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



Week: 1

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY
Meal Name: Breakfast

Sweetened Oatmeal**		Sweetened Farina**	Creamy Breakfast Gravy (2oz/soy)~**	Sweetened Farina**		Sweetened Oatmeal**		Sweetened Farina**	Creamy Breakfast Gravy (2oz/soy)~**	
	1 1/2 cup	1 1/2 cup	1 cup		1 1/2 cup	1 1/2	cup	1 1/2 cup	1 cu	
T. Ham		Breakfast Sausage (1 ozw each)	Lyonnaise Potatoes LF	Scrambled Egg w/ Cheese		Breakfast Sausage (1 ozw each)		Breakfast Sausage (1 ozw each)	Lyonnaise Potatoes LF	
	1 ozw	1 patty	1 cup		3 ozw	2	patty	1 patty	1 cu	
Peanut Butter		Peanut Butter	Bakery Biscuit	Peanut Butter		Lyonnaise Potatoes LF		Peanut Butter	Bakery Biscuit	
	1 each	1 each	1/60 cut		1 each	1	cup	1 each	1/60 cu	
Lyonnaise Potatoes LF		Hash Browns LF	Jelly, pc	Hash Browns LF		Streusel Coffeecake		Hash Browns LF	Jelly, pc	
	1 cup	1 cup	2 packet		1 cup	1/6	0 cut	1 cup	2 packe	
Bakery Biscuit		Bakery Biscuit	1% Milk (Half Pint)	Wheat Bread		Jelly, pc		Wheat Bread	1% Milk (Half Pint)	
	1/60 cut	1/60 cut	1 each		2 slice	2 pa	acket	2 slice	1 eac	
Jelly, pc		Jelly, pc		Jelly, pc		1% Milk (Half Pint)		Jelly, pc		
	2 packet	2 packet			2 packet	1	each	2 packet		
1% Milk (Half Pint)		1% Milk (Half Pint)		1% Milk (Half Pint)				1% Milk (Half Pint)		
	1 each	1 each			1 each			1 each		

#### Meal Name: Lunch

| Wheat Bread                           |
|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| 2 slice                               |
T. Bologna	T. Ham	T. Bologna	T. Salami	Peanut Butter	T. Bologna	Turkey
4 ozw	3 ozw	4 ozw	4 ozw	2 each	4 ozw	3 ozw
Mustard	Cheese	Mustard	Mustard	Jelly, pc	Mustard	Cheese
2 packet	1/2 ozw	2 packet	2 packet	3 packet	2 packet	1/2 ozw
Carrot Sticks	Mustard	Fruit (1@ or 1/2 cup equivalent)	Carrot Sticks	Fruit (1@ or 1/2 cup equivalent)	Carrot Sticks	Mustard
1/2 cup	2 packet	1 portion	1/2 cup	1 portion	1/2 cup	2 packet
Sandwich Cookies	Orange	Sandwich Cookies	Sandwich Cookies	Sandwich Cookies	Sandwich Cookies	Orange
2 each	1 each	2 each	2 each	2 each	2 each	1 each
Fruit Drink w/ B12, C, D, E & Calcium	Sandwich Cookies	Fruit Drink w/ B12, C, D, E & Calcium	Fruit Drink w/ B12, C, D, E & Calcium	Fruit Drink w/ B12, C, D, E & Calcium	Fruit Drink w/ B12, C, D, E & Calcium	Sandwich Cookies
1 packet	2 each	1 packet	1 packet	1 packet	1 packet	2 each
	Fruit Drink w/ B12, C, D, E & Calcium					Fruit Drink w/ B12, C, D, E & Calcium
	1 packet					1 packet

### Meal Name: Dinner

\*\*This item contains 250 mg calcium.

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

**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

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Reviewed 11/18 Dietitian's Signature Client's Signature Date FLM Signature Date

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

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



Fruit Drink w/ Vitamin C

1 packet

Week: 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meal Name: Breakfast						

MICHEAT	IULUDAI	VILDINESDAI	IIIUNSDAI	ו אטאו	SATUNDAT	SUNDAI
Meal Name: Breakfast						
Sweetened Farina**	Sweetened Oatmeal**	Sweetened Farina**	Sweetened Oatmeal**	Sweetened Farina**	Sweetened Oatmeal**	Sweetened Farina**
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
T. Ham	Breakfast Sausage (1 ozw each)	Breakfast Sausage (1 ozw each)	T. Ham	Breakfast Sausage (1 ozw each)	Breakfast Sausage (1 ozw each)	Breakfast Sausage (1 ozw each)
1 ozw	2 patty	1 patty	1 ozw	2 patty	1 patty	2 patty
Peanut Butter 1 each	Peanut Butter 1 each	Hash Browns LF	Peanut Butter 1 each	Hash Browns LF	Peanut Butter 1 each	Lyonnaise Potatoes LF 1 cup
Hash Browns LF	Lyonnaise Potatoes LF	Streusel Coffeecake 1 cup	Lyonnaise Potatoes LF	Streusel Coffeecake	Hash Browns LF	Bakery Biscuit
1 cup	1 cup	1/60 cut	1 cup	1/60 cut	1 cup	1/60 cut
Bakery Biscuit	Wheat Bread	Jelly, pc	Wheat Bread	Jelly, pc	Wheat Bread	Jelly, pc
1/60 cut	2 slice	2 packet	2 slice	2 packet	2 slice	2 packet
Jelly, pc	Jelly, pc	1% Milk (Half Pint)	Jelly, pc	1% Milk (Half Pint)	Jelly, pc	1% Milk (Half Pint)
2 packet	2 packet	1 each	2 packet	1 each	2 packet	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 each		1 each		1 each	
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
T. Bologna	T. Ham	T. Bologna	T. Salami	Peanut Butter	T. Bologna	T. Salami
4 ozw	3 ozw	4 ozw	4 ozw	2 each	4 ozw	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	Mustard 1/2 02W	Carrot Sticks	Orange	Fruit (1@ or 1/2 cup equivalent)	Carrot Sticks	Mustard 1/2 02W
1/2 cup	2 packet	1/2 cup	1 each	1 portion	1/2 cup	2 packet
Sandwich Cookies	Fruit (1@ or 1/2 cup equivalent)	Sandwich Cookies	Sandwich Cookies	Sandwich Cookies	Sandwich Cookies	Orange
2 each	1 portion	2 each	2 each	2 each	2 each	1 each
Fruit Drink w/ B12, C, D, E & Calcium	Sandwich Cookies	Fruit Drink w/ B12, C, D, E & Calcium	Fruit Drink w/ B12, C, D, E & Calcium	Fruit Drink w/ B12, C, D, E & Calcium	Fruit Drink w/ B12, C, D, E & Calcium	Sandwich Cookies
1 packet	2 each	1 packet	1 packet	1 packet	1 packet	2 each
	Fruit Drink w/ B12, C, D, E & Calcium					Fruit Drink w/ B12, C, D, E & Calcium
	1 packet					1 packet
Meal Name: Dinner						
Chili w/Beans (3oz/soy)~	Farmhouse Stew (3oz/soy)~ LF/LS	Crispy Chicken Patty (4 ozw each)	Sloppy Joe (3oz/soy)~	Cheeseburger Casserole (3oz/soy)~	T. Hot Dogs (1.5 oz each)	Baked Meatloaf (3 ozw each)
1 1/2 cup	(1 cup veg) 1 1/2 cup	1 patty	2/3 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	3/8 cup
Carrots LF	Cabbage LF	Cottage Fries	Pinto Beans LF	Romaine Garden Salad	Wheat Bread	Navy Beans LF/LS
1/2 cup	3/4 cup	3/4 cup	1 1/2 cup	3/4 cup	2 slice	1 cup
Creamy Coleslaw	Bakery Biscuit	Coleslaw Vinaigrette	Kettle Blend Mixed Vegetables	Ranch Dressing, pc	Mexican Pinto Beans LS	Peas & Carrots LF
Southern Cornbread	1/60 cut	3/4 cup Southern Cornbread	Garden Salad	Southern Cornbread	1 1/2 cup Kettle Blend Mixed Vegetables 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	1/60 cut	1/2 cup	1/60 cut
Cake w/ Powdered Sugar Topping	Fruit Drink w/ Vitamin C	Cake w/ Powdered Sugar Topping	Ranch Dressing, pc	Cake w/ Powdered Sugar Topping	Coleslaw Vinaigrette	Cake w/ Powdered Sugar Topping
1/60 cut	1 packet	1/60 cut	1 each	1/60 cut	3/4 cup	1/60 cut
Fruit Drink w/ Vitamin C		Fruit Drink w/ Vitamin C	Cake w/ Powdered Sugar Topping	Fruit Drink w/ Vitamin C	Cake w/ Powdered Sugar Topping	Fruit Drink w/ Vitamin C
1 packet		1 packet	1/60 cut	1 packet	1/60 cut	1 packet

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1 packet

Fruit Drink w/ Vitamin C

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FLM QUARTERLY MENU REVIEW (initial/date) Q1

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Reviewed 11/18 Dietitian's Signature Client's Signature Date **FLM Signature** Date

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

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



Week: 3 MONDAY

TUESDAY WEDNESDAY

THURSDAY

1 each

FRIDAY

**SATURDAY** 

1 each

1% Milk (Half Pint)

**SUNDAY** 

Meal Name: Brea	kfast							
Sweetened Oatmeal**		Sweetened Farina**		Creamy Breakfast Gravy (2oz/soy)~**	Sweetened Oatmeal**	Creamy Breakfast Gravy (2oz/soy)~**	Sweetened Farina**	Sweetened Oatmeal**
	1 1/2 cup		1 1/2 cup	1 cup	1 1/2 cup	1 cup	1 1/2 cup	1 1/2 cup
Peanut Butter		Scrambled Egg w/ Cheese		Lyonnaise Potatoes LF	T. Ham	Lyonnaise Potatoes LF	T. Ham	Breakfast Sausage (1 ozw each)
	1 each		3 ozw	1 cup	1 ozw	1 cup	1 ozw	1 patty
Lyonnaise Potatoes LF		Hash Browns LF		Bakery Biscuit	Peanut Butter	Bakery Biscuit	Peanut Butter	Lyonnaise Potatoes LF
	1 cup		1 cup	1/60 cut	1 each	1/60 cut	1 each	1 cup
Wheat Bread		Streusel Coffeecake		Jelly, pc	Hash Browns LF	Jelly, pc	Hash Browns LF	Streusel Coffeecake
	2 slice		1/60 cut	2 packet	1 cup	2 packet	1 cup	1/60 cut
Jelly, pc		Jelly, pc		1% Milk (Half Pint)	Streusel Coffeecake	1% Milk (Half Pint)	Wheat Bread	Jelly, pc
	2 packet		2 packet	1 each	1/60 cut	1 each	2 slice	2 packet
1% Milk (Half Pint)		1% Milk (Half Pint)			Jelly, pc		Jelly, pc	1% Milk (Half Pint)
<u> </u>	1 each		1 each		2 packet		2 packet	1 each

1% Milk (Half Pint)

### Meal Name: Lunch

| Wheat Bread                           |
|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| 2 slice                               |
T. Bologna	T. Ham	T. Bologna	T. Salami	Peanut Butter	T. Bologna	T. Salami
4 ozw	3 ozw	4 ozw	4 ozw	2 each	3 ozw	4 ozw
Mustard	Cheese	Mustard	Mustard	Jelly, pc	Cheese	Mustard
2 packet	1/2 ozw	2 packet	2 packet	3 packet	1/2 ozw	2 packet
Carrot Sticks	Mustard	Fruit (1@ or 1/2 cup equivalent)	Carrot Sticks	Fruit (1@ or 1/2 cup equivalent)	Mustard	Orange
1/2 cup	2 packet	1 portion	1/2 cup	1 portion	2 packet	1 each
Sandwich Cookies	Orange	Sandwich Cookies	Sandwich Cookies	Sandwich Cookies	Carrot Sticks	Sandwich Cookies
2 each	1 each	2 each	2 each	2 each	1/2 cup	2 each
Fruit Drink w/ B12, C, D, E & Calcium	Sandwich Cookies	Fruit Drink w/ B12, C, D, E & Calcium	Fruit Drink w/ B12, C, D, E & Calcium	Fruit Drink w/ B12, C, D, E & Calcium	Sandwich Cookies	Fruit Drink w/ B12, C, D, E & Calcium
1 packet	2 each	1 packet	1 packet	1 packet	2 each	1 packet
	Fruit Drink w/ B12, C, D, E & Calcium				Fruit Drink w/ B12, C, D, E & Calcium	
	1 packet				1 packet	

### Meal Name: Dinner

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

<sup>\*\*</sup>This item contains 250 mg calcium.

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

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



Week: 4
MONDAY

MONDAY
Meal Name: Breakfast

Sweetened Farina\*\*

1 1/2 cup
1 1/2 cup
1 1/2 cup
1 1 ozw
1 o

Sweetened Farina**		Sweetened Oatmeal**	Sweetened Farina**	Sweetened Oatmeal**	Sweetened Farina**		Sweetened Farina**
	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
T. Ham		Breakfast Sausage (1 ozw each)	T. Ham	Breakfast Sausage (1 ozw each)	T. Ham	Breakfast Sausage (1 ozw each)	Г. Ham
	1 ozw	1 patty	1 ozw	2 patty	1 ozw	1 patty	1 ozw
Peanut Butter		Peanut Butter	Hash Browns LF	Peanut Butter	Lyonnaise Potatoes LF	Peanut Butter	Hash Browns LF
	1 each	1 each	1 cup	1 each	1 cup	1 each	1 cup
Hash Browns LF		Lyonnaise Potatoes LF	Streusel Coffeecake	Lyonnaise Potatoes LF	Bakery Biscuit	Hash Browns LF	Streusel Coffeecake
	1 cup	1 cup	1/60 cut	1 cup	1/60 cut	1 cup	1/60 cut
Wheat Bread		Wheat Bread	Jelly, pc	Bakery Biscuit	Jelly, pc	Wheat Bread	lelly, pc
	2 slice	2 slice	2 packet	1/60 cut	2 packet	2 slice	2 packet
Jelly, pc		Jelly, pc	1% Milk (Half Pint)	Jelly, pc	1% Milk (Half Pint)	Jelly, pc	% Milk (Half Pint)
	2 packet	2 packet	1 each	2 packet	1 each	2 packet	1 each
1% Milk (Half Pint)		1% Milk (Half Pint)		1% Milk (Half Pint)		1% Milk (Half Pint)	
	1 each	1 each		1 each		1 each	

#### Meal Name: Lunch

| Wheat Bread                           |
|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| 2 slice                               |
T. Bologna	T. Ham	T. Bologna	T. Salami	Peanut Butter	T. Bologna	Turkey
4 ozw	3 ozw	4 ozw	4 ozw	2 each	4 ozw	3 ozw
Mustard	Cheese	Mustard	Mustard	Jelly, pc	Mustard	Cheese
2 packet	1/2 ozw	2 packet	2 packet	3 packet	2 packet	1/2 ozw
Carrot Sticks	Mustard	Fruit (1@ or 1/2 cup equivalent)	Carrot Sticks	Fruit (1@ or 1/2 cup equivalent)	Carrot Sticks	Mustard
1/2 cup	2 packet	1 portion	1/2 cup	1 portion	1/2 cup	2 packet
Sandwich Cookies	Orange	Sandwich Cookies	Sandwich Cookies	Sandwich Cookies	Sandwich Cookies	Orange
2 each	1 each	2 each	2 each	2 each	2 each	1 each
Fruit Drink w/ B12, C, D, E & Calcium	Sandwich Cookies	Fruit Drink w/ B12, C, D, E & Calcium	Fruit Drink w/ B12, C, D, E & Calcium	Fruit Drink w/ B12, C, D, E & Calcium	Fruit Drink w/ B12, C, D, E & Calcium	Sandwich Cookies
1 packet	2 each	1 packet	1 packet	1 packet	1 packet	2 each
	Fruit Drink w/ B12, C, D, E & Calcium					Fruit Drink w/ B12, C, D, E & Calcium
	1 packet					1 packet

### Meal Name: Dinner

Cheeseburger Casserole (3oz/soy)~	Enchilada Filling (3oz/soy)~	T. Hot Dogs (1.5 oz each)	Chili w/Beans (3oz/soy)~	Baked Meatloaf (3 ozw each)	Cheesy Broccoli & Rice Casserole	Sloppy Joe (3oz/soy)~
1 1/2 cup	1/2 cur	2 each	1 1/2 cup	` 1 patty	(2oz/soy)~ 1 cup	2/3 cup
Cajun Potatoes LF	Pinto Beans LF	Mustard	Rice LF	Gravy LF	Pinto Beans LF	Navy Beans LF/LS
1 cup	1 1/2 cup	2 packet	1 cup	3/8 cup	1 cup	1 1/2 cup
Broccoli LF	Carrots LF	Ranch Pinto Beans LS	Kettle Blend Mixed Vegetables LF	Mashed Potatoes	Irish Blend Vegetables LF	Carrots LF
1/2 cup	1/2 cup	1 1/2 cup	1/2 cup	1 1/2 cup	1/2 cup	1/2 cup
Wheat Bread	Mexican Coleslaw LF	Broccoli Vinaigrette	Romaine Garden Salad	Broccoli LF	Shredded Lettuce	Coleslaw Vinaigrette LF
2 slice	3/4 cup		3/4 cup	1/2 cup	3/4 cup	3/4 cup
Cake w/ Powdered Sugar Topping	Southern Cornbread	Carrots & Green Beans LF	Ranch Dressing, pc	Cabbage LF	Ranch Dressing, pc	Southern Cornbread
1/60 cut	1/60 cu		1 each	3/4 cup	1 each	1/60 cut
Fruit Drink w/ Vitamin C	Cake w/ Powdered Sugar Topping	Southern Cornbread	Southern Cornbread	Southern Cornbread		Cake w/ Powdered Sugar Topping
1 packet	1/60 cu	1/60 cut	1/60 cut	1/60 cut	1/60 cut	1/60 cut
	Fruit Drink w/ Vitamin C	Cake w/ Powdered Sugar Topping	Cake w/ Powdered Sugar Topping	Cake w/ Powdered Sugar Topping	Cake w/ Powdered Sugar Topping	Fruit Drink w/ Vitamin C
	1 packe		1/60 cut	1/60 cut	1/60 cut	1 packet
		Fruit Drink w/ Vitamin C	Fruit Drink w/ Vitamin C	Fruit Drink w/ Vitamin C	Fruit Drink w/ Vitamin C	
		1 packet	1 packet	1 packet	1 packet	

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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 Date FLM Signature Date

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