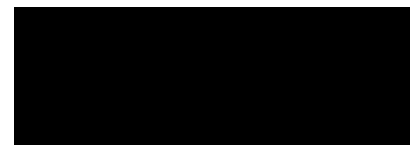


## ALAMEDA COUNTY SHERIFF'S DEPARTMENT CALIFORNIA

Weekly Average 2600 Calories Per Day  
Less than 30% of calories from fat



**Week: 1**  
**MONDAY**  
**Meal Name: Breakfast**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

Sweetened Oatmeal** 1 1/2 cup	Sweetened Farina** 1 1/2 cup	Creamy Breakfast Gravy (2oz/soy)** 1 cup	Sweetened Farina** 1 1/2 cup	Sweetened Oatmeal** 1 1/2 cup	Sweetened Farina** 1 1/2 cup	Creamy Breakfast Gravy (2oz/soy)** 1 cup
T. Ham 1 ozw	Breakfast Sausage (1 ozw each) 1 patty	Lyonnais Potatoes LF 1 cup	Scrambled Egg w/ Cheese 3 ozw	Breakfast Sausage (1 ozw each) 2 patty	Breakfast Sausage (1 ozw each) 1 patty	Lyonnais Potatoes LF 1 cup
Peanut Butter 1 each	Peanut Butter 1 each	Bakery Biscuit 1/60 cut	Peanut Butter 1 each	Lyonnais Potatoes LF 1 cup	Peanut Butter 1 each	Bakery Biscuit 1/60 cut
Lyonnais Potatoes LF 1 cup	Hash Browns LF 1 cup	Jelly, pc 2 packet	Hash Browns LF 1 cup	Streusel Coffeecake 1/60 cut	Hash Browns LF 1 cup	Jelly, pc 2 packet
Bakery Biscuit 1/60 cut	Bakery Biscuit 1/60 cut	1% Milk (Half Pint) 1 each	Wheat Bread 2 slice	Jelly, pc 2 packet	Wheat Bread 2 slice	1% Milk (Half Pint) 1 each
Jelly, pc 2 packet	Jelly, pc 2 packet		Jelly, pc 2 packet	1% Milk (Half Pint) 1 each	Jelly, pc 2 packet	
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: 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
T. Bologna 4 ozw	T. Ham 3 ozw	T. Bologna 4 ozw	T. Salami 4 ozw	Peanut Butter 2 each	T. Bologna 4 ozw	Turkey 3 ozw
Mustard 2 packet	Cheese 1/2 ozw	Mustard 2 packet	Mustard 2 packet	Jelly, pc 3 packet	Mustard 2 packet	Cheese 1/2 ozw
Carrot Sticks 1/2 cup	Mustard 2 packet	Fruit (1@ or 1/2 cup equivalent) 1 portion	Carrot Sticks 1/2 cup	Fruit (1@ or 1/2 cup equivalent) 1 portion	Carrot Sticks 1/2 cup	Mustard 2 packet
Sandwich Cookies 2 each	Orange 1 each	Sandwich Cookies 2 each	Sandwich Cookies 2 each	Sandwich Cookies 2 each	Sandwich Cookies 2 each	Orange 1 each
Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Sandwich Cookies 2 each	Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Sandwich Cookies 2 each
	Fruit Drink w/ B12, C, D, E & Calcium 1 packet					Fruit Drink w/ B12, C, D, E & Calcium 1 packet

**Meal Name: Dinner**

AuGratin Potato Casserole (3oz/soy)- 1 1/2 cup	Charbroiled Patty (3 ozw) 1 patty	italian Tomato Sauce (4oz/soy)- 2/3 cup	Tex-Mex Taco Filling (3oz/soy)- 1/2 cup	Cheeseburger Casserole (3oz/soy)- 1 1/2 cup	T. Hot Dogs (1.5 oz each) 2 each	Baked Meatloaf (3 ozw each) 1 patty
Broccoli & Cauliflower LF 1/2 cup	Ketchup 1 packet	Rotini 1 cup	Mexican Pinto Beans LS 1 1/2 cup	Pinto Beans LF 3/4 cup	Mustard 2 packet	Gravy LF 3/8 cup
Romaine Garden Salad 3/4 cup	Wheat Bread 2 slice	Broccoli LF 1/2 cup	Corn LF 1/2 cup	Broccoli LF 1/2 cup	Wheat Bread 2 slice	Mashed Potatoes LF 3/4 cup
Ranch Dressing, pc 1 each	Rice LF 3/4 cup	Carrots LF 1/2 cup	Mexican Coleslaw LF 3/4 cup	Romaine Garden Salad 3/4 cup	Mexican Pinto Beans LS 1 1/2 cup	Carrots LF 1/2 cup
Southern Cornbread 1/60 cut	Navy Beans LF/LS 1 cup	Bakery Biscuit 1/60 cut	Taco Sauce 1 packet	Ranch Dressing, pc 1 each	Rice LF 1 cup	Broccoli Vinaigrette 1/2 cup
Cake w/ Powdered Sugar Topping 1/60 cut	Irish Blend Vegetables LF 1/2 cup	Fudge Brownie 1/60 cut	Corn Tortilla 6" 2 each	Southern Cornbread 1/60 cut	Kettle Blend Mixed Vegetables LF 1/2 cup	Bakery Biscuit 1/60 cut
Fruit Drink w/ Vitamin C 1 packet	Coleslaw Vinaigrette LF 3/4 cup	Fruit Drink w/ Vitamin C 1 packet	Cake w/ Powdered Sugar Topping 1/60 cut	Cake w/ Powdered Sugar Topping 1/60 cut	Creamy Coleslaw LF 3/4 cup	Cake w/ Powdered Sugar Topping 1/60 cut
	Cake w/ Powdered Sugar Topping 1/60 cut		Fruit Drink w/ Vitamin C 1 packet	Fruit Drink w/ Vitamin C 1 packet	Cake w/ Powdered Sugar Topping 1/60 cut	Fruit Drink w/ Vitamin C 1 packet
	Fruit Drink w/ Vitamin C 1 packet				Fruit Drink w/ Vitamin C 1 packet	

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. 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.

**FLM QUARTERLY MENU REVIEW (initial/date) Q1**

**Q2**

**Q3**

**Q4**

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

Reviewed 11/18

██████████ Dietitian's Signature

██████████ Client's Signature

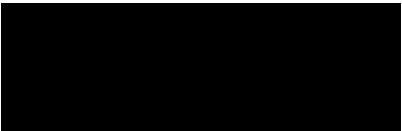
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██████████ FLM Signature

██████████ Date

## ALAMEDA COUNTY SHERIFF'S DEPARTMENT CALIFORNIA

Weekly Average 2600 Calories Per Day  
Less than 30% of calories from fat



**Week: 2**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**Meal Name: Breakfast**

Sweetened Farina** 1 1/2 cup	Sweetened Oatmeal** 1 1/2 cup	Sweetened Farina** 1 1/2 cup	Sweetened Oatmeal** 1 1/2 cup	Sweetened Farina** 1 1/2 cup	Sweetened Oatmeal** 1 1/2 cup	Sweetened Farina** 1 1/2 cup
T. Ham 1 ozw	Breakfast Sausage (1 ozw each) 2 patty	Breakfast Sausage (1 ozw each) 1 patty	T. Ham 1 ozw	Breakfast Sausage (1 ozw each) 2 patty	Breakfast Sausage (1 ozw each) 1 patty	Breakfast Sausage (1 ozw each) 2 patty
Peanut Butter 1 each	Peanut Butter 1 each	Hash Browns LF 1 cup	Peanut Butter 1 each	Hash Browns LF 1 cup	Peanut Butter 1 each	Lyonnais Potatoes LF 1 cup
Hash Browns LF 1 cup	Lyonnais Potatoes LF 1 cup	Streusel Coffeecake 1/60 cut	Lyonnais Potatoes LF 1 cup	Streusel Coffeecake 1/60 cut	Hash Browns LF 1 cup	Bakery Biscuit 1/60 cut
Bakery Biscuit 1/60 cut	Wheat Bread 2 slice	Jelly, pc 2 packet	Wheat Bread 2 slice	Jelly, pc 2 packet	Wheat Bread 2 slice	Jelly, pc 2 packet
Jelly, pc 2 packet	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
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: 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
T. Bologna 4 ozw	T. Ham 3 ozw	T. Bologna 4 ozw	T. Salami 4 ozw	Peanut Butter 2 each	T. Bologna 4 ozw	T. Salami 3 ozw
Mustard 2 packet	Cheese 1/2 ozw	Mustard 2 packet	Mustard 2 packet	Jelly, pc 3 packet	Mustard 2 packet	Cheese 1/2 ozw
Carrot Sticks 1/2 cup	Mustard 2 packet	Carrot Sticks 1/2 cup	Orange 1 each	Fruit (1 @ or 1/2 cup equivalent) 1 portion	Carrot Sticks 1/2 cup	Mustard 2 packet
Sandwich Cookies 2 each	Fruit (1 @ or 1/2 cup equivalent) 1 portion	Sandwich Cookies 2 each	Sandwich Cookies 2 each	Sandwich Cookies 2 each	Sandwich Cookies 2 each	Orange 1 each
Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Sandwich Cookies 2 each	Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Sandwich Cookies 2 each
	Fruit Drink w/ B12, C, D, E & Calcium 1 packet					Fruit Drink w/ B12, C, D, E & Calcium 1 packet

**Meal Name: Dinner**

Chili w/Beans (3oz/soy)- 1 1/2 cup	Farmhouse Stew (3oz/soy)- LF/LS (1 cup veg) 1 1/2 cup	Crispy Chicken Patty (4 ozw each) 1 patty	Sloppy Joe (3oz/soy)- 2/3 cup	Cheeseburger Casserole (3oz/soy)- 1 1/2 cup	T. Hot Dogs (1.5 oz each) 2 each	Baked Meatloaf (3 ozw each) 1 patty
Rice LF 1/2 cup	Rice LF 1/2 cup	Ranch Pinto Beans LS 1 1/2 cup	Wheat Bread 2 slice	Cabbage LF 3/4 cup	Ketchup & Mustard Packets 1 each	Gravy LF 3/8 cup
Carrots LF 1/2 cup	Cabbage LF 3/4 cup	Cottage Fries 3/4 cup	Pinto Beans LF 1 1/2 cup	Romaine Garden Salad 3/4 cup	Wheat Bread 2 slice	Navy Beans LF/LS 1 cup
Creamy Coleslaw 3/4 cup	Bakery Biscuit 1/60 cut	Coleslaw Vinaigrette 3/4 cup	Kettle Blend Mixed Vegetables 1/2 cup	Ranch Dressing, pc 1 each	Mexican Pinto Beans LS 1 1/2 cup	Peas & Carrots LF 1/2 cup
Southern Cornbread 1/60 cut	Cake w/ Powdered Sugar Topping 1/60 cut	Southern Cornbread 1/60 cut	Garden Salad 3/4 cup	Southern Cornbread 1/60 cut	Kettle Blend Mixed Vegetables LF 1/2 cup	Southern Cornbread 1/60 cut
Cake w/ Powdered Sugar Topping 1/60 cut	Fruit Drink w/ Vitamin C 1 packet	Cake w/ Powdered Sugar Topping 1/60 cut	Ranch Dressing, pc 1 each	Cake w/ Powdered Sugar Topping 1/60 cut	Coleslaw Vinaigrette 3/4 cup	Cake w/ Powdered Sugar Topping 1/60 cut
Fruit Drink w/ Vitamin C 1 packet		Fruit Drink w/ Vitamin C 1 packet	Cake w/ Powdered Sugar Topping 1/60 cut	Fruit Drink w/ Vitamin C 1 packet	Cake w/ Powdered Sugar Topping 1/60 cut	Fruit Drink w/ Vitamin C 1 packet
			Fruit Drink w/ Vitamin C 1 packet		Fruit Drink w/ Vitamin C 1 packet	

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**FLM QUARTERLY MENU REVIEW (initial/date) Q1**

**Q2**

**Q3**

**Q4**

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

Reviewed 11/18

Diетitian's Signature

Client's Signature

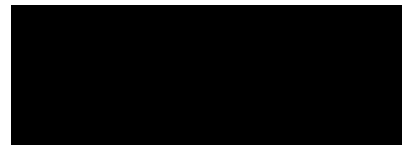
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FLM Signature

Date

## ALAMEDA COUNTY SHERIFF'S DEPARTMENT CALIFORNIA

Weekly Average 2600 Calories Per Day  
Less than 30% of calories from fat



**Week: 3**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**Meal Name: Breakfast**

Sweetened Oatmeal** 1 1/2 cup	Sweetened Farina** 1 1/2 cup	Creamy Breakfast Gravy (2oz/soy)** 1 cup	Sweetened Oatmeal** 1 1/2 cup	Creamy Breakfast Gravy (2oz/soy)** 1 cup	Sweetened Farina** 1 1/2 cup	Sweetened Oatmeal** 1 1/2 cup
Peanut Butter 1 each	Scrambled Egg w/ Cheese 3 ozw	Lyonnaise Potatoes LF 1 cup	T. Ham 1 ozw	Lyonnaise Potatoes LF 1 cup	T. Ham 1 ozw	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	Peanut Butter 1 each	Lyonnaise Potatoes LF 1 cup
Wheat Bread 2 slice	Streusel Coffeecake 1/60 cut	Jelly, pc 2 packet	Hash Browns LF 1 cup	Jelly, pc 2 packet	Hash Browns LF 1 cup	Streusel Coffeecake 1/60 cut
Jelly, pc 2 packet	Jelly, pc 2 packet	1% Milk (Half Pint) 1 each	Streusel 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		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	Wheat Bread 2 slice
T. Bologna 4 ozw	T. Ham 3 ozw	T. Bologna 4 ozw	T. Salami 4 ozw	Peanut Butter 2 each	T. Bologna 3 ozw	T. Salami 4 ozw
Mustard 2 packet	Cheese 1/2 ozw	Mustard 2 packet	Mustard 2 packet	Jelly, pc 3 packet	Cheese 1/2 ozw	Mustard 2 packet
Carrot Sticks 1/2 cup	Mustard 2 packet	Fruit (1 @ or 1/2 cup equivalent) 1 portion	Carrot Sticks 1/2 cup	Fruit (1 @ or 1/2 cup equivalent) 1 portion	Mustard 2 packet	Orange 1 each
Sandwich Cookies 2 each	Orange 1 each	Sandwich Cookies 2 each	Sandwich Cookies 2 each	Sandwich Cookies 2 each	Carrot Sticks 1/2 cup	Sandwich Cookies 2 each
Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Sandwich Cookies 2 each	Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Sandwich Cookies 2 each	Fruit Drink w/ B12, C, D, E & Calcium 1 packet
	Fruit Drink w/ B12, C, D, E & Calcium 1 packet				Fruit Drink w/ B12, C, D, E & Calcium 1 packet	

**Meal Name: Dinner**

AuGratin Potato Casserole (3oz/soy)- 1 1/2 cup	Enchilada Filling (3oz/soy)- 1/2 cup	italian Tomato Sauce (4oz/soy)- 2/3 cup	Baked Meatloaf (3 ozw each) 1 patty	Crispy Chicken Patty (4 ozw each) 1 patty	Farmhouse Stew (3oz/soy)- LF/LS (1 cup veg) 1 1/2 cup	Tex-Mex Taco Filling (3oz/soy)- 1/2 cup
Carrots & Green Beans LF 1/2 cup	Pinto Beans LF 1 1/2 cup	Rotini 1 1/2 cup	Navy Beans LF/LS 1 1/2 cup	Gravy LF 3/8 cup	Rice LF 1 1/4 cup	Pinto Beans LF 1 cup
Bakery Biscuit 1/60 cut	Carrots LF 1/2 cup	Cabbage LF 3/4 cup	Broccoli LF 1/2 cup	Mexican Pinto Beans LS 1 1/2 cup	Kettle Blend Mixed Vegetables LF 1/2 cup	Carrots LF 1/2 cup
Romaine Garden Salad 3/4 cup	Mexican Coleslaw LF 3/4 cup	Garden Salad 3/4 cup	Creamy Coleslaw LF 3/4 cup	Irish Blend Vegetables LF 1/2 cup	Broccoli Vinaigrette 1/2 cup	Mexican Coleslaw LF 3/4 cup
Ranch Dressing, pc 1 each	Salsa 2 fl oz	Ranch Dressing, pc 1 each	Southern Cornbread 1/60 cut	Coleslaw Vinaigrette LF 3/4 cup	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	Cake w/ Powdered Sugar Topping 1/60 cut	Southern Cornbread 1/60 cut	Cake w/ Powdered Sugar Topping 1/60 cut	Corn Tortilla 6" 2 each
Fruit Drink w/ Vitamin C 1 packet	Cake w/ Powdered Sugar Topping 1/60 cut	Fudge Brownie 1/60 cut	Fruit Drink w/ Vitamin C 1 packet	Cake w/ Powdered Sugar Topping 1/60 cut	Fruit Drink w/ Vitamin C 1 packet	Cake w/ Powdered Sugar Topping 1/60 cut
	Fruit Drink w/ Vitamin C 1 packet	Fruit Drink w/ Vitamin C 1 packet		Fruit Drink w/ Vitamin C 1 packet		Fruit Drink w/ Vitamin C 1 packet

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**FLM QUARTERLY MENU REVIEW (initial/date) Q1**

**Q2**

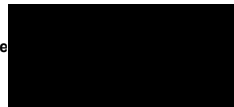
**Q3**

**Q4**

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Reviewed 11/18

██████ Dietitian's Signature



██████ Client's Signature

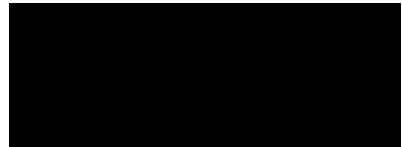
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██████ FLM Signature

██████ Date

## ALAMEDA COUNTY SHERIFF'S DEPARTMENT CALIFORNIA

Weekly Average 2600 Calories Per Day  
Less than 30% of calories from fat



**Week: 4**  
**MONDAY**  
**Meal Name: Breakfast**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

Sweetened Farina** 1 1/2 cup	Sweetened Oatmeal** 1 1/2 cup	Sweetened Farina** 1 1/2 cup	Sweetened Oatmeal** 1 1/2 cup	Sweetened Farina** 1 1/2 cup	Sweetened Oatmeal** 1 1/2 cup	Sweetened Farina** 1 1/2 cup
T. Ham 1 ozw	Breakfast Sausage (1 ozw each) 1 patty	T. Ham 1 ozw	Breakfast Sausage (1 ozw each) 2 patty	T. Ham 1 ozw	Breakfast Sausage (1 ozw each) 1 patty	T. Ham 1 ozw
Peanut Butter 1 each	Peanut Butter 1 each	Hash Browns LF 1 cup	Peanut Butter 1 each	Lyonnaise Potatoes LF 1 cup	Peanut Butter 1 each	Hash Browns LF 1 cup
Hash Browns LF 1 cup	Lyonnaise Potatoes LF 1 cup	Streusel Coffeecake 1/60 cut	Lyonnaise Potatoes LF 1 cup	Bakery Biscuit 1/60 cut	Hash Browns LF 1 cup	Streusel Coffeecake 1/60 cut
Wheat Bread 2 slice	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
Jelly, pc 2 packet	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
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: 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
T. Bologna 4 ozw	T. Ham 3 ozw	T. Bologna 4 ozw	T. Salami 4 ozw	Peanut Butter 2 each	T. Bologna 4 ozw	Turkey 3 ozw
Mustard 2 packet	Cheese 1/2 ozw	Mustard 2 packet	Mustard 2 packet	Jelly, pc 3 packet	Mustard 2 packet	Cheese 1/2 ozw
Carrot Sticks 1/2 cup	Mustard 2 packet	Fruit (1@ or 1/2 cup equivalent) 1 portion	Carrot Sticks 1/2 cup	Fruit (1@ or 1/2 cup equivalent) 1 portion	Carrot Sticks 1/2 cup	Mustard 2 packet
Sandwich Cookies 2 each	Orange 1 each	Sandwich Cookies 2 each	Sandwich Cookies 2 each	Sandwich Cookies 2 each	Sandwich Cookies 2 each	Orange 1 each
Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Sandwich Cookies 2 each	Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Fruit Drink w/ B12, C, D, E & Calcium 1 packet	Sandwich Cookies 2 each
	Fruit Drink w/ B12, C, D, E & Calcium 1 packet					Fruit Drink w/ B12, C, D, E & Calcium 1 packet

**Meal Name: Dinner**

Cheeseburger Casserole (3oz/soy)- 1 1/2 cup	Enchilada Filling (3oz/soy)- 1/2 cup	T. Hot Dogs (1.5 oz each) 2 each	Chili w/Beans (3oz/soy)- 1 1/2 cup	Baked Meatloaf (3 ozw each) 1 patty	Cheesy Broccoli & Rice Casserole (2oz/soy)- 1 cup	Sloppy Joe (3oz/soy)- 2/3 cup
Cajun Potatoes LF 1 cup	Pinto Beans LF 1 1/2 cup	Mustard 2 packet	Rice LF 1 cup	Gravy LF 3/8 cup	Pinto Beans LF 1 cup	Navy Beans LF/LS 1 1/2 cup
Broccoli LF 1/2 cup	Carrots LF 1/2 cup	Ranch Pinto Beans LS 1 1/2 cup	Kettle Blend Mixed Vegetables LF 1/2 cup	Mashed Potatoes 1 1/2 cup	Irish Blend Vegetables LF 1/2 cup	Carrots LF 1/2 cup
Wheat Bread 2 slice	Mexican Coleslaw 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
Cake w/ Powdered Sugar Topping 1/60 cut	Southern Cornbread 1/60 cut	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 cut
Fruit Drink w/ Vitamin C 1 packet	Cake w/ Powdered Sugar Topping 1/60 cut	Southern Cornbread 1/60 cut	Southern Cornbread 1/60 cut	Southern Cornbread 1/60 cut	Southern Cornbread 1/60 cut	Cake w/ Powdered Sugar Topping 1/60 cut
	Fruit Drink w/ Vitamin C 1 packet	Cake w/ Powdered Sugar Topping 1/60 cut	Cake w/ Powdered Sugar Topping 1/60 cut	Cake w/ Powdered Sugar Topping 1/60 cut	Cake w/ Powdered Sugar Topping 1/60 cut	Fruit Drink w/ Vitamin C 1 packet
		Fruit Drink w/ Vitamin C 1 packet	Fruit Drink w/ Vitamin C 1 packet	Fruit Drink w/ Vitamin C 1 packet	Fruit Drink w/ Vitamin C 1 packet	

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**FLM QUARTERLY MENU REVIEW (initial/date) Q1**

**Q2**

**Q3**

**Q4**

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Reviewed 11/18

Diетitian's Signature

Client's Signature

Date

FLM Signature

Date

