

ALAMEDA COUNTY SHERIFF'S DEPARTMENT  
 CALIFORNIA  
 PREGNANCY DIET

Week: **MONDAY 1** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

Meal Name: **Breakfast**

Toasted Oats Cereal	1 1/2 cup	Corn Flakes Cereal	1 1/2 cup	Toasted Oats Cereal	1 1/2 cup	Corn Flakes Cereal	1 1/2 cup	Toasted Oats Cereal	1 1/2 cup	Creamy Breakfast Gravy (2 oz/soy)**	1 cup
Scrambled Eggs	3 ozw	Breakfast Sausage (1 ozw each)	1 patty	Scrambled Egg w/ Cheese	3 ozw	Breakfast Sausage (1 ozw each)	2 patty	Breakfast Sausage (1 ozw each)	1 patty	Lyonnaise Potatoes LF	1 cup
Lyonnaise Potatoes LF	1 cup	Peanut Butter	1 each	Peanut Butter	1 each	Lyonnaise Potatoes LF	1 cup	Lyonnaise Potatoes LF	1 cup	Collage Cheese LF	1/2 cup
Bakery Biscuit	1/60 cut	Hash Browns LF	1 cup	Hash Browns LF	1 cup	Streuels Coffeecake	1/60 cut	Hash Browns LF	1 cup	Wheat Bread	2 slice
Jelly, pc	2 packet	Bakery Biscuit	1/60 cut	Wheat Bread	2 slice	Jelly, pc	2 packet	Jelly, pc	2 packet	Wheat Bread	2 slice
1% Milk (Half Pint)	1 each	Jelly, pc	2 packet	Jelly, pc	2 packet	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each

Meal Name: **Lunch**

Wheat Bread	2 slice	Wheat Bread	2 slice	Wheat Bread	2 slice	Wheat Bread	2 slice	Wheat Bread	2 slice	Wheat Bread	2 slice
Egg Salad (3 oz fresh)	4 ozw	Real Swiss Cheese	4 ozw	Peanut Butter	2 each	Tuna Salad (3 oz)	4 ozw	Sardines	2 ozw	Cheese	2 ozw
Carrot Sticks	1/2 cup	Mayo Dressing & Mustard Packets	1 each	Jelly, pc	3 packet	Carrot Sticks	1/2 cup	Mayo Dressing & Mustard Packets	1 each	Mayo Dressing & Mustard Packets	1 each
Fruit (1@ or 1/2 cup equivalent)	1 portion	Orange	1 each	Fruit (1@ or 1/2 cup equivalent)	2 portion	Fruit (1@ or 1/2 cup equivalent)	1 portion	Fruit (1@ or 1/2 cup equivalent)	2 portion	Carrot Sticks	1/2 cup
1% Milk (Half Pint)	1 each	Fruit (1@ or 1/2 cup equivalent)	1 portion	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	Fruit (1@ or 1/2 cup equivalent)	1 portion
		1% Milk (Half Pint)	1 each			1% Milk (Half Pint)	1 each			1% Milk (Half Pint)	1 each

Meal Name: **Dinner**

AuGratin Potato Casserole (3 oz/soy)-	1 1/2 cup	Charbroiled Patty (3 ozw)	1 patty	Italian Tomato Sauce	2/3 cup	Tex-Mex Taco Filling	1/2 cup	Micaroni & Cheese Casserole (3 oz/soy)-	1 1/2 cup	T. Hot Dogs (1.5 oz each)	2 each
Broccoli & Cauliflower LF	1/2 cup	Ketchup	1 packet	Roitini	1 1/2 cup	Mexican Pinto Beans LS	1 1/2 cup	Pinto Beans LF	1/2 cup	Mustard	2 packet
Romaine Garden Salad	3/4 cup	Wheat Bread	2 slice	Broccoli LF	1/2 cup	Corn LF	1/2 cup	Wheat Bread	2 slice	Wheat Bread	2 slice
Ranch Dressing, pc	1 each	Rice LF	1 cup	Carrots LF	1/2 cup	Mexican Colelaw LF	3/4 cup	Romaine Garden Salad	3/4 cup	Rice LF	1/2 cup
Southern Cornbread	1/60 cut	New Beans LF/LS	1 cup	Bakery Biscuit	1/60 cut	Taco Sauce	1 packet	Ranch Dressing, pc	1 each	Kettle Blend Mixed Vegetables LF	1/2 cup
Fruit (1@ or 1/2 cup equivalent)	1 portion	Fish Blend Vegetables LF	1/2 cup	Fudge Brownie	1/60 cut	Corn Tortilla 6"	2 each	Southern Cornbread	1/60 cut	Creamy Colelaw LF	3/4 cup
1% Milk (Half Pint)	1 each	Coleslaw Vinaigrette LF	3/4 cup	Cake w/ Powdered Sugar Topping	1/60 cut	Fruit (1@ or 1/2 cup equivalent)	1 portion	Cake w/ Powdered Sugar Topping	1/60 cut	Fruit (1@ or 1/2 cup equivalent)	1 portion
		1% Milk (Half Pint)	1 each			1% Milk (Half Pint)	1 each			1% Milk (Half Pint)	1 each

