WINNEBAGO COUNTY ILLINOIS

 $ADUL\mathcal{T}$ Weekly Average 2800 Calories Per Day

aramark

Week: MONDAY Meal Name: Breakfast

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

					*/		Conchant w/ Tomata Callan		Hanch Pinto Houne		COLIDOR LUBS
T. Ham	1 patty 1	Charbroiled Patty (3 ozw)	Cheeseburger Casserole (2 oz^/soy) 10 ozw	WZO 8	Savory Stroganoff (2 oz^/soy)	4 each	Meathalls (1/2 oz each)	(2 oz^/soy) 10 ozw	Cheeseburger Casserole (2 oz^/soy) 10 ozw	w each)	Crispy Chicken Patty (3 ozw each)
1										ēŗ	Meal Name: Dinner
Salt & Pepper Packets 1 each	1 each S	Sall & Papper Packets				1 each	control added a section	1 each	And the second second	1 each	
Fruit Drink w/ Vitamin C 1 packet	1 packet F	Fruit Drink w/ Vitamin C	ball & repper rackets 1 each	1 each	eat a report rackets	1 packet	Sat & Booner Backete	1 packet	Salt & Penner Packate	1 packet	Salt & Pepper Packets
Fresh Baked Catmeal Cookie (1.5.oz)	1/60 cut	Prosted Fuage Browne	1 packet	packet	on the state of	1/60 cut	The Prince of th	1/60 cut	Enili Dank w/ Vitamin C	1/2 cup	Fruit Drink w/ Vitamin C
Whipped Margarine	1/2 ozw	Whipped Margarine	ICEO YEllow Cake 1/60 cut	1/60 cut	renon square	1/2 11 02	fred Lamon Cake	1/2 ozw	load White Cake	1/2 gzw	Vanilla Pudding
Enriched Bread or Rolls 2 each	-7.5	Southern Combread	Enriched Bread or Rolls 2 each 2	1/2 cup	Carrols	1/2 cup	Garden Salad	2 each	Whitned Marriagina	2 each	Whipped Margarine
Carrots 1/2 cup		French Dressing LF		2 floz	Gravy	1/2 cup	Posito Salad	1/2 fl oz	Eniched Broad or Bollo	1/2 11 02	Enriched Bread or Bolle
Italian Dressing 1/2 fl oz		Garden Salad	Garden Salad 1/2 cup	- cup	Bread Dressing	1 each	namourger bun	1/2 cup	Galdell Sasso	1/2 cup	Franch Pression I F
Garden Salad 1/2 cup	1/2 cup C	Pinto Beans	Macaroni Salad 1/2 cup	1/2 cup	Mashed Potatoes	1/3 fl oz	Mustard	1 cup	Rice Rice	1/2 cup	Garden Solad
Noodles & Gravy Casserole (2 oz//soy) 10 ozw	WZO	Hearty Spanish Rice LS (2oz^/soy)	Glazed BBQ Party (3 ozw each) 1 party	2 ozw	Roast Turkey	1 patty	Charbrolled Patty (3 ozw)	8 ozw	Farmhouse Stew (2 oz^/soy)	un (1 oz 10 ozw	Cheesy Macaroni w/ T. Ham (1 oz T.Ham) 10
										ch	Meal Name: Lunch
	1 nacket	Fruit Drink w/ Vitamin C								packet	Flatt Dittis, Wr. Vitalishi C
Fruit Drink w/ Vitamin C 1 packet		Salt, Pepper, & Sugar Packets (1 each) 1 serving		1 packet	Fruit Drink W/ Vitamin C	1 packet	ridit Offis W/ Vitamin C	1 packet	cont Comp at August C	1 serving	1 serving
Salt, Pepper, & Sugar Packets (1 each) 1 serving		2% Milk (Half Pint)	Fruit Drink w/ Vitamin C 1 packet	(1 each) serving	Salt, Pepper, & Sugar Packets (1 each) 1 serving	1 serving	Salt, Pepper, & Sugar Packets (1 each) 1 serving	1 serving	Sail, repper, a sugar recreis (1 serving 1 serving	1 each	Salt Peoper & Supar Pac
2% Milk (Half Pint) 1 each	_	Whipped Margarine	Salt, Pepper, & Sugar Packets (1 each) 1 serving	1 each	2% Mik (Half Pint)	1 each	2% Milk (Half Pint)	1 each	Car Day (nei Fili)	1/2 ozw	25% Nate (Half Plat)
Lyonnaise Potatoes 1/2 cur	100	Enriched Bread	2% Milk (Half Pint) 1 each	1/2 ozw	Whipped Margarine	1/2 cup	Conage Fnes	1/2 ozw	ow will that Barrie	2 slice	Whipped Magrarine
Bakery Biscuit (1/60 2@)	_	Cottage Fries	Blueberry Muffin 1/60 cut	2 slice	Enriched Bread	1/30 cut	Bakery Biscuit (1/60 2@)	2 slice	Ennoned Bread	1/2 cup	Cydinaba rolanes
Creamy Country Gravy (1 oz^/soy)	oattv	Breakfast Sausage (1 ozw each	Scrambled Eggs 2 1/2 ozw	1/60 cut	Streusel Coffeecake	z^/soy) 8 ozw	Creamy Country Gravy (1 oz^/soy)	17	Cinnamon Apple Coffeecake	2 1/2 ozw	Scrambled Eggs
Com Flakes Cereal	2	Whole Grain Oatmeal w/ Cinnamon	Corn Grits	oup I	Whole Grain Oatmeal	1 cup	Toasted Oats Cereal	1 cup	Whole Grain Oatmeal	1 cup	Farma
Fruit (1@ or 1/2 cup equivalent)	portion	Fruit (1@ or 1/2 cup equivalent)	Fruit (1@ or 1/2 cup equivalent) 1 portion	t) 1 portion	Fruit (1@ or 1/2 cup equivalent)	lent) 1 portion	Fruit (1@ or 1/2 cup equivalent)	valent) 1 portion	Fruit (1@ or 1/2 cup equivalent)	alent) 1 partion	Fruit (T@ or 1/2 cup equivalent)

