oz	Margarine	1/3 oz		
	Plain Cake 1/48	1 EA	Plain Cake 1/48	1 EA	Brownie (1/48)	1@	Plain Cake 1/48	1 EA	Peanutbutter Bar (1/48)	1@	Plain Cake (1/48)	1@	Plain Cake 1/48	1 EA
	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C
S	Ervit Iviaa	4 07	Ervit Iviaa	4 07	Ervit Iviaa	1 07	Emit his	4.07	Ervit Iviaa	4.07	Emit his	4 07	Emit Inion	4.07
	Fruit Juice Pb & cheese Crackers	4 OZ 1 pkg (6@)	Fruit Juice	4 oz 1 @	Fruit Juice Pb & cheese Crackers	4 oz	Fruit Juice Raisins	4 oz 1/2 c	Fruit Juice Pb & cheese Crackers	4 oz	Fruit Juice Peanuts	4 oz 2 oz	Fruit Juice Pb & cheese Crackers	4 oz
C	I D & CHEESE CHACKERS	ı pkg (b@)	νημισ	ı w	D & CHEESE CHACKERS	і ркд (ы́@)	11(13)11(13)	1/2 6	I D & CHEESE CHACKERS	1 pkg (6@)	i canuts	£ UZ	I D & CHEESE CHACKERS	1 pkg (6@)
-	All entree portions purchas	ed fully o	ooked. within manufacture	r toleran	ce specifications, are weigh	nt measu	rements prior to reheating.	Cassero	les and entrée		1	**Contain	s 1 C beans per serving.	

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).