Meal Name: **Evening Snack**

Chesse	2 ozw	Peanut Butter	1 each	Hard Cooked Egg	1 each	Real Swiss Cheese	2 ozw	Hard Cooked Egg	1 each	Peanut Butter	1 each
Wheat Bread	1 slice	Wheat Bread	1 slice	Wheat Bread	1 slice	Wheat Bread	1 slice	Wheat Bread	1 slice	Wheat Bread	1 slice
Citrus Fruit (1@ or 1/2 cup equivalent)	1 portion	Citrus Fruit (1@ or 1/2 cup equivalent)	1 portion	Citrus Fruit (1@ or 1/2 cup equivalent)	1 portion	Citrus Fruit (1@ or 1/2 cup equivalent)	1 portion	Citrus Fruit (1@ or 1/2 cup equivalent)	1 portion	Citrus Fruit (1@ or 1/2 cup equivalent)	1 portion
Fruit (1@ or 1/2 cup equivalent)	1 portion	Fruit (1@ or 1/2 cup equivalent)	1 portion	Fruit (1@ or 1/2 cup equivalent)	1 portion	Fruit (1@ or 1/2 cup equivalent)	1 portion	Fruit (1@ or 1/2 cup equivalent)	1 portion	Fruit (1@ or 1/2 cup equivalent)	1 portion
1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and combination items made from scratch are based upon approximate cooked weight measurements. Weights on cookies, bread, rolls, and breadsticks made from mix or scratch are prior to baking. Pancakes made from mix or scratch are batter volume measurement prior to cooking. Side dishes are volume measurements. 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. Initiation cheese with calcium is used.

\*\*This item contains 250 mg calcium.

~This item made with mechanically separated poultry and soy used in accordance with USDA standards.

**NUTRITION STATEMENT** This menu meets the nutritional guidelines of the American Correctional Association which are based upon the current DRI's for males and females 19 to 50 years as established by the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included.

**PLM QUARTERLY MENU REVIEW (Initial/Date)** Q1 Q2 Q3 Q4

In accordance with ACA Standard (ref 4-A-LDF-46-07) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings.

ALAMEDA COUNTY SHERIFF'S DEPARTMENT  
 CALIFORNIA  
 PREGNANCY DIET

Week: **MONDAY 2 TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY**

Meal Name: Breakfast	Meal Name: Breakfast	Meal Name: Breakfast	Meal Name: Breakfast	Meal Name: Breakfast	Meal Name: Breakfast	Meal Name: Breakfast
Corn Flakes Cereal	Toasted Oats Cereal	Corn Flakes Cereal	Toasted Oats Cereal	Frosted Flakes Cereal	Toasted Oats Cereal	Corn Flakes Cereal
1 1/2 cup	1 1/2 cup	1 1/2 cup	1 1/2 cup	1 1/2 cup	1 1/2 cup	1 1/2 cup
Scrambled Eggs	Breakfast Sausage (1 ozw each)	Breakfast Sausage (1 ozw each)	Breakfast Sausage (1 ozw each)	Breakfast Sausage (1 ozw each)	Breakfast Sausage (1 ozw each)	Breakfast Sausage (1 ozw each)
3 ozw	2 patty	1 patty	8 fl oz	2 patty	2 patty	1 patty
Hash Browns LF	Peanut Butter	Peanut Butter	Peanut Butter	Hash Browns LF	Peanut Butter	Peanut Butter
1 cup	1 each	1 cup	2 each	1 cup	1 cup	1 each
Bakery Biscuit	Lyonnaisse Potatoes LF	Strausal Colicake	Lyonnaisse Potatoes LF	Strausal Colicake	Hash Browns LF	Bakery Biscuit
1/80 cut	1 cup	1 packet	1 cup	1/80 cut	1 cup	1 cup
Jelly, pc	Wheat Bread	Jelly, pc	Wheat Bread	Jelly, pc	Wheat Bread	Jelly, pc
2 packet	2 slice	1% Milk (Half Pint)	2 slice	2 packet	2 slice	2 slice
1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	2 packet	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)
1 each	1 each	1 each	1 each	1 each	1 each	1 each

Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch
Wheat Bread	Wheat Bread	Wheat Bread	Wheat Bread	Wheat Bread	Wheat Bread	Wheat Bread
2 slice	2 slice	2 slice	2 slice	2 slice	2 slice	2 slice
Egg Salad (3 oz fresh)	Cheese	Peanut Butter	Tuna Salad (3 oz)	Peanut Butter	Road Swiss Cheese	Sardines
4 ozw	4 ozw	Jelly, pc	4 ozw	2 each	4 ozw	2 ozw
Carrot Sticks	Mayo Dressing & Mustard Packets	Jelly, pc	Orange	Jelly, pc	Mayo Dressing & Mustard Packets	Mayo Dressing & Mustard Packets
1/2 cup	1 each	3 packet	1 each	3 packet	1 each	1 each
Fruit (1 @ or 1/2 cup equivalent)	Fruit (1 @ or 1/2 cup equivalent)	Carrot Sticks	Sandwich Cookies	Fruit (1 @ or 1/2 cup equivalent)	Carrot Sticks	Orange
2 portion	2 portion	1/2 cup	2 each	2 portion	1/2 cup	1 each
1% Milk (Half Pint)	1% Milk (Half Pint)	1 portion	1% Milk (Half Pint)	1% Milk (Half Pint)	1 portion	Fruit (1 @ or 1/2 cup equivalent)
1 each	1 each	1 each	1 each	1 each	1 each	1 portion
1 each	1 each	1 each	1 each	1 each	1 each	1 each

Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner
Chili w/Beans	Farmhouse Slew LFLS	Crispy Chicken Patty (4 ozw each)	Sloppy Joe	Macaroni & Cheese Casserole (3 ozw)	T. Hot Dogs (1.5 oz each)	Baked Meatloaf (3 ozw each)
1 1/2 cup	1 1/2 cup	1 patty	2/3 cup	1 1/2 cup	2 each	1 patty
Rice LF	Rice LF	Ranch Pinto Beans LS	Wheat Bread	Cabbage LF	Ketchup & Mustard Packets	Gravy LF
1/2 cup	1/2 cup	1 1/2 cup	2 slice	3/4 cup	1 each	1/2 cup
Broccoli LF	Carrot LF	Collage Fries	Broccoli Vinaigrette	Romaine Garden Salad	Wheat Bread	Mary Beans LFLS
1/2 cup	1/2 cup	3/4 cup	1/2 cup	3/4 cup	2 slice	1/2 cup
Creamy Colestew	Bakery Biscuit	Broccoli Vinaigrette	Kettle Brand Mixed Vegetables	Ranch Dressing, pc	Mexican Pinto Beans LS	Peas & Carrots LF
3/4 cup	1/80 cut	1/2 cup	1/2 cup	1 each	1 cup	1/2 cup
Southern Cornbread	Cake w/ Powdered Sugar Topping	Southern Cornbread	Romaine Garden Salad	Southern Cornbread	Kettle Brand Mixed Vegetables LF	Southern Cornbread
1/80 cut	1/80 cut	1/80 cut	3/4 cup	1/80 cut	1/2 cup	1/80 cut
Cake w/ Powdered Sugar Topping	1/80 cut	Fruit (1 @ or 1/2 cup equivalent)	Ranch Dressing, pc	Cake w/ Powdered Sugar Topping	Colestew Vinaigrette	Cake w/ Powdered Sugar Topping
1/80 cut	1 each	1 portion	1 each	1/80 cut	3/4 cup	1/80 cut
1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	Fruit (1 @ or 1/2 cup equivalent)	Fruit (1 @ or 1/2 cup equivalent)	Fruit (1 @ or 1/2 cup equivalent)	1% Milk (Half Pint)
1 each	1 each	1 each	1 each	1 each	1 portion	1 each
1 each	1 each	1 each	1 each	1 each	1 each	1 each