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and combination items made from soratch are based upon approximate cooked weight measurements. Weights on cookes, 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 made with mechanically separated poultry & soy used in accordance with USDA standards.

Salt & Pepper Packets Fruit Drink w/ Vitamin C

1 packet

Whipped Margarine 1/2 ozw Fresh Baked Sugar Cookle (1.5 oz) 1 each

Salt & Pepper Packets

Fruit Drink w/ Vitamin C

1 packet 1 each

Fruit Drink w/ Vitamin C Salt & Pepper Packets

1 packet

1 each

1 each

Salt & Pepper Packets Fruit Drink w/ Vitamin C Snickerdoodle Cookie

> packet 1 1/2 ozw

1 each

Salt & Pepper Packets Fruit Drink w/ Vitamin C Iced Chocolate Cake Whipped Margarine

> 1 packet 1/60 out

> > Lemon Square Whipped Margarine Enriched Bread or Rolls

1 each

Salt & Pepper Packets

1/60 cut

1/2 ozw

1 each

Salt & Pepper Packets

1 packet 1 each

1/60 cut

Fruit Drink w/ Vitamin C Iced White Cake

Fresh Baked Chocolate Cookie

Whipped Margarine

Enriched Bread or Rolls

2 each 1/2 11 02 1/2 cup 2 floz 3/4 cup

1/2 ozw Fresh Baked Oatmeal Cookie (1.5 oz) 1 each

Whipped Margarine

2 each

1/2 fl oz

Italian Dressing

1/2 fl oz

Southern Combread

1/60 cut

1/2 ozw

2 each

Whipped Margarine

1/60 cut 1/2 ozw

1/2 cup 2 floz 3/4 cup WZO E

1/2 11 02

1/2 cup Southern Combread

Colestaw Vinaigrette

1/2 11 02

Italian Dressing Garden Salad

1/2 cup 1/2 cup

Gravy

3/4 cup

2 floz

Gravy Mashed Potatoes T. Ham

Mashed Potatoes

French Dressing LF Garden Salad Ranch Pinto Beans

1/2 cup - Cup

2 each

1/2 ozw

Garden Salad

1/2 ozw

Whipped Margarine Enriched Bread or Rolls Southern Combread Green Beans Ranch Pinto Beans

Whipped Margarine

1/60 cut

Italian Dressing Garden Salad

Enriched Bread or Rolls

Italian Dressing Garden Salad

1/2 cup 1/2 cup

Spagherti w/ Tomato Sauce

1 cup 1/2 cup

Noodles

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 A, vitamin C, calcium, and fron are included.

In accordance with ACA Standard (ref. 4-ALDF-4A-07) (MANDATORY) I	FLM QUARTERLY MENU REVIEW (initial/date) Q1
Menu evaluations are conducted at least quarterly by food service supervisory sta	02 03 04
aff to verify adherence to the established daily servings	

Reviewed 10/18

Aramark Dietitian's Signature:

Client's Signature:

FLM Signature:

Date:

Week:

N

MONDAY

TUESDAY

WEDNESDAY

WINNEBAGO COUNTY

ILLINOIS , ADULT Weekly Average 2800 Calories Per Day

THURSDAY

FRIDAY

aramark 📜

Meal Name: Breakfast Fruit Drink w/ Vitamin C Salt, Pepper, & Sugar Packets (1 each) 2% Milk (Half Pint) 1 serving 2% Milk (Half Pint) Whipped Margarine Fruit (1@ or 1/2 cup equivalent)
1 portion Pancakes (2 fl oz each) Whole Grain Oatmeal 1 packet 2 each 1/2 ozw 2 fl oz 1 cup Fruit (1@ or 1/2 cup equivalent) Fruit Drink w/ Vitamin C Salt, Pepper, & Sugar Packets (1 each)
1 serving Jelly Whipped Margarine Enriched Bread Streusel Coffeecake 1 packet 1/2 fl oz portion 1 each 2 slice 1/60 cut 1/2 ozw cup Creamy Country Gravy (1 oz^/soy) 8 ozw Bakery Biscult (1/60 2@) Fruit (1@ or 1/2 cup equivalent)
1 portion Fruit Drink w/ Vitamin C Salt, Pepper, & Sugar Packets (1 each) Cajun Potatoes
1 serving 2% Milk (Half Pint) Crispy Rice Cereal 1 packet 1/30 cut 1/2 cup Fruit (1@ or 1/2 cup equivalent) Salsa Scrambled Eggs 2% Milk (Half Pint) Cheese Sauce Flour Tortilla (67) Fruit Drink w/ Vitamin C Whole Grain Oatmeal 1 packet 2 1/2 ozw 1 each 1/2 11 02 1 1102 1/2 cup 2 each 1 cup portion Brealdast Sausage (1 ozw each) 1 party Fruit (1@ or 1/2 cup equivalent) portion Sugar Whipped Margarine Streusel Coffeecake Salt & Pepper Packets 2% Milk (Half Pint) Fruit Drink w/ Vitamin C Crispy Rice Cereal 1 packet 1 packet 1 each 1 each 1/2 ozw 1/60 cut Fruit (1@ or 1/2 cup equivalent) Fruit Drink w/ Vitamin C Salt & Pepper Packets 2% Milk (Half Pint) Whipped Margarine Enriched Bread Scrambled Eggs Whole Grain Oatmeal SATURDAY packet 1 packet 2 1/2 ozw 1 each 2 slice 1/2 ozw 1 cup Fruit (1@ or 1/2 cup equivalent) Salt & Pepper Packets Whipped Margarine Fruit Drink w/ Vitamin C 2% Milk (Half Pint) Enriched Bread Streusel Coffeecake Com Grits SUNDAY packet 1 packet 1 each 1/2 ozw 1/60 cut 1 each 2 slice 1 cup portion

1 packet

10 0Z	10 ozw	baked weathoat (3 ozw each)	1 party	Jambalaya (2 oz^/soy)	10 ozw	Chili w/Beans (1 oz^/soy)	10 ozw	Country Patty (3 ozw each)	Dally	T. Hot Dogs (1.5 oz each)	-	Charbrolled Party (3 ozw)
Garden Salad	1/2 cup	Mashed Potatoes	1 Cub	Green Beans	1/2 cup	Rice		Mashed Potatoes	pany	Baked Beans		BBQ Sauce
Italian Dressing		Onion Graw		Garden Salad	dan mil	Ohnadad Taller	1		cup		cup	
Grand Bosses	1/2 fl oz	9	2 floz	Caroli Cago	1/2 cup	Suredged Letthos	1/2 cup	Gravy	2 1102	Colesiaw Vinaigrette	0	Cajun Potatoes
Green Beans	5	Peas	STEEL	Italian Dressing	0.550	Italian Dressing		Creamy Coleslaw				rento
Danish Danish	1/2 cup		1/2 cup	Possession or committee	1/2 fl oz	ididii Oressiig	1/2 ff oz	Creamy Colesiaw	1/2 cup	Hot Dog Bun	each C	Carrots
Children of chart of Light	2 each	Ennoned Bread or Holls	2 each	Enriched Bread or Rolls	2 each	Southern Combread	1/60 cut	Enriched Bread or Rolls	S Special	Mustard	5.0	Enriched Bread or Rolls
www.pped.margame	1/2 ozw	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 074	Fresh Baked Oameal Cookie (1.5 oz)	50Z) W	Whipped Margarine
Iced Chocolate Cake		loed White Cake		load Yallow Cake		Brick Datas Commercial			170		Edui	
Entit Drink w/ Visania C	1/60 cut	The state of the s	1/60 cut	COO FORW CHAN	1/60 cut	Fresh Baked Sugar Cooke (1.5 oz)	1 each	iced Chocolate Cake	1/60 cut	Fruit Drink w/ Vitamin C	packet lc	Iced Chocolate Cake
Company Williams	1 packet	THE DIRECT WINDS	1 packet	Fruit Drink w/ Vitamin C	1 packet	Fruit Drink w/ Vitamin C	1 narket	Fruit Drink w/ Vitamin C		Salt & Pepper Packets	-	Fruit Drink w/ Vitarrin C
Sall & Pepper Packets	1 each	Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 aach	Salt & Pepper Packets	1 pach	Sall & Pepper Packets	, packet		S	Salt & Pepper Packets

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 batter volume measurement prior to cooking. Side dishes are volume measurements. All starches, vegetables, and cooked cereal are prepared with margarine unitess indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used.

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	In ac	TEN
shed daily		M QUAN LERLY MENU REVIEW (initial/date) Q1 Q2 Q3 Q4

Reviewed 10/18

Aramark Dictitian's Signature:



Client's Signature:

FLM Signature:

Date:

A Date: 11/1/18

WINNEBAGO COUNTY ILLINOIS _

Weekly Average 2800 Calories Per Day

aramark

Meal Name: Breakfast Week: MONDAY ω

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Salt & Pepper Packets	1 each	San & Pepper Packets	1 each	sail o reper racets	1 each	contract a support a surround						Mari Nama Diana
Fruit Drink w/ Vitamin C	1 packet	Fruit Drink w/ Vitamin C	1 packet	Fruit Drink w/ Vitamin C	1 packet	Sait & Penner Packets	1 each	central reliber Letroin	1 each	and the state of t		
iced Lemon Cake	1/60 cut	Iced White Cake	1/60 cut	Lemon Square	ge (1.5 oz) 1 each	Fresh baked Sugar Cooke (1.5 oz)	1 packet	Control District Wilder	1 packet	Salt & Penner Packets	1 each	
Whipped Margarine	1 cup	Spanish Rice	1/2 11 02	italian Dressing	1/2 ozw	www.padway	1/60 cut	Disk williams	1 1/2 ozw	Entil Drink w/ Vitagrin C	1 packet	Salt & Pepper Packets
Enriched Bread or Rolls	1/2 cup	Retried Pinto Beans	1/2 cup	Garden Salad	2 each	mindred bread or Holls	2 ozw	Conference Color	2 each	Snickerdondle Conkin	1/60 cut	Fruit Drink w/ Vitamin C
Italian Dressing	1/2 cup	Shredded Lettuce	1 cup	Cajun Potatoes	1/2 fl oz	French Dressing LF	1/2 fl oz	Gade Bell	1/2 cup	Enriched Bread or Bolle	1 cup	iced White Cake
Garden Salad	2 each	Flour Tortilla (6")	2 slice	Enriched Bread	1/2 cup	Garden Salad	1/2 cup	Garden Salad	1 cup	Cabbana & Carrote	3/4 cup	Lyonnaise Polatoes
Cabbage	1 floz	Spicy Cheese Sauce	1/3 fl oz	Mustard	1/2 cup	Carrots	s 1/2 cup	Kettle Blend Mixed Vegetables	2 fl oz	Gravy	1 each	Baked Rooms
Hearry Spanish Rice LS (2oz//soy)	4 0ZW	Tex-Mex Taco Filling (2 oz*/soy)	2 0ZW	T. Salami	asserole (2 10 ozw	Cheesey Broccoll Rice Casserole (2 oz^/soy)	10 ozw	Spaghetti & Italian Sauce (2 oz^/soy) 10 ozw	1 patty	Baked Meatinal (3 ozw each)	3 OZW	Sloppy Joe (2 oz^/say)
	1 packet						1 packet		1 packet		5	Meal Name: Lunch
	Sillaise	Fruit Drink w/ Vitamin C	The state of the s					Fruit Drink w/ Vitamin C		Fruit Drink w/ Vitamin C		
Fruit Drink w/ Vitamin C	-	Salt, Pepper, & Sugar Packets (1 each)	1 packet	Fruit Drink w/ Vitamin C	1 packet	Fruit Drink w/ Vitamin C	1 packet	Sugar	1 packet	Sugar	1 packet	Fruit Drink W/ Vitamin C
Salt, Pepper, & Sugar Packets (1 each)	1 each	2% Milk (Half Pint)	ets (1 each) 1 serving	Salt, Pepper, & Sugar Packets (1 each) 1 serving	ackets (1 each) 1 serving	Salt, Pepper, & Sugar Packets (1 each) 1 serving	1 each	Salt & Pepper Packets	1 each	Sall & Pepper Packets	1 packet	Ougai
2% Milk (Half Pint)	1/2 11 02	Jelly	1 each	2% Milk (Hall Pint)	1 each	2% Milk (Half Pint)	1 each	2% MIIK (Half Pint)	1 each	2% Milk (mail ring)	1 each	Communication of the communica
Whipped Margarine	1/60 cut	Blueberry Multin	1/2 cup	Lyonnaise Potatoes	1/2 ozw	wripped wargarine	1/2 cup	County City	1/2 ozw	ON MILL (Hall Dist)	1 each	Call & Donney Provints
Blueberry Muffin	1/2 cup	Cottage Fries	1/30 cut	Bakery Biscuit (1/60 2@)	2 slice	Enriched bread	1/30 cut	Cattory biscuit (1/00 z@)	1/60 cut	Whipped Margarine	2 floz	2% Milk (Half Pint)
Breakfast Sausage (1 ozw each	2 1/2 ozw	Scrambled Eggs		Creamy Country Gravy (1 oz^/soy)	1/60 cut	Streusel Coffeecake	%soy) 8 ozw	Creamy Country Gravy (1 oz//soy)	2 1/2 ozw	Bakery Riscuit	2 each	Symp (Z ii oz eddil)
Com Grits	1 cup	Whole Grain Oatmeal	1 cup	Toasted Oats Cereal	1 cup	Farina	namon 1 cup	Whole Grain Oatmeal w/ Cinnamon	1 cup	Toasied Cars Cerear	1 cup	Pageator (2 fl of cach)
Fruit (1@ or 1/2 cup aquivalent)	portion	Fruit (1@ or 1/2 cup equivalent)	lent) 1 portion	Fruit (1@ or 1/2 cup equivalent)	ivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent)	nt) 1 portion	Fruit (1@ or 1/2 cup equivalent)	1 portion	Fruit (1@ or 1/2 cup equivalent)	1 portion	whole Grain Coloned

Crispy Chicken Patty (3 ozw each)
1 patty

Shredded Cheese

Rotini w/ Tomato Sauce

1 0ZW cup

Garden Salad

Peas

AuGratin Potatoes (2 oz*/soy / 1 c veg) Oven Fried Breaded Fish Patty (3 ozw) Baked Meatloaf (3 ozw each) 1 patry

Salt & Pepper Packets

1 packet 1 each

loed Yellow Cake

Fruit Drink w/ Vitamin C

Satt & Pepper Packets

1 packet 1 each

> Salt & Pepper Packets Fruit Drink w/ Vitamin C

1 packet 1 each

Fruit Drink w/ Vitamin C

Iced Lemon Cake

Salt & Pepper Packets

1 packet

1/60 cut 1/2 ozw

Salt & Pepper Packets Fruit Drink w/ Vitamin C Iced Yellow Cake Whipped Margarine Enriched Bread or Rolls French Dressing LF

1 packet

1/60 cut 1/2 ozw

1 each

Salt & Pepper Packets Fruit Drink w/ Vitamin C

1 packet

Salt & Pepper Packets Fruit Drink w/ Vitamin C Iced Yellow Cake Whipped Margarine Enriched Bread or Rolls

1 packet 1 each

1/60 cut 1/2 ozw

1 each

1/60 cut 1/2 ozw

1/2 02w Fresh Baked Oatmeal Cookis (1.5 oz) 1 each

Whipped Margarine

2 each

1/2 11 02

2 each 1/2 fl oz

Whipped Margarine Southern Combread Italian Dressing Garden Salad

Iced Chocolate Cake

1/2 ozw 1/60 cut

1/60 cut 1/2 fl oz 1/2 cup 1 cup

2 each

Peas Mashed Potatoes

> 1 cup 2 floz

1/2 cup

1/2 cup 2 11 02 1 cup

1/2 cup

1/2 cup

Enriched Bread or Rolls French Dressing LF

Garlic Bread

1/2 cup

French Dressing LF

1/2 cup

1/2 cup

1/2 fl oz

Parsley Potatoes

1 patty

Green Beans

Noodles & Gravy Casserole (2 oz^/soy)
10 ozw

Chili w/Beans (1 oz^/soy)

10 ozw Crispy Chicken Patty (3 ozw each)
1 patty

Cream Gravy

Onion Gravy

Garden Salad

1/2 fl oz

Enriched Bread or Rolls

2 each

Whipped Margarine Enriched Bread or Rolls Colesiaw Vinaignette Mashed Potatoes Tartar Sauce

2 each

1/2 cup 1 cup

2 slice
2 slice
Fresh Baked Sugar Cookie (1.5 oz)
Whipped Margarine
1 each

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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 10/18

Aramark Dietitian's Signature:

Client's Signature:

Date:

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WINNEBAGO COUNTY

ADULT
Weekly Average 2800 Calories Per Day

aramark

Meal Name: Breakfast Week: MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

ackets	ch San & Pepper Packets	1 each	Sell or Lephon Ladvers	1 each	and a supplementation of the same			1 each	No.	1 each	Meal Name: Dinner
packet	pack		Call & Dannar Bankata	1 packet	Salt & Pepper Packets	1 each		- parati	Salt & Pepper Packets	-	Salt & Pepper Packets
Fruit Drink w/ Vitamin C	1/00/0	- [Fruit Drink w/ Vitamin C	100,001	Fruit Drink w/ Vitamin C		Salt & Pepper Packets	nackat	Fruit Drink w/ Vitamin C	1 packet	Fruit Drink w/ Vitamin C
Iced Yellow Cake	1	- 1	Iced Lemon Cake	1/60 01	Iced White Cake	Dacket	Fruit Drink w/ Vitamin C	1/60 cut	iced Chocolate Cake	1/60 cut	med willed Cone
Rice & Pinto Beans LF		- 1	Italian Dressing	2 ozw	Garlic Roll	1 1/2 ozw	Snickerdoodle Cookie	1/2 ozw	wnipped Margarine	1/2 ozw	and weighting
Shredded Lettuce	200		Garden Salad	1/2 cup	Carrots	1/2 ozw	Whipped Margarine	2 each	Entrared Bread of Moss	2 each	Whitehald Harman Cr. attend
3/4 cup Flour Tortilla (67)	3/4 00		AuGratin Potatoes	3/4 cup	Lyonnaise Potatoes LF/LS	1/60 cut	Southern Compresad	1/2 cup	District Deals Co	1/2 cup	Enriched Bread or Rolle
1 each Spicy Cheese Sauce	1 680		Hamburger Bun	2 11 02	Gravy	1/2 cup	Ciden Deale	1/2 cup	BBO Divis Bosoc I E	3/4 cup	Broccoli & Carrots LF
3 ozw Tex-Mex Taco Filling (2 oz^/soy)	3 oz		Sloppy Joe (2 oz^/soy)	4 each	Meatballs (1/2 oz each)	oz^/say) 10 ozw	Cheeseburger Casserole (2 oz^/soy) 10 ozw	2 ozw	T. Ham Macampi & Chaese	8 ozw	Savory Stroganott (2 oz^/soy)
		10		1 packet							Meal Name: Lunch
		U 1		ets (1 each) 1 serving	Salt, Pepper, & Sugar Packets (1 each) 1 serving	1 packet	Fruit Drink W/ Vitamin C				
1 packet Fruit Drink w/ Vitamin C 1	1 pack		Fruit Drink w/ Vitamin C	1 each	2% Milk (Half Pint)	1 serving	Sait, Pepper, & Sugar Packets (1 each) 1 serving	1 packet		1 packet	
ats (1 each) Salt, Pepper, & Sugar Packets (1 each) serving	ts (1 each 1 servir	K	Salt, Pepper, & Sugar Packets (1 each) 1 serving	1/2 cup	Cajun Potatoes	1 each	Z% WIIK (nail rint)	1 serving	Fault Drink w/ Vitamin C	_	1 serving
1 each 2% Milk (Half Pint)	1 eac	111	2% Milk (Hall Pint)	1/2 fl oz	Salsa	1/2 ozw	aumagame naddusa	1 each	Salt Penner & Sugar Back	-	Salt, Pepper, & Sugar Packet
1/2 ozw Cottage Fries	1/2 02		Whipped Margarine	1 floz	Cheese Sauce	1/60 cut	Contamon Discon	1/2 ozw	2% Milk /Hall Pinn	1/2 cup	2% Mik (Half Pint)
-	2 str		Enriched Bread	2 each		1/2 cup	Change ries	2 floz	Whipped Margarine	1/30 cut	Lyonnaise Potatoes
Creamy Country Gravy (1 oz^/soy) 8 ozw	1/60 c	n i	Streusel Coffeecake	2 1/2 ozw	Scrambled Eggs	ach) 1 patty	Breaklast Sausage (1 ozw each)	2 each	Synub	MZD	Bakery Biscuit (1/60 2@)
5	namon	3	Whole Grain Oatmeal w/ Cinnamon	1 cup	Farina	1 cup	Com Gnis	1 cup	The County Control of the County Control of the County Cou	cup	Creamy Country Grave /1 oz
1/2 cub Fruit (1@ or 1/2 cup equivalent)	1/2 cı		Stewed or Glazed Apples	1 portion	Fruit (1@ or 1/2 cup equivalent)	1 portion	1	1 portion	Whole Grain Command of Cleans	portion	Com Flakes Cereal

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1/2 ozw Fresh Baked Sugar Cookie (1.5 oz)

Whipped Margarine Enriched Bread or Rolls

> 2 each 1/2 fl oz 1/2 cup 1/2 cup

2 each

1/2 cup 2 1102

1/2 ozw

Salt & Pepper Packets

1 packet 1 each

Salt & Pepper Packets

1 packet 1/60 cut

iced Lemon Cake

Whipped Margarine Enriched Bread or Rolls French Dressing LF Garden Salad

> 2 each 1/2 fl oz

1/2 ozw

Salt & Pepper Packets

1 packet 1 each

Fruit Drink w/ Vitamin C

Fresh Baked Chocolate Cookie

Salt & Pepper Packets

1 packet

1 each

Salt & Pepper Packets

1 packet

Salt & Pepper Packets Fruit Drink w/ Vitamin C iced White Cake Whipped Margarine Southern Combread Italian Dressing

1 packet 1/60 cut

1 each

Fruit Drink w/ Vitamin C Iced Chocolate Cake Whipped Margarine Enriched Bread or Rolls

1 each 1/2 ozw

1/2 ozw

1/60 cut

2 each

1/60 cut

1/2 fl oz 1/2 cup 1 cup

1/2 ozw

1/2 cup 2 1102 1 cup

Fruit Drink w/ Vitamin C

1 each

Salt & Pepper Packets Fruit Drink w/ Vitamin C

> 1 packet 1/60 cut

1 each

Fruit Drink w/ Vitamin C Iced Yellow Cake Whipped Margarine Enriched Bread or Rolls

Fruit Drink w/ Vitamin C

Spaghetti & Italian Sauce (2 oz//soy) Salisbury Steak (3 ozw each)

Garden Salad

Gravy

Cup Paprika Potatoes Gravy

1 cup

2 floz

1/2 cup

Whipped Margarine Enriched Bread or Rolls

> 2 each 1/2 cup

Peas Parsley Rotini

1/2 ozw

Whipped Margarine

Enriched Bread or Rolls

1/2 cup Creamy Coleslaw

Fresh Baked Oatmeal Cookie (1,5 oz)

Scalloped Potatoes LF

1 patty

Meatballs (1/2 oz each)

4 each

American Goulash (2 oz^/soy)

Savory Stroganoff (2 oz^/soy)

8 ozw

Baked Meatloal (3 ozw each)

1 patty

Rice

Chill w/Beans (1 oz/vsoy)

10 ozw

1 cup

Mashed Potatoes

Gravy

Garden Salad

Carrots

National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included, 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,

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Reviewed 10/18

Aramark Dietitian's Signature:

Client's Signature:

FLM Signature: