

## Juvenile Menu

**Weekly Average 2800 Calories Per Day**

**Week:**

**N**

**MONDAY**  
***Meal Name: Breakfast***

TUESDAY

**WEDNESDAY**

THURSDAY

**FRIDAY**

**SATURDAY**

**SUNDAY**



This institution is an equal opportunity employer.

**This institution is an equal opportunity**

*trial milk choice at breakfast and lunch must be low-fat (1% milk fat or less, unflavored) or fat-free (unflavored or flavored).*

the school and lunch meals have been reviewed and they comply with the current nutritional and dietary guidelines from the USDA for the National School Breakfast and Lunch Program.

NSLP Fruit 1/2c Equivalent	NSLP Fruit 1/2c Equivalent	NSLP Fruit 1/2c Equivalent	NSLP Fruit 1/2c Equivalent	NSLP Fruit 1/2c Equivalent	NSLP Fruit 1/2c Equivalent
Whole Grain Oatmeal LF	1 portion	Toasted Oats Cereal	1 portion	Whole Grain Oatmeal LF	1 portion
Whole Wheat French Toast	1/2 cup	Whole Wheat Bread	1 cup	Scrambled Eggs	1 cup
Syrup	1 slice	Cottage Fries LF	1 patly	Cheese Sauce	1 slice
100% Juice (4 oz)	2 fl oz	Grape Jelly	3/4 cup	Salata	1 patly
	100% Juice (4 oz)	Ketchup	1/2 fl oz	WG Flour Tortilla (6")	2 each
Milk-Student Choice (Half Pint)	1 each	Whole Wheat Bread	1 slice	Cajun Potatoes LF	1/2 cup
Sugar	1 packet	Apple Jelly	1/2 fl oz	100% Juice (4 oz)	1 each
		100% Juice (4 oz)	1 each	Milk-Student Choice (Half Pint)	1 each
		Milk-Student Choice (Half Pint)	1 each	Salt, Pepper, & Sugar Packets (1 each)	1 serving
		Sugar	1 packet		

## Meal Name: Lunch

1 Ham	4 ozw	Baked (3 ozw each)	1 pan	T. Hot Dogs (1.5 oz each)	2 each	Whole Grain American Goulash (2.5 MM)	10 ozw	Stroked T. Sausage (3 oz each)	1 each	Whole Grain Spicy Brown Rice (2.5 MM)	10 ozw	Scratch Cajun-Style Poultry Pastry	3 ozw
Baked Potato	1 each	Gravy Lf/LS	2 ll oz	Mustard & ketchup (1/3 oz each)	1 serving	Pasta Lf	1/2 cup	Pinto Beans Lf/LS	1/4 cup	Chili Beans LS	1/2 cup	Baked Potato	1 each
Carrots Lf	1/2 cup	Mashed Potatoes Lf	1/2 cup	Whole Wheat Hot Dog Bun	2 each	Garden Salad	1 cup	Baked Potato	1 each	Garden Salad	1 cup	Mustard & Ketchup (1/3 oz each)	1 serving
Whole Wheat Bread	2 slice	Garden Salad	1 cup	Coney Pinto Beans LS	1/2 cup	Italian Dressing	1/2 ll oz	Broccoli Lf	1/2 cup	French Dressing Lf	1/2 ll oz	Kettle Blend Mixed Vegetables Lf	1/2 cup
NSLP Fruit 1/2c Equivalent	1 portion	French Dressing Lf	1/2 ll oz	Carrots Lf	1/2 cup	Whole Wheat Bread	1 slice	Mustard & Ketchup (1/3 oz each)	1 serving	Whole Wheat Bread	1 slice	Whole Wheat Bread	2 slice
100% Juice (4 oz)	1 each	Whole Wheat Bread	2 slice	NSLP Fruit 1/2c Equivalent	1 portion	NSLP Fruit 1/2c Equivalent	1 portion	Whole Wheat Bread	2 slice	NSLP Fruit 1/2c Equivalent	1 portion	NSLP Fruit 1/2c Equivalent	1 portion
Milk-Student Choice (Half Pint)	1 each	NSLP Fruit 1/2c Equivalent	1 portion	100% Juice (4 oz)	1 each	100% Juice (4 oz)	1 each	Whole Wheat Bread	1 portion	100% Juice (4 oz)	1 each	100% Juice (4 oz)	1 each
Salt & Pepper Packets	1 each	100% Juice (4 oz)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	100% Juice (4 oz)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each

## Meal Name: Dinner

Spaghetti & Italian Sauce (2 oz*/8oz)	Roast Turkey	Pizza (2 oz* & cheese)	Chili w/Beans (1 oz*/8oz)	Cheeseburger Casserole (2 oz*/8oz)	Crispy Chicken Patty (3 ozw each)	Grazed BBQ Patty (3 ozw each)
Garden Salad	Mashed Potatoes	Polini w/ Tomato Sauce	Rice	Ranch Pinto Beans	French Fries	Tater Tots
10 ozw	4 ozw	1/8 cup	10 ozw	10 ozw	1 patty	1 patty
Italian Dressing	Gray	French Fries	Shredded Lettuce	Garden Salad	Keitchup	Corn
1/2 cup	1 cup	3/4 cup	1 cup	1 cup	3/4 cup	1 cup
Green Beans	Peas	Garden Salad	Italian Dressing	Italian Dressing	Macaroni & Cheese	Enriched Bread or Rolls
1/2 ll oz	3 ll oz	1/2 cup	1/2 cup	1/2 cup	1/3 ll oz	1/2 cup
Enriched Bread or Rolls	Enriched Bread or Rolls	Italian Dressing	Southern Cornbread	Southern Cornbread	Hot Dog Bun	Whipped Margarine
3/8 cup	1/2 cup	1/2 cup	1/2 ll oz	1/2 ll oz	1 cup	2 each
Whipped Margarine	Whipped Margarine	Iced Yellow Cake	Whipped Margarine	Whipped Margarine	Mustard	Iced Chocolate Cake
2 each	2 each	1/2 ll oz	1/60 cut	1/50 cut	2 each	1/2 ozw
1/2 ozw	1/2 ozw	1/60 cut	1/2 ozw	1/2 ozw	Fresh Baked Oatmeal Cookie (1.5 oz)	Fruit Drink w/ Vitamin C
Iced Chocolate Cake	Iced White Cake	Fruit Drink w/ Vitamin C	Fresh Baked Sugar Cookie (1.5 oz)	Iced Chocolate Cake	1/60 cut	1 cup
1/60 cut	1/60 cut	1 cup	1 each	1/60 cut	1 each	1 cup
Fruit Drink w/ Vitamin C	Fruit Drink w/ Vitamin C	Salt & Pepper Packets	Fruit Drink w/ Vitamin C	Fruit Drink w/ Vitamin C	Salt & Pepper Packets	Salt & Pepper Packets
1 cup	1 cup	1 each	1 cup	1 cup	1 cup	1 each
Salt & