

Proposed 8/12  
Revised: 9/12/31/3/6/14, 4/15, 10/15,  
10/16

# WINNEBAGO COUNTY

ILLINOIS  
ADULT

Weekly Average 2800 Calories Per Day



Week: **MONDAY** 1

**Meal Name: Breakfast**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

| 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 | Whole Grain Oatmeal                    | 1 cup     | Toasted Oats Cereal                    | 1 cup     | Whole Grain Oatmeal                    | 1 cup     | Whole Grain Oatmeal                    | 1 cup     | Whole Grain Oatmeal                    | 1 cup     | Whole Grain Oatmeal                    | 1 cup     |
| Scrambled Eggs                         | 1 cup     | Cinnamon Apple Cinnamon                | 1 cup     | Creasy Country Gravy (1 oz/1/2oz)      | 1 cup     | Creasy Country Gravy (1 oz/1/2oz)      | 1 cup     | Scrambled Eggs                         | 1 cup     | Breakfast Sausage (1 oz/1/2oz)         | 1 cup     | Whole Grain Oatmeal w/ Cinnamon        | 1 cup     |
| Lyonnese Potatoes                      | 2 1/2 oz  | Enriched Bread                         | 1/60 cut  | Bakery Biscuit (1/60 2@)               | 8 oz      | Enriched Bread                         | 1/60 cut  | Blueberry Muffin                       | 2 1/2 oz  | Cottage Fries                          | 1/2 cup   | Bakery Biscuit (1/60 2@)               | 8 oz      |
| Enriched Bread                         | 1/2 cup   | Whipped Margarine                      | 2 slice   | Cottage Fries                          | 1/30 cut  | Enriched Bread                         | 2 slice   | Whipped Margarine                      | 1/2 oz    | Enriched Bread                         | 1/60 cut  | Lyonnese Potatoes                      | 1/30 cut  |
| Whipped Margarine                      | 1/2 oz    | 2% Milk (Half Pint)                    | 1 each    | 2% Milk (Half Pint)                    | 1 each    | Whipped Margarine                      | 1/2 oz    | 2% Milk (Half Pint)                    | 1 each    | Enriched Bread                         | 1/2 cup   | Whipped Margarine                      | 1/2 cup   |
| 2% Milk (Half Pint)                    | 1 each    | Salt, Pepper, & Sugar Packets (1 each) | 1 serving | Salt, Pepper, & Sugar Packets (1 each) | 1 serving | 2% Milk (Half Pint)                    | 1 each    | Salt, Pepper, & Sugar Packets (1 each) | 1 serving | Whipped Margarine                      | 2 slice   | 2% Milk (Half Pint)                    | 1 each    |
| Salt, Pepper, & Sugar Packets (1 each) | 1 serving | Fruit Drink w/ Vitamin C               | 1 packet  | Fruit Drink w/ Vitamin C               | 1 packet  | Salt, Pepper, & Sugar Packets (1 each) | 1 serving | Fruit Drink w/ Vitamin C               | 1 packet  | 2% Milk (Half Pint)                    | 1 each    | Salt, Pepper, & Sugar Packets (1 each) | 1 serving |
| Fruit Drink w/ Vitamin C               | 1 packet  |  |           |  |           | Fruit Drink w/ Vitamin C               | 1 packet  |  |           | Salt, Pepper, & Sugar Packets (1 each) | 1 serving | Fruit Drink w/ Vitamin C               | 1 packet  |

## Meal Name: Lunch

| Chesney Macaroni w/ T. Ham (1 oz 10 oz) | 8 oz      | Chesney Macaroni w/ T. Ham (1 oz 10 oz) | 8 oz      | Chesney Macaroni w/ T. Ham (1 oz 10 oz) | 8 oz      | Chesney Macaroni w/ T. Ham (1 oz 10 oz) | 8 oz     | Chesney Macaroni w/ T. Ham (1 oz 10 oz) | 8 oz     | Chesney Macaroni w/ T. Ham (1 oz 10 oz) | 8 oz      | Chesney Macaroni w/ T. Ham (1 oz 10 oz) | 8 oz      |
|---|-----------|---|-----------|---|-----------|---|----------|---|----------|---|-----------|---|-----------|
| Baked Beans                             | 1/2 cup   | Rice                                    | 1 cup     | Mustard                                 | 1/3 fl oz | Roast Turkey                            | 2 oz     | Glazed BBQ Patty (3 oz/1/2oz)           | 1 patty  | Hearty Spanish Rice LS (2oz/1/2oz)      | 10 oz     | Noodles & Gravy Casserole (2 oz/1/2oz)  | 10 oz     |
| Garden Salad                            | 1/2 cup   | Garden Salad                            | 1 cup     | Hamburger Bun                           | 1 each    | Bread Dressing                          | 1 cup    | Macaroni Salad                          | 1/2 cup  | Pinto Beans                             | 1/2 cup   | Garden Salad                            | 1/2 cup   |
| French Dressing LF                      | 1/2 fl oz | French Dressing LF                      | 1/2 fl oz | Potato Salad                            | 1/2 cup   | Gravy                                   | 1 cup    | Garden Salad                            | 1/2 cup  | Garden Salad                            | 1/2 cup   | French Dressing LF                      | 1/2 fl oz |
| Enriched Bread or Rolls                 | 2 each    | Enriched Bread or Rolls                 | 2 each    | Garden Salad                            | 1/2 cup   | Carrots                                 | 2 fl oz  | Italian Dressing                        | 1/2 cup  | French Dressing LF                      | 1/2 fl oz | Southern Cornbread                      | 1/60 cut  |
| Whipped Margarine                       | 1/2 oz    | Whipped Margarine                       | 1/2 oz    | French Dressing LF                      | 1/2 fl oz | Lemon Square                            | 1/60 cut | Enriched Bread or Rolls                 | 2 each   | Southern Cornbread                      | 1/60 cut  | Enriched Bread or Rolls                 | 2 each    |
| Vanilla Pudding                         | 1/2 cup   | Lead White Cake                         | 1/60 cut  | Lead Lemon Cake                         | 1/60 cut  | Fruit Drink w/ Vitamin C                | 1 packet | Frosted Fudge Brownie                   | 1/60 cut | Whipped Margarine                       | 1/2 oz    | Fresh Baked Oatmeal Cookie (1.5oz)      | 1 each    |
| Fruit Drink w/ Vitamin C                | 1 packet  | Fruit Drink w/ Vitamin C                | 1 packet  | Fruit Drink w/ Vitamin C                | 1 packet  | Salt & Pepper Packets                   | 1 each   | Fruit Drink w/ Vitamin C                | 1 packet | Salt & Pepper Packets                   | 1 each    | Fruit Drink w/ Vitamin C                | 1 packet  |
| Salt & Pepper Packets                   | 1 each    | Salt & Pepper Packets                   | 1 each    | Salt & Pepper Packets                   | 1 each    |   |          | Salt & Pepper Packets                   | 1 each   |   |           | Salt & Pepper Packets                   | 1 each    |

## Meal Name: Dinner

|                                    |           |                                     |          |                               |            |                                     |           |                              |           |                          |          |
|------------------------------------|-----------|-------------------------------------|----------|-------------------------------|------------|-------------------------------------|-----------|------------------------------|-----------|--------------------------|----------|
| Crispy Chicken Patty (3 oz/w each) | 1 patty   | Cheeseburger Casserole (2 oz/1/5oz) | 4 each   | Savory Sloganoth (2 oz/1/5oz) | 8 oz/w     | Cheeseburger Casserole (2 oz/1/5oz) | 10 oz/w   | Chattahoochee Patty (3 oz/w) | 1 patty   | T. Ham                   | 3 oz/w   |
| Cottage Fries                      | 3/4 cup   | Ranch Pinto Beans                   | 1/2 cup  | Noodles                       | 1 cup      | Ranch Pinto Beans                   | 1/2 cup   | Mashed Potatoes              | 3/4 cup   | Mashed Potatoes          | 3/4 cup  |
| Gravy                              | 2 fl oz   | Green Beans                         | 1/2 cup  | Garden Salad                  | 1/2 cup    | Garden Salad                        | 1/2 cup   | Gravy                        | 2 fl oz   | Gravy                    | 2 fl oz  |
| Garden Salad                       | 1/2 cup   | Southern Cornbread                  | 1/60 cut | Italian Dressing              | 1/2 fl oz  | French Dressing LF                  | 1/2 fl oz | Garden Salad                 | 1/2 cup   | Coleslaw Vinaigrette     | 1/2 cup  |
| Italian Dressing                   | 1/2 fl oz | Whipped Margarine                   | 1/2 oz/w | Enriched Bread or Rolls       | 2 each     | Southern Cornbread                  | 1/60 cut  | Italian Dressing             | 1/2 fl oz | Southern Cornbread       | 1/60 cut |
| Enriched Bread or Rolls            | 2 each    | Fresh Baked Oatmeal Cookie (1.5 oz) | 1 each   | Whipped Margarine             | 1/2 oz/w   | Whipped Margarine                   | 1/2 oz/w  | Enriched Bread or Rolls      | 2 each    | Whipped Margarine        | 1/2 oz/w |
| Whipped Margarine                  | 1/2 oz/w  | Fruit Drink w/ Vitamin C            | 1 packet | Snickerdoodle Cookie          | 1 1/2 oz/w | Lead Chocolate Cake                 | 1/60 cut  | Whipped Margarine            | 1/2 oz/w  | Lead White Cake          | 1/60 cut |
| Fresh Baked Sugar Cookies (1.5 oz) | 1 each    | Salt & Pepper Packets               | 1 each   | Fruit Drink w/ Vitamin C      | 1 packet   | Fruit Drink w/ Vitamin C            | 1 packet  | Lemon Square                 | 1/60 cut  | Fruit Drink w/ Vitamin C | 1 packet |
| Fruit Drink w/ Vitamin C           | 1 packet  | Salt & Pepper Packets               | 1 each   | Salt & Pepper Packets         | 1 each     | Salt & Pepper Packets               | 1 each    | Salt & Pepper Packets        | 1 each    | Salt & Pepper Packets    | 1 each   |
| Salt & Pepper Packets              | 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 cooked, bread, rolls, and breadsticks made from mix or scratch are prior to baking. Packages 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 made with mechanically separated poultry & 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) 01

02

03

04

In accordance with ACA Standard (rel. 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 10/18

Aramark Dietitian's Signature:

Client's Signature:

Date:

FLM Signature:

Date: 11/1/18



Week: **MONDAY** 2

Meal Name: **Breakfast**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

| 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)    | Fruit (1 @ or 1/2 cup equivalent)    |
|---|---|---|--------------------------------------|--|--------------------------------------|--------------------------------------|--------------------------------------|
| Whole Grain Oatmeal<br>1 portion                    | Fruit (1 @ or 1/2 cup equivalent)<br>1 portion      | Crispy Rice Cereal<br>1 cup                         | Whole Grain Oatmeal<br>1 cup         | Crispy Rice Cereal<br>1 cup              | Whole Grain Oatmeal<br>1 cup         | Whole Grain Oatmeal<br>1 cup         | Corn Grits<br>1 cup                  |
| Parfaits (2 fl oz each)<br>2 each                   | Streisand Coffeecake<br>1/60 cut                    | Creamy Country Gravy (1 oz/1/30)<br>8 oz            | Scrambled Eggs<br>2 1/2 oz           | Breakfast Sausage (1 oz each)<br>1 patty | Scrambled Eggs<br>2 1/2 oz           | Streisand Coffeecake<br>1/60 cut     | Streisand Coffeecake<br>1/60 cut     |
| Syrup<br>2 fl oz                                    | Enriched Bread<br>2 slice                           | Bakery Biscuit (1/60 2@)<br>1/30 cut                | Fruit Tofirilla (6")<br>2 each       | Streisand Coffeecake<br>1/60 cut         | Enriched Bread<br>2 slice            | Enriched Bread<br>2 slice            | Enriched Bread<br>2 slice            |
| Whipped Margarine<br>1/2 oz                         | Whipped Margarine<br>1/2 oz                         | Cottage Fries<br>1/2 cup                            | Cheese Sauce<br>1 fl oz              | Whipped Margarine<br>1/2 oz              | Whipped Margarine<br>1/2 oz          | Whipped Margarine<br>1/2 oz          | Whipped Margarine<br>1/2 oz          |
| 2% Milk (Half Pint)<br>1 each                       | Jelly<br>1/2 fl oz                                  | 2% Milk (Half Pint)<br>1 each                       | Salsa<br>1/2 fl oz                   | 2% Milk (Half Pint)<br>1 each            | 2% Milk (Half Pint)<br>1 each        | 2% Milk (Half Pint)<br>1 each        | 2% Milk (Half Pint)<br>1 each        |
| Salt, Pepper, & Sugar Packets (1 each)<br>1 serving | 2% Milk (Half Pint)<br>1 each                       | Salt, Pepper, & Sugar Packets (1 each)<br>1 serving | Cajun Potatoes<br>1/2 cup            | Salt & Pepper Packets<br>1 each          | Salt & Pepper Packets<br>1 each      | Salt & Pepper Packets<br>1 each      | Salt & Pepper Packets<br>1 each      |
| Fruit Drink w/ Vitamin C<br>1 packet                | Salt, Pepper, & Sugar Packets (1 each)<br>1 serving | Fruit Drink w/ Vitamin C<br>1 packet                | 2% Milk (Half Pint)<br>1 each        | Sugar<br>1 packet                        | Sugar<br>1 packet                    | Sugar<br>1 packet                    | Sugar<br>1 packet                    |
|   | Fruit Drink w/ Vitamin C<br>1 packet                |   | Fruit Drink w/ Vitamin C<br>1 packet | Fruit Drink w/ Vitamin C<br>1 packet     | Fruit Drink w/ Vitamin C<br>1 packet | Fruit Drink w/ Vitamin C<br>1 packet | Fruit Drink w/ Vitamin C<br>1 packet |

Meal Name: **Lunch**

|   |   |  |                                       |   |   |  |
|---|---|--|---------------------------------------|---|---|--|
| Crispy Chicken Patty (3 oz each)<br>1 patty | T. Ham & AuGratin Potatoes (2 oz sliced)<br>10 oz | T. Hot Dogs (1.5 oz each)<br>2 each    | American Goulash (2 oz/1/30)<br>10 oz | Smoked T. Sausage (3 oz each)<br>1 each | Spicy Rice Casserole (2 oz/1/30)<br>10 oz | Chili con Carne w/Beans (2 oz/1/30)<br>10 oz |
| Macaroni & Cheese<br>1/2 cup                | Kettle Blend Mixed Vegetables<br>1/2 cup          | Mustard<br>1/3 fl oz                   | Petas<br>1/2 cup                      | Cottage Fries<br>3/4 cup                | Mexican Pinto Beans<br>1/2 cup            | Rice<br>3/4 cup                              |
| Creamy Coleslaw<br>1/2 cup                  | Garden Salad<br>1/2 cup                           | Hot Dog Bun<br>2 each                  | Creamy Coleslaw<br>1/2 cup            | Lyonsd Carrots<br>1/2 cup               | Garden Salad<br>1/2 cup                   | Creamy Coleslaw<br>1/2 cup                   |
| Mayo-Type Dressing<br>1/3 fl oz             | French Dressing LF<br>1/2 fl oz                   | Curry Sauce<br>1/2 cup                 | Garlic Roll<br>2 oz                   | Mustard<br>1/3 fl oz                    | French Dressing LF<br>1/2 fl oz           | Enriched Bread or Rolls<br>2 each            |
| Enriched Bread or Rolls<br>2 each           | Enriched Bread or Rolls<br>2 each                 | Coleslaw Vinaigrette<br>1/2 cup        | Lead Lemon Cake<br>1/60 cut           | Enriched Bread or Rolls<br>2 each       | Enriched Bread or Rolls<br>2 each         | Whipped Margarine<br>1/2 oz                  |
| Iced Lemon Cake<br>1/60 cut                 | Snickerdoodle Cookie<br>1 1/2 oz                  | Fresh Baked Chocolate Cookie<br>1 each | Fruit Drink w/ Vitamin C<br>1 packet  | Lead White Cake<br>1/60 cut             | Lead Yellow Cake<br>1/60 cut              | Lead Lemon Cake<br>1/60 cut                  |
| Fruit Drink w/ Vitamin C<br>1 packet        | Fruit Drink w/ Vitamin C<br>1 packet              | Fruit Drink w/ Vitamin C<br>1 packet   | Salt & Pepper Packets<br>1 each       | Fruit Drink w/ Vitamin C<br>1 packet    | Fruit Drink w/ Vitamin C<br>1 packet      | Fruit Drink w/ Vitamin C<br>1 packet         |
| Salt & Pepper Packets<br>1 each             | Salt & Pepper Packets<br>1 each                   | Salt & Pepper Packets<br>1 each        |                                       | Salt & Pepper Packets<br>1 each         | Salt & Pepper Packets<br>1 each           | Salt & Pepper Packets<br>1 each              |

Meal Name: **Dinner**

|  |                                       |                                      |   |                                      |   |                                      |
|--|---------------------------------------|--------------------------------------|---|--------------------------------------|---|--------------------------------------|
| Spaghetti & Italian Sauce (2 oz/1/30)<br>10 oz | Baked Meatloaf (3 oz each)<br>1 patty | Jambalaya (2 oz/1/30)<br>10 oz       | Chili w/Beans (1 oz/1/30)<br>10 oz          | Country Patty (3 oz each)<br>1 patty | T. Hot Dogs (1.5 oz each)<br>2 each           | Charbroiled Patty (3 oz)<br>1 patty  |
| Garden Salad<br>1/2 cup                        | Mashed Potatoes<br>1 cup              | Green Beans<br>1/2 cup               | Rice<br>1 cup                               | Mashed Potatoes<br>1 cup             | Baked Beans<br>1 cup                          | BBQ Sauce<br>1 fl oz                 |
| Italian Dressing<br>1/2 fl oz                  | Onion Gravy<br>2 fl oz                | Garden Salad<br>1/2 cup              | Shredded Lettuce<br>1/2 cup                 | Gravy<br>2 fl oz                     | Coleslaw Vinaigrette<br>1/2 cup               | Cajun Potatoes<br>1 cup              |
| Green Beans<br>1/2 cup                         | Petas<br>1/2 cup                      | Italian Dressing<br>1/2 fl oz        | Southern Cornbread<br>1/2 fl oz             | Creamy Coleslaw<br>1/2 cup           | Hot Dog Bun<br>2 each                         | Carrots<br>1 cup                     |
| Enriched Bread or Rolls<br>2 each              | Enriched Bread or Rolls<br>2 each     | Enriched Bread or Rolls<br>1/60 cut  | Whipped Margarine<br>1/2 oz                 | Enriched Bread or Rolls<br>2 each    | Mustard<br>1/3 fl oz                          | Enriched Bread or Rolls<br>2 each    |
| Whipped Margarine<br>1/2 oz                    | Whipped Margarine<br>1/2 oz           | Whipped Margarine<br>1/2 oz          | Whipped Margarine<br>1/2 oz                 | Whipped Margarine<br>1/2 oz          | Fresh Baked Oatmeal Cookie (1.5 oz)<br>1 each | Whipped Margarine<br>1/2 oz          |
| Iced Chocolate Cake<br>1/60 cut                | Iced White Cake<br>1/60 cut           | Iced Yellow Cake<br>1/60 cut         | Fresh Baked Sugar Cookie (1.5 oz)<br>1 each | Iced Chocolate Cake<br>1/60 cut      | Fruit Drink w/ Vitamin C<br>1 packet          | Iced Chocolate Cake<br>1/60 cut      |
| Fruit Drink w/ Vitamin C<br>1 packet           | Fruit Drink w/ Vitamin C<br>1 packet  | Fruit Drink w/ Vitamin C<br>1 packet | Fruit Drink w/ Vitamin C<br>1 packet        | Fruit Drink w/ Vitamin C<br>1 packet | Salt & Pepper Packets<br>1 each               | Fruit Drink w/ Vitamin C<br>1 packet |
| Salt & Pepper Packets<br>1 each                | Salt & Pepper Packets<br>1 each       | Salt & Pepper Packets<br>1 each      | Salt & Pepper Packets<br>1 each             | Salt & Pepper Packets<br>1 each      |   | Salt & Pepper Packets<br>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 cookbooks, bread, rolls, and breakfasts made from mix or scratch are prior to baking. Parfaits made from mix or scratch are water 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 made with mechanically separated poultry & 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 DRIs 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)** 01 02 03 04

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

Reviewed 10/18

Aramark Dietitian's Signature:

Chester, WI 53530

Client's Signature:

Date:

FLM Signature:

Date: 11/11/18

Proposed 8/12  
Revised 9/12,3/13,5/14,4/15,10/15,  
10/16

# WINNEBAGO COUNTY

ILLINOIS -  
ADULT

Weekly Average 2800 Calories Per Day



Week: 3

MONDAY 3 TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Meal Name: Breakfast

| 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)                   |
|--------------------------------------|--------------------------------------|--|---|---|---|---|
| Whole Grain Oatmeal<br>1 portion     | Toasted Oats Cereal<br>1 portion     | Whole Grain Oatmeal w/ Cinnamon<br>1 portion | Farina<br>1 portion                                 | Toasted Oats Cereal<br>1 portion                    | Whole Grain Oatmeal<br>1 portion                    | Fruit (1 @ or 1/2 cup equivalent)<br>1 portion      |
| Pancakes (2 fl oz each)<br>2 each    | Scrambled Eggs<br>2 1/2 oz           | Creamy Country Gravy (1 oz/1/2 soy)<br>8 oz  | Streusel Coffeecake<br>1/60 cut                     | Creamy Country Gravy (1 oz/1/2 soy)<br>8 oz         | Creamy Country Gravy (1 oz/1/2 soy)<br>8 oz         | Corn Grits<br>1 cup                                 |
| Syrup<br>2 fl oz                     | Bakery Biscuit<br>1/60 cut           | Bakery Biscuit (1/60 2@)<br>1/30 cut         | Enriched Bread<br>2 slice                           | Bakery Biscuit (1/60 2@)<br>1/30 cut                | Scrambled Eggs<br>2 1/2 oz                          | Breakfast Sausage (1 ozw each)<br>1 patty           |
| 2% Milk (Half Pint)<br>1 each        | Whipped Margarine<br>1/2 oz          | Cottage Fries<br>1/2 cup                     | Whipped Margarine<br>1/2 oz                         | Whipped Margarine<br>1/2 cup                        | Cottage Fries<br>1/2 cup                            | Blueberry Muffin<br>1/60 cut                        |
| Salt & Pepper Packets<br>1 each      | 2% Milk (Half Pint)<br>1 each        | 2% Milk (Half Pint)<br>1 each                | 2% Milk (Half Pint)<br>1 each                       | 2% Milk (Half Pint)<br>1 each                       | Blueberry Muffin<br>1/2 cup                         | Whipped Margarine<br>1/2 oz                         |
| Sugar<br>1 packet                    | Salt & Pepper Packets<br>1 each      | Salt & Pepper Packets<br>1 each              | Salt, Pepper, & Sugar Packets (1 each)<br>1 serving | Salt, Pepper, & Sugar Packets (1 each)<br>1 serving | 2% Milk (Half Pint)<br>1/2 fl oz                    | 2% Milk (Half Pint)<br>1 each                       |
| Fruit Drink w/ Vitamin C<br>1 packet | Sugar<br>1 packet                    | Sugar<br>1 packet                            | Fruit Drink w/ Vitamin C<br>1 packet                | Fruit Drink w/ Vitamin C<br>1 packet                | Salt, Pepper, & Sugar Packets (1 each)<br>1 serving | Salt, Pepper, & Sugar Packets (1 each)<br>1 serving |
|                                      | Fruit Drink w/ Vitamin C<br>1 packet | Fruit Drink w/ Vitamin C<br>1 packet         |   | Fruit Drink w/ Vitamin C<br>1 packet                | Fruit Drink w/ Vitamin C<br>1 packet                | Fruit Drink w/ Vitamin C<br>1 packet                |

Meal Name: Lunch

| Shirley (2 oz/1/2 soy)               | Baked Meatloaf (3 ozw each)<br>1 patty | Spaghetti & Italian Sauce (2 oz/1/2 soy)<br>10 oz | Cheesy Broccoli Rice Casserole (2 oz/1/2 soy)<br>10 oz | T. Salmi<br>2 oz                     | Tex-Mex Taco Filling (2 oz/1/2 soy)<br>4 oz | Heavy Spanish Rice LS (2 oz/1/2 soy)<br>10 oz |
|--------------------------------------|--|---|--|--------------------------------------|---|---|
| Hamburger Bun<br>1 each              | Gravy<br>2 fl oz                       | Kettle Blend Mixed Vegetables<br>1/2 cup          | Carrots<br>1/2 cup                                     | Mustard<br>1/3 fl oz                 | Spicy Cheese Sauce<br>1 fl oz               | Cabbage<br>1/2 cup                            |
| Baked Beans<br>3/4 cup               | Rice<br>1 cup                          | Garden Salad<br>1/2 cup                           | Garden Salad<br>1/2 cup                                | Enriched Bread<br>2 slice            | Flour Tortilla (6")<br>2 each               | Garden Salad<br>1/2 cup                       |
| Lyonnaise Potatoes<br>1 cup          | Cabbage & Carrots<br>1/2 cup           | Italian Dressing<br>1/2 fl oz                     | French Dressing LF<br>1/2 fl oz                        | Cajun Potatoes<br>1 cup              | Shredded Lettuce<br>1/2 cup                 | Italian Dressing<br>1/2 fl oz                 |
| Food White Cake<br>1/60 cut          | Enriched Bread or Rolls<br>2 each      | Garlic Roll<br>2 oz                               | Enriched Bread or Rolls<br>2 each                      | Garden Salad<br>1/2 cup              | Refried Pinto Beans<br>1/2 cup              | Enriched Bread or Rolls<br>2 each             |
| Fruit Drink w/ Vitamin C<br>1 packet | Smokedoodle Cookie<br>1 1/2 oz         | Iced Chocolate Cake<br>1/60 cut                   | Whipped Margarine<br>1/2 oz                            | Italian Dressing<br>1/2 fl oz        | Spanish Rice<br>1 cup                       | Whipped Margarine<br>1/2 oz                   |
| Salt & Pepper Packets<br>1 each      | Fruit Drink w/ Vitamin C<br>1 packet   | Fruit Drink w/ Vitamin C<br>1 packet              | Fruit Baked Sugar Cookie (1.5 oz)<br>1 each            | Lemon Square<br>1/60 cut             | Iced White Cake<br>1/60 cut                 | Iced Lemon Cake<br>1/60 cut                   |
|                                      | Salt & Pepper Packets<br>1 each        | Salt & Pepper Packets<br>1 each                   | Fruit Drink w/ Vitamin C<br>1 packet                   | Fruit Drink w/ Vitamin C<br>1 packet | Fruit Drink w/ Vitamin C<br>1 packet        | Fruit Drink w/ Vitamin C<br>1 packet          |
|                                      |  |   | Salt & Pepper Packets<br>1 each                        | Salt & Pepper Packets<br>1 each      | Salt & Pepper Packets<br>1 each             | Salt & Pepper Packets<br>1 each               |

Meal Name: Dinner

|                                    |          |                                       |           |                                       |           |                             |           |  |           |                              |           |                                   |          |
|------------------------------------|----------|---------------------------------------|-----------|---------------------------------------|-----------|-----------------------------|-----------|--|-----------|------------------------------|-----------|-----------------------------------|----------|
| Crispy Chicken Patty (3 ozw each)  | 1 patty  | Augratin Potatoes (2 oz/soy/ 1 c veg) | 10 ozw    | Oven Fried Breaded Fish Patty (3 ozw) | 1 patty   | Baked Meatloaf (3 ozw each) | 1 patty   | Noodles & Gravy Casserole (2 oz/1/2 soy) | 10 ozw    | Chili w/Beans (1 oz/1/2 soy) | 10 ozw    | Crispy Chicken Patty (3 ozw each) | 1 patty  |
| Shredded Cheese                    | 1 ozw    | Pasta                                 | 1/2 cup   | Tatar Sauce                           | 1/2 fl oz | Parsley Potatoes            | 1 cup     | Green Beans                              | 1/2 cup   | Rice                         | 1 cup     | Cream Gravy                       | 2 fl oz  |
| Rollin' w/ Tomato Sauce            | 1 cup    | Garden Salad                          | 1/2 cup   | Mashed Potatoes                       | 1 cup     | Onion Gravy                 | 2 fl oz   | Garden Salad                             | 1/2 cup   | Garden Salad                 | 1/2 cup   | Mashed Potatoes                   | 1 cup    |
| Green Beans                        | 1/2 cup  | French Dressing LF                    | 1/2 fl oz | Coleslaw Vinaigrette                  | 1/2 cup   | Garden Salad                | 1/2 cup   | French Dressing LF                       | 1/2 fl oz | Italian Dressing             | 1/2 fl oz | Pasta                             | 1 cup    |
| Garlic Bread                       | 2 slice  | Enriched Bread or Rolls               | 2 each    | Enriched Bread or Rolls               | 2 each    | French Dressing LF          | 1/2 fl oz | Enriched Bread or Rolls                  | 2 each    | Southern Cornbread           | 1/60 cut  | Enriched Bread or Rolls           | 1/2 cup  |
| Fresh Baked Sugar Cookies (1.5 oz) | 1 each   | Whipped Margarine                     | 1/2 ozw   | Whipped Margarine                     | 1/2 ozw   | Enriched Bread or Rolls     | 2 each    | Whipped Margarine                        | 1/2 ozw   | Whipped Margarine            | 1/2 ozw   | Whipped Margarine                 | 1/2 ozw  |
| Fruit Drink w/ Vitamin C           | 1 packet | Iced Yellow Cake                      | 1/60 cut  | Fresh Baked Oatmeal Cookies (1.5 oz)  | 1 each    | Whipped Margarine           | 1/2 ozw   | Iced Yellow Cake                         | 1/60 cut  | Iced Chocolate Cake          | 1/60 cut  | Iced Yellow Cake                  | 1/60 cut |
| Salt & Pepper Packets              | 1 each   | Fruit Drink w/ Vitamin C              | 1 packet  | Fruit Drink w/ Vitamin C              | 1 packet  | Iced Lemon Cake             | 1/60 cut  | Fruit Drink w/ Vitamin C                 | 1 packet  | Fruit Drink w/ Vitamin C     | 1 packet  | Salt & Pepper Packets             | 1 each   |
|                                    |          | Salt & Pepper Packets                 | 1 each    | Salt & Pepper Packets                 | 1 each    | Salt & Pepper Packets       | 1 each    | Salt & Pepper Packets                    | 1 each    | Salt & Pepper Packets        | 1 each    | Salt & Pepper Packets             | 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 made with mechanically separated poultry & 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) 01

02

03

04

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 10/18

Aramark Dietitian's Signature:

Client's Signature:

Date:

FLM Signature:

Date: 11/11/18



**Week: MONDAY 4**  
**Meal Name: Breakfast**  
**TUESDAY**  
**WEDNESDAY**  
**THURSDAY**  
**FRIDAY**  
**SATURDAY**  
**SUNDAY**

| 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 |
|--|-----------|--|-----------|--|-----------|--|-----------|--|-----------|--|-----------|--|-----------|
| Com Flakes Cereal                      | 1 portion | Whole Grain Oatmeal w/ Cinnamon        | 1 cup     | Com Grits                              | 1 cup     | Farina                                 | 1 cup     | Whole Grain Oatmeal w/ Cinnamon        | 1 cup     | Toasted Oats Cereal                    | 1 cup     | Whole Grain Oatmeal                    | 1 portion |
| Creamy Country Gravy (1 oz/1/2 soy)    | 1 cup     | Pancakes (2 fl oz each)                | 1 cup     | Breakfast Sausage (1 oz/1/2 soy)       | 1 portion | Scrambled Eggs                         | 2 1/2 oz  | Streusel Coffeecake                    | 1/60 cut  | Creamy Country Gravy (1 oz/1/2 soy)    | 1 cup     | Pancakes (2 fl oz each)                | 1 cup     |
| Bakery Biscuit (1/60 2@)               | 8 oz      | Syrup                                  | 2 fl oz   | Cottage Fries                          | 1/2 cup   | Flour Tortilla (6")                    | 2 each    | Enriched Bread                         | 2 slices  | Bakery Biscuit (1/60 2@)               | 8 oz      | Syrup                                  | 2 fl oz   |
| Lyonnais Potatoes                      | 1/30 cut  | Whipped Margarine                      | 1/2 oz    | Cinnamon Biscuit                       | 1/2 cup   | Cheese Sauce                           | 1 fl oz   | Whipped Margarine                      | 1/2 oz    | Cottage Fries                          | 1/30 cut  | Syrup                                  | 2 fl oz   |
| 2% Milk (Half Pint)                    | 1 each    | 2% Milk (Half Pint)                    | 1 each    | Whipped Margarine                      | 1/2 oz    | Salsa                                  | 1/2 fl oz | 2% Milk (Half Pint)                    | 1 each    | 2% Milk (Half Pint)                    | 1 each    | 2% Milk (Half Pint)                    | 1 each    |
| Salt, Pepper, & Sugar Packets (1 each) | 1 serving | Salt, Pepper, & Sugar Packets (1 each) | 1 serving | 2% Milk (Half Pint)                    | 1 each    | Cajun Potatoes                         | 1/2 cup   | Salt, Pepper, & Sugar Packets (1 each) | 1 serving | Salt, Pepper, & Sugar Packets (1 each) | 1 serving | Salt, Pepper, & Sugar Packets (1 each) | 1 serving |
| Fruit Drink w/ Vitamin C               | 1 packet  | Fruit Drink w/ Vitamin C               | 1 packet  | Salt, Pepper, & Sugar Packets (1 each) | 1 serving | Salt, Pepper, & Sugar Packets (1 each) | 1 serving | Fruit Drink w/ Vitamin C               | 1 packet  | Fruit Drink w/ Vitamin C               | 1 packet  | Fruit Drink w/ Vitamin C               | 1 packet  |

| Meal Name: Lunch                | 1 portion | Meal Name: Lunch         | 1 portion | Meal Name: Lunch                     | 1 portion | Meal Name: Lunch          | 1 portion | Meal Name: Lunch          | 1 portion | Meal Name: Lunch                    | 1 portion | Meal Name: Lunch          | 1 portion |
|---------------------------------|-----------|--------------------------|-----------|--------------------------------------|-----------|---------------------------|-----------|---------------------------|-----------|-------------------------------------|-----------|---------------------------|-----------|
| Savory Sirognoff (2 oz/1/2 soy) | 8 oz      | T. Ham                   | 2 oz      | Cheesburger Casserole (2 oz/1/2 soy) | 10 oz     | Meatballs (1/2 oz each)   | 4 each    | Sticky Joe (2 oz/1/2 soy) | 3 oz      | Tex-Mex Taco Filling (2 oz/1/2 soy) | 4 oz      | T. Hot Dogs (1.5 oz each) | 2 each    |
| Rice                            | 3/4 cup   | Macaroni & Cheese        | 1/2 cup   | Green Beans                          | 1/2 cup   | Gravy                     | 2 fl oz   | Hamburger Bun             | 1 each    | Spicy Cheese Sauce                  | 1 fl oz   | Mustard                   | 1/3 fl oz |
| Broccoli & Carrots LF           | 1/2 cup   | BBQ Pinto Beans LF       | 1/2 cup   | Southern Cornbread                   | 1/60 cut  | Lyonnais Potatoes LF/LF/S | 3/4 cup   | Augrain Potatoes          | 3/4 cup   | Flour Tortilla (6")                 | 2 each    | Hot Dog Bun               | 2 each    |
| Enriched Bread or Rolls         | 2 each    | Enriched Bread or Rolls  | 2 each    | Whipped Margarine                    | 1/2 oz    | Carrots                   | 1/2 oz    | Garden Salad              | 1/2 cup   | Shredded Lettuce                    | 1/2 cup   | Oven Browned Potatoes     | 1/2 cup   |
| Whipped Margarine               | 1/2 oz    | Whipped Margarine        | 1/2 oz    | Snickerdoodle Cookie                 | 1 1/2 oz  | Garden Salad              | 1/2 oz    | Italian Dressing          | 1/2 fl oz | Rice & Pinto Beans LF               | 1/2 cup   | Carrots                   | 1/2 cup   |
| Iced White Cake                 | 1/60 cut  | Iced Chocolate Cake      | 1/60 cut  | Fruit Drink w/ Vitamin C             | 1 packet  | Iced White Cake           | 2 oz      | Iced Lemon Cake           | 1/60 cut  | Iced Yellow Cake                    | 1/60 cut  | Fruit Drink w/ Vitamin C  | 1 packet  |
| Fruit Drink w/ Vitamin C        | 1 packet  | Fruit Drink w/ Vitamin C | 1 packet  | Salt & Pepper Packets                | 1 each    | 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  |
| Salt & Pepper Packets           | 1 each    | Salt & Pepper Packets    | 1 each    | Salt & Pepper Packets                | 1 each    | Salt & Pepper Packets     | 1 each    | Salt & Pepper Packets     | 1 each    | Salt & Pepper Packets               | 1 each    | Salt & Pepper Packets     | 1 each    |

| Meal Name: Dinner                        | 1 portion | Meal Name: Dinner             | 1 portion | Meal Name: Dinner        | 1 portion | Meal Name: Dinner                   | 1 portion | Meal Name: Dinner               | 1 portion | Meal Name: Dinner             | 1 portion | Meal Name: Dinner            | 1 portion |
|--|-----------|-------------------------------|-----------|--------------------------|-----------|-------------------------------------|-----------|---------------------------------|-----------|-------------------------------|-----------|------------------------------|-----------|
| Spaghetti & Italian Sauce (2 oz/1/2 soy) | 10 oz     | Saltbury Steak (2 oz/1/2 soy) | 1 patty   | Meatballs (1/2 oz each)  | 4 each    | American Goulash (2 oz/1/2 soy)     | 10 oz     | Savory Sirognoff (2 oz/1/2 soy) | 8 oz      | Baked Meatloaf (3 oz/1/2 soy) | 1 patty   | Chili w/Beans (1 oz/1/2 soy) | 10 oz     |
| Green Beans                              | 1/2 cup   | Scalloped Potatoes LF         | 1 cup     | Gravy                    | 2 fl oz   | Green Beans                         | 1/2 cup   | Parsley Potatoes                | 1 cup     | Mashed Potatoes               | 1 cup     | Rice                         | 1 cup     |
| Garden Salad                             | 1/2 cup   | Gravy                         | 2 fl oz   | Paprika Potatoes         | 1 cup     | Enriched Bread or Rolls             | 2 each    | Pas                             | 1/2 cup   | Gravy                         | 2 fl oz   | Garden Salad                 | 1/2 cup   |
| Italian Dressing                         | 1/2 fl oz | Carrots                       | 1/2 cup   | Garden Salad             | 1/2 cup   | Whipped Margarine                   | 1/2 oz    | Enriched Bread or Rolls         | 2 each    | Creamy Coleslaw               | 1/2 cup   | Italian Dressing             | 1/2 fl oz |
| Enriched Bread or Rolls                  | 2 each    | Enriched Bread or Rolls       | 2 each    | French Dressing LF       | 1/2 fl oz | Fresh Baked Oatmeal Cookie (1.5 oz) | 1 each    | Whipped Margarine               | 1/2 oz    | Enriched Bread or Rolls       | 2 each    | Southern Cornbread           | 1/60 cut  |
| Whipped Margarine                        | 1/2 oz    | Whipped Margarine             | 1/2 oz    | Enriched Bread or Rolls  | 2 each    | Fruit Drink w/ Vitamin C            | 1 packet  | Fruit Drink w/ Vitamin C        | 1 packet  | Whipped Margarine             | 1/2 oz    | Whipped Margarine            | 1/2 oz    |
| Fresh Baked Sugar Cookie (1.5 oz)        | 1 each    | Iced Yellow Cake              | 1/60 cut  | Whipped Margarine        | 1/2 oz    | Salt & Pepper Packets               | 1 each    | Fruit Drink w/ Vitamin C        | 1 packet  | Iced Chocolate Cake           | 1/60 cut  | Iced White Cake              | 1/60 cut  |
| Fruit Drink w/ Vitamin C                 | 1 packet  | Fruit Drink w/ Vitamin C      | 1 packet  | Iced Lemon Cake          | 1/60 cut  | Salt & Pepper Packets               | 1 each    | Fruit Drink w/ Vitamin C        | 1 packet  | Fruit Drink w/ Vitamin C      | 1 packet  | Fruit Drink w/ Vitamin C     | 1 packet  |
| Salt & Pepper Packets                    | 1 each    | Salt & Pepper Packets         | 1 each    | Fruit Drink w/ Vitamin C | 1 packet  | Salt & Pepper Packets               | 1 each    | Salt & Pepper Packets           | 1 each    | Salt & Pepper Packets         | 1 each    | Salt & Pepper Packets        | 1 each    |

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**FLM QUARTERLY MENU REVIEW (initial/date)** **01** **02** **03** **04**  
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Reviewed 10/18 Aramark Dietitian's Signature:  Client's Signature:  Date: 11/1/18