Meal Name: Evening Snack	Meal Name: Evening Snack	Meal Name: Evening Snack	Meal Name: Evening Snack	Meal Name: Evening Snack	Meal Name: Evening Snack	Meal Name: Evening Snack
Real Swiss Cheese	Peanut Butter	Hard Cooked Egg	Cheese	Hard Cooked Egg	Peanut Butter	Hard Cooked Egg
2 ozw	1 each	1 each	2 ozw	1 each	1 each	1 each
Wheat Bread	Wheat Bread	Wheat Bread	Wheat Bread	Wheat Bread	Wheat Bread	Wheat Bread
1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice
Citrus Fruit (1 @ or 1/2 cup equivalent)	Citrus Fruit (1 @ or 1/2 cup equivalent)	Citrus Fruit (1 @ or 1/2 cup equivalent)	Citrus Fruit (1 @ or 1/2 cup equivalent)	Citrus Fruit (1 @ or 1/2 cup equivalent)	Citrus Fruit (1 @ or 1/2 cup equivalent)	Citrus Fruit (1 @ or 1/2 cup equivalent)
1 portion	1 portion	1 portion	1 portion	1 portion	1 portion	1 portion
Fruit (1 @ or 1/2 cup equivalent)	Fruit (1 @ or 1/2 cup equivalent)	Fruit (1 @ or 1/2 cup equivalent)	Fruit (1 @ or 1/2 cup equivalent)	Fruit (1 @ or 1/2 cup equivalent)	Fruit (1 @ or 1/2 cup equivalent)	Fruit (1 @ or 1/2 cup equivalent)
1 portion	1 portion	1 portion	1 portion	1 portion	1 portion	1 portion
1% Milk (Half Pint)	1% Milk (Half Pint)	1% Milk (Half Pint)	1% Milk (Half Pint)	1% Milk (Half Pint)	1% Milk (Half Pint)	1% Milk (Half Pint)
1 each	1 each	1 each	1 each	1 each	1 each	1 each
1 each	1 each	1 each	1 each	1 each	1 each	1 each

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**FLM QUARTERLY MENU REVIEW (initials/date)** Q1 \_\_\_\_\_ Q2 \_\_\_\_\_ Q3 \_\_\_\_\_ Q4 \_\_\_\_\_

In accordance with ACA Standard (ref: 2-A1-DI-4A-07) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisors staff to verify adherence to the established daily servings.

ALAMEDA COUNTY SHERIFF'S DEPARTMENT  
 CALIFORNIA  
 PREGNANCY DIET

Week: **MONDAY 3** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

**Meal Name: Breakfast**

Toasted Oats Cereal	1 1/2 cup	Corn Flakes Cereal	1 1/2 cup	Creamy Breakfast Gravy**	1 cup	Toasted Oats Cereal	1 1/2 cup	Creamy Breakfast Gravy**	1 cup	Corn Flakes Cereal	1 1/2 cup	Toasted Oats Cereal	1 1/2 cup
Collage Cheese LF	1/2 cup	Scrambled Egg w/ Cheese	3 ozw	Lyonnaise Potatoes LF	1 cup	Breakfast Sausage (1 ozw each)	1 patty	Lyonnaise Potatoes LF	1 cup	Breakfast Sausage (1 ozw each)	1 patty	Breakfast Sausage (1 ozw each)	1 patty
Lyonnaise Potatoes LF	1 cup	Hash Browns LF	1 cup	Bakery Biscuit	1/60 cut	Peanut Butter	1 each	Bakery Biscuit	1/60 cut	Scrambled Eggs	3 ozw	Lyonnaise Potatoes LF	1 cup
Wheat Bread	2 slice	Strusel Coffeecake	1/60 cut	Jelly, pc	2 packet	Hash Browns LF	1 cup	Jelly, pc	2 packet	Hash Browns LF	1 cup	Strusel Coffeecake	1/60 cut
Jelly, pc	2 packet	Jelly, pc	2 packet	1% Milk (Half Pint)	1 each	Strusel Coffeecake	1/60 cut	1% Milk (Half Pint)	1 each	Wheat Bread	2 slice	Jelly, pc	2 packet
1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each			Jelly, pc	2 packet	1% Milk (Half Pint)	1 each	Wheat Bread	2 slice	1% Milk (Half Pint)	1 each

**Meal Name: Lunch**

Wheat Bread	2 slice	Wheat Bread	2 slice	Wheat Bread	2 slice	Wheat Bread	2 slice	Wheat Bread	2 slice	Wheat Bread	2 slice	Wheat Bread	2 slice
Egg Salad (3 oz fresh)	4 ozw	Sardines	1 ozw	Real Swiss Cheese	4 ozw	Tuna Salad (3 oz)	4 ozw	Peanut Butter	2 each	Cheese	4 ozw	Mayo Dressing & Mustard Packets	1 each
Carrot Sticks	1/2 cup	Mayo Dressing & Mustard Packets	1 each	Mayo Dressing & Mustard Packets	1 each	Carrot Sticks	1/2 cup	Jelly, pc	3 packet	Mustard	2 packet	Carrot Sticks	1/2 cup
Fruit (1 @ or 1/2 cup equivalent)	2 portion	Orange	1 each	Fruit (1 @ or 1/2 cup equivalent)	2 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	2 portion	Mustard	2 packet	Carrot Sticks	1/2 cup
1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion
										1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each

**Meal Name: Dinner**

Audairin Potato Casserole	1 1/2 cup	Enchilada Filling	1/2 cup	Italian Tomato Sauce	2/3 cup	Baked Meatloaf (3 ozw each)	1 patty	Crispy Chicken Patty (4 ozw each)	1 patty	Farmhouse Stew LFLS	1 1/2 cup	Tex-Mex Taco Filling	1/2 cup
Carrots & Green Beans LF	1/2 cup	Pinto Beans LF	1 1/2 cup	Rolini	1 cup	Navy Beans LFLS	1 cup	Mexican Pinto Beans LS	1 1/2 cup	Rice LF	1/2 cup	Pinto Beans LF	1 1/2 cup
Bakery Biscuit	1/60 cut	Carrots LF	1/2 cup	Cabbage LF	3/4 cup	Broccoli LF	1/2 cup	Irish Blend Vegetables LF	1 1/2 cup	Kettle Blend Mixed Vegetables LF	1/2 cup	Carrots LF	1/2 cup
Romaine Garden Salad	3/4 cup	Mexican Consistw LF	1/2 cup	Garden Salad	3/4 cup	Creamy Coleslaw LF	1 cup	Coleslaw Vinaigrette LF	1/2 cup	Broccoli Vinaigrette	1 cup	Mexican Consistw LF	3/4 cup
Ranch Dressing pc	1 each	Salsa	2 fl oz	Ranch Dressing pc	1 each	Southern Cornbread	1/60 cut	Southern Cornbread	1/60 cut	Southern Cornbread	1/60 cut	Taco Sauce	1 packet
Cake w/ Powdered Sugar Topping	1/60 cut	Southern Cornbread	1/60 cut	Wheat Bread	2 slice	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Corn Tortilla 6"	2 each
1% Milk (Half Pint)	1 each	Cake w/ Powdered Sugar Topping	1/60 cut	Fudge Brownie	1/60 cut	1% Milk (Half Pint)	1 each	Cake w/ Powdered Sugar Topping	1/60 cut	1% Milk (Half Pint)	1 each	Cake w/ Powdered Sugar Topping	1/60 cut
		1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each