### 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 3

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA
Grits	1 C	Farina LF	1 C	Dry Cereal	1 C	Grits LF	1 C	Oatmeal LF	1 C	Dry Cereal	1 C	Dry Cereal	1 C
Hard Cooked Eggs	2 EA	Ham	2 oz	Breakfast Gravy (2 oz mt)LF	4 oz	Sausage	1 oz	Hard Cooked Eggs	2 EA	Scrambled Eggs	2.5 oz	Sausage	1 oz
				Hashbrowns	1/2 c			Cottage Fries	1/2 c	Hashbrowns	1/2 c		
Wheat Bread	2 sl	Waffles	2@	Biscuits (1/80)	2@	Wheat Bread	2 SL	Biscuits (1/80)	2@	Wheat Bread	2 sl	Pancakes (5 oz total)	2@
		Syrup	2 oz									Syrup	2 oz
Margarine	1@	Margarine	1@	Jelly PKT	2 EA	Jelly PKT	2 EA	Jelly PKT	2 EA	Jelly PKT	2 EA	Margarine	1@
						Margarine	1@						
Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA
1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C
	0.07	0.1.		D D .:	0.07	5 -	0.07		0.07	0.1.	•	D .	2 OZ
Peanut Butter	2 OZ	Salami	3 oz	Peanut Butter	2 OZ	Bologna	2 OZ	Peanut Butter	2 OZ	Salami	3 oz	Bologna	
						Sliced <b>REAL</b> Cheese on	1 oz					Sliced <b>REAL</b> Cheese on	
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 SI
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 E.
	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 ( 1/2 o
Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	1 E
Cookies Sandw or Equiv	4 @ or 1.8 oz	Cookies Sandw or Equiv	4 @ or 1.8 oz	Cookies Sandw or Equiv	4 @ or 1.8 oz	Cookies Sandw or Equiv	4 @ or 1.8 oz	Cookies Sandw or Equiv	4 @ or 1.8 oz	Cookies Sandw or Equiv	4 @ or 1.8 oz	Cookies Sandw or Equiv	4 @ 1.8 c
1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1.0 02	1 % Milk	1 C	1 % Milk	1 C
1 /0 WIIIK	10	1 /0 IVIIIIX	10	1 70 WIIIK	10	1 /O WIIIK	10	1 70 IVIIIX	10	1 /o Willix	10	1 /O IVIIIX	10
Turkey Stew (2 OZ Meat) (1/2 c vegetables)	12 OZ	Salisbury Steak	3 OZ	Chili con Carne/ Beans (4 OZ Meat)**	12 OZ	Hot Dogs (3 oz total)  Mustard PKT	3 OZ 1 EA	Hot Sliced Ham	4 OZ	Chili Mac & Tom (2 OZ Meat)	12 OZ	Italian Meat Sauce & Spaghetti (4 oz meat)	12
		Creamed Potatoes	1 C			IVIUSIAI UT IXT	ILA	Pintos	1 C				
		Carrots (A)	1/2 c			Ranch Beans	1 C	Green Beans	1/2 c				
Rice	1 C	Carrois (A)	1/2 0	Rice	1 C	Mixed Veg w/ Carrots (A)	1/2 C	Green beans	1/2 0	Peas & Carrots (A)	1/2 C	Green Beans	1/2
Green Salad	3/4 c	Green Salad	3/4 c	Green Salad	3/4 c	Green Salad	3/4 c	Green Salad	3/4 c	Lettuce/Onions	3/4 c	Green Salad	3/4
Dressing LF	1 TBSP	Dressing LF	1 TBSP	Dressing LF	1 TBSP	Dressing LF	1 TBSP	Dressing LF	1 TBSP	Dressing LF	1 TBSP	Dressing LF	1 TE
Cornbread 1/48	1 EA	Cornbread 1/48	1 EA	Cornbread 1/48	1 EA	Wheat Bread	2 SL	Cornbread 1/48	1 EA	Cornbread 1/48	1 EA	Wheat Bread	2 sl
Margarine	1/3 oz	Margarine	1/3 oz	Margarine	1/3 oz			Margarine	1/3 oz	Margarine	1/3 oz	Margarine	1/3
Plain Cake (1/48)	1@	Plain Cake (1/48)	1@	Plain Cake (1/48)	1@	Brownie (1/48)	1@	Cookies Sandw or Equiv	4 @ or 1.8 oz	Plain Cake (1/48)	1@	Plain Cake (1/48)	1 @
1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1.0 02	1 % Milk	1 C	1 % Milk	10
1 /O IVIIIN	. 0	1 /O IVIIIN	. 0	I /O IVIIIN	. 0	1 /O IVIIIN	10	1 /0 IVIIII	10	i /O IVIIIN	. 0	1 /O IVIIIN	1 (
Fruit Juice	4 oz	Fruit Juice	4 oz	Fruit Juice	4 oz	Fruit Juice	4 oz	Fruit Juice	4 oz	Fruit Juice	4 oz	Fruit Juice	4 0
Pb & cheese Crackers		Apple	1@	Pb & cheese Crackers	1 pkg (6@)	Raisins	1/2 c	Pb & cheese Crackers	1 pkg (6@)	Peanuts	2 oz	Pb & cheese Crackers	1 pkg
	,	••	-										