**Meal Name: Evening Snack**

Cheese	2 ozw	Peanut Butter	1 each	Hard Cooked Egg	1 each	Real Swiss Cheese	2 ozw	Hard Cooked Egg	1 each	Peanut Butter	1 each	Hard Cooked Egg	1 each
Wheat Bread	1 slice	Wheat Bread	1 slice	Wheat Bread	1 slice	Wheat Bread	1 slice	Wheat Bread	1 slice	Wheat Bread	1 slice	Wheat Bread	1 slice
Citrus Fruit (1 @ or 1/2 cup equivalent)	1 portion	Citrus Fruit (1 @ or 1/2 cup equivalent)	1 portion	Citrus Fruit (1 @ or 1/2 cup equivalent)	1 portion	Citrus Fruit (1 @ or 1/2 cup equivalent)	1 portion	Citrus Fruit (1 @ or 1/2 cup equivalent)	1 portion	Citrus Fruit (1 @ or 1/2 cup equivalent)	1 portion	Citrus Fruit (1 @ or 1/2 cup equivalent)	1 portion
Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion
1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each

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\*\*This item contains 250 mg calcium.

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**NUTRITION STATEMENT:** This menu meets the nutritional guidelines of the American Correctional Association which are based upon the current DRI's for males and females 19 to 50 years as established by the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included.

**F.I.M. QUARTERLY MENU REVIEW (initial/initial)** 01 \_\_\_\_\_ 02 \_\_\_\_\_ 03 \_\_\_\_\_ 04 \_\_\_\_\_

In accordance with ACA Standard (ref: 4-AI-DF-4A-07) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings.

ALAMEDA COUNTY SHERIFF'S DEPARTMENT  
 CALIFORNIA  
 PREGNANCY DIET

Week: **4**

**MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**      **SATURDAY**      **SUNDAY**

**Meal Name: Breakfast**

Corn Flakes Cereal	1 1/2 cup	Toasted Oats Cereal	1 1/2 cup	Frosted Flakes Cereal	1 1/2 cup	Toasted Oats Cereal	1 1/2 cup	Corn Flakes Cereal	1 1/2 cup	Toasted Oats Cereal	1 1/2 cup	Frosted Flakes Cereal	1 1/2 cup
Vanilla Yogurt	4 fl oz	Breakfast Sausage (1 ozw each)	1 patty	Scrambled Eggs	3 ozw	Breakfast Sausage (1 ozw each)	2 patty	Scrambled Eggs	3 ozw	Breakfast Sausage (1 ozw each)	1 patty	Scrambled Eggs	3 ozw
Hash Browns LF	1 cup	Peanut Butter	1 each	Hash Browns LF	1 cup	Peanut Butter	1 each	Lyonnaise Potatoes LF	1 cup	Hard Cooked Egg	1 each	Hash Browns LF	1 cup
Wheat Bread	2 slice	Lyonnaise Potatoes LF	1 cup	Streusel Coffeecake	1/60 cut	Lyonnaise Potatoes LF	1 cup	Bakery Biscuit	1/60 cut	Wheat Bread	1 cup	Streusel Coffeecake	1/60 cut
Jelly, pc	2 packet	Wheat Bread	2 slice	Jelly, pc	2 packet	Bakery Biscuit	1/60 cut	Jelly, pc	2 packet	Wheat Bread	2 slice	Jelly, pc	2 packet
1% Milk (Half Pint)	1 each	Jelly, pc	2 packet	1% Milk (Half Pint)	1 each	Jelly, pc	2 packet	1% Milk (Half Pint)	1 each	Jelly, pc	2 packet	1% Milk (Half Pint)	1 each

**Meal Name: Lunch**

Wheat Bread	2 slice	Wheat Bread	2 slice	Wheat Bread	2 slice	Wheat Bread	2 slice	Wheat Bread	2 slice	Wheat Bread	2 slice	Wheat Bread	2 slice
Egg Salad (3 oz fresh)	4 ozw	Cheese	4 ozw	Peanut Butter	2 each	Tuna Salad (3 oz)	4 ozw	Peanut Butter	2 each	Real Swiss Chesse	4 ozw	Sardines	2 ozw
Carrot Sticks	1/2 cup	Mayo Dressing & Mustard Packets	1 each	Jelly, pc	3 packet	Carrot Sticks	1/2 cup	Jelly, pc	3 packet	Mayo Dressing & Mustard Packets	1 each	Mayo Dressing & Mustard Packets	1 each
Fruit (1 @ or 1/2 cup equivalent)	1 portion	Orange	1 each	Fruit (1 @ or 1/2 cup equivalent)	2 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	2 portion	Carrot Sticks	1/2 cup	Orange	1 each
1% Milk (Half Pint)	1 each	Fruit (1 @ or 1/2 cup equivalent)	1 portion	1% Milk (Half Pint)	1 each	Sandwich Cookies	2 each	1% Milk (Half Pint)	1 each	Fruit (1 @ or 1/2 cup equivalent)	2 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion

**Meal Name: Dinner**

Macaroni & Cheese Casserole (3 oz/soy)-	1 1/2 cup	Enchilada Filling	1/2 cup	T. Hot Dogs (1.5 oz each)	2 each	Chili w/Beans	1 1/2 cup	Baked Meatloaf (3 ozw each)	1 patty	Cheesy Broccoli & Rice Casserole	1 cup	Sloppy Joe	2/3 cup
Cajun Potatoes LF	1 1/2 cup	Pinto Beans LF	1 cup	Mustard	2 packet	Rice LF	1/2 cup	Grey LF	3/6 cup	Pinto Beans LF	1 cup	Navy Beans LF	1 cup
Broccoli LF	1/2 cup	Carrots LF	1/2 cup	Roast Pinto Beans LS	1 1/2 cup	Ketia Brand Mixed Vegetables LF	1/2 cup	Mashed Sweet Potatoes LF	1 cup	Irish Blend Vegetables LF	1/2 cup	Carrots LF	1/2 cup
Wheat Bread	2 slice	Mexican Colelaw LF	3/4 cup	Broccoli Vinaigrette	1/2 cup	Romaine Garden Salad	3/4 cup	Broccoli LF	1/2 cup	Shredded Lettuce	3/4 cup	Coleslaw Vinaigrette LF	3/4 cup
Fruit (1 @ or 1/2 cup equivalent)	1 portion	Southern Cornbread	1/60 out	Carrots & Green Beans LF	1/2 cup	Ranch Dressing, pc	1 each	Cabbage LF	3/4 cup	Ranch Dressing, pc	1 each	Southern Cornbread	1/60 out
1% Milk (Half Pint)	1 each	Cake w/ Powdered Sugar Topping	1/60 out	Southern Cornbread	1/60 out	Southern Cornbread	1/60 out	Cake w/ Powdered Sugar Topping	1/60 out	Cake w/ Powdered Sugar Topping	1/60 out	Cake w/ Powdered Sugar Topping	1/60 out
		1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each

**Meal Name: Evening Snack**

Real Swiss Cheese	2 ozw	Peanut Butter	1 each	Hard Cooked Egg	1 each	Cheese	2 ozw	Hard Cooked Egg	1 each	Peanut Butter	1 each	Hard Cooked Egg	1 each
Wheat Bread	1 slice	Wheat Bread	1 slice	Wheat Bread	1 slice	Wheat Bread	1 slice	Wheat Bread	1 slice	Wheat Bread	1 slice	Wheat Bread	1 slice
Citrus Fruit (1 @ or 1/2 cup equivalent)	1 portion	Citrus Fruit (1 @ or 1/2 cup equivalent)	1 portion	Citrus Fruit (1 @ or 1/2 cup equivalent)	1 portion	Citrus Fruit (1 @ or 1/2 cup equivalent)	1 portion	Citrus Fruit (1 @ or 1/2 cup equivalent)	1 portion	Citrus Fruit (1 @ or 1/2 cup equivalent)	1 portion	Citrus Fruit (1 @ or 1/2 cup equivalent)	1 portion
Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion
1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each

All entire portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and combination items made from scratch are based upon approximate cooked weight measurements. Weights on cookies, bread, rolls, and breadsticks made from mix or scratch are prior to baking. Pancakes made from mix or scratch are batter volume measurement prior to cooking. Side dishes are volume measurements. 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.

\*\*This item contains 250 mg calcium.

-This item made with mechanically separated poultry and soy used in accordance with USDA standards.

**NUTRITION STATEMENT:** This menu meets the nutritional guidelines of the American Correctional Association which are based upon the current DRI's for males and females 19 to 50 years as established by the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences. Adequate levels of protein, Vitamin A, Vitamin C, calcium, and iron are included.