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 4

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA	Citrus Fruit or 4 oz Juice (C)	1 EA
Oatmeal LF	1 C	Grits LF	1 C	Dry Cereal	1 C	Dry Cereal	1 C	Oatmeal LF	1 C	Dry Cereal	1 C	Grits LF	1 C
1													
Sausage	1 oz	Hard Cooked Eggs	2 EA	Breakfast Gravy (2 oz mt)LF	4 oz	Sausage	1 oz	Scrambled Eggs	2.5 oz	T Ham	1 oz	Sausage	1 oz
Wheat Bread	2 SL	55						Hashbrowns	1/2 c	Sliced Cheese on	1 oz		
		Wheat Bread	2 SL	Biscuits (1/80)	2@	Pancakes (5 oz total)	2@	Wheat Bread	2 sl	Biscuits (1/80)	2@	Pancakes (5 oz total)	2@
Margarine	1@			, ,	_	Syrup	2 oz			Hashbrowns	1/2 c	Syrup	2 oz
	2 EA	Margarine	1@	Jelly PKT	2 EA	Margarine	1@	Jelly PKT	2 EA	Jelly PKT	2 EA	Margarine	1@
<b>s</b>		<b>3</b>	-	,			-	,		,			_
Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA	Sugar Substitute	1 EA
	2 C	1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C	1 % Milk	2 C
T Ham	4 oz	Peanut Butter	2 OZ	Bologna	2 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	( ,						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
	2 EA	Jelly PKT	2 EA	Mustard PKT	2 EA		-	Jelly PKT	2 EA	Salad Dressing PKT	2 EA	Mustard PKT	2 EA
1		,						,					
	3/4 C or		3/4 C or		3/4 C or		3/4 C or		3/4 C or		3/4 C or		3/4 C o
( )	3 1/2 oz	Celery Sticks	4 1/4 oz	Carrot Sticks (A)	3 1/2 oz	Carrot Sticks (A)	3 1/2 oz	Celery Sticks	4 1/4 oz	Celery Sticks	4 1/4 oz	Carrot Sticks (A)	1/2 oz
1													
Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	1 EA	Fresh Fruit or 4 oz Juice	1 EA
	4 @ or		4 @ or		4 @ or		4 @ or		4 @ or		4 @ or		4 @ or
	1.8 oz	Cookies Sandw or Equiv	1.8 oz	Cookies Sandw or Equiv	1.8 oz	Cookies Sandw or Equiv	1.8 oz	Cookies Sandw or Equiv	1.8 oz	Cookies Sandw or Equiv	1.8 oz	Cookies Sandw or Equiv	1.8 oz
1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C
					_								
<b>o</b> ( ,	2 EA	Chili ConCarne/ Beans	12 OZ	Sliced Ham	2 oz	Mexican Rice, Tomato and	12 OZ	Beef Pattie	3 OZ	Chili Mac & Tom	12 OZ	SteWheat/ Veggies & mea	at 12 OZ
	2 sl	(4 OZ Meat)**				Turkey Cass.(4 OZ Meat)				(2 OZ Meat)		(4 OZ meat) (1/2 c Veg)	
Mustard PKT	2 EA			Mustard PKT	1 EA								
				Pinto Beans	1 C			Creamed Potatoes	1 C				
	1 C												
	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		
<b>:</b>												Rice	1 C
R								L					
	3/4 c	Tossed Salad	3/4 c	Tossed Salad	3/4 c	Lettuce/Onion	3/4 c	Tossed Salad	3/4 c	Tossed Salad	3/4 c	Tossed Salad	3/4 c
Dressing LF	1 TBSP	Dressing LF	1 TBSP	Dressing LF	1 TBSP	Dressing LF	1 TBSP	Dressing LF	1 TBSP	Dressing LF	1 TBSP	Dressing LF	1 TBSP
		Wheat Bread	2 sl	Wheat Bread	2 sl	Cornbread 1/48	1 EA	Hamb. Bun	1 EA	Cornbread 1/48	1 EA	Cornbread 1/48	1 EA
		Margarine	1/3 oz	Margarine	1/3 oz	Margarine	1/3 oz	Mustard PKT	1 EA	Margarine	1/3 oz	Margarine	1/3 oz
	4 @ or 1.8 oz	Plain Cake (1/48)	1@	Peanut butter Square (1/48)	1@	Plain Cake (1/48)	1@	Plain Cake (1/48)	1@	Plain Cake (1/48)	1@	Brownie (1/48)	1@
'	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C	1 % Milk	1 C
S I /6 WIIIK		. ,5 141111	. 5	. , J IVIIII		· / V IVIIIIX		. ,o wills		. , v ivilit	. 5	. ,o ivilit	
	4 oz	Fruit Juice	4 oz	Fruit Juice	4 oz	Fruit Juice	4 oz	Fruit Juice	4 oz	Fruit Juice	4 oz	Fruit Juice	4 oz
I Fruit Juice			-		-	1			-		-		
	1 nkg (6@)	Apple	1@	Pb & cheese Crackers	1 pkg (6@)	Raisins	1/2 c	Pb & cheese Crackers	1 pkg (6@)	Peanuts	2 oz	Pb & cheese Crackers	1 nkg (6@
	1 pkg (6@)	Apple	1@	Pb & cheese Crackers	1 pkg (6@)	Raisins	1/2 c	Pb & cheese Crackers	1 pkg (6@)	Peanuts	2 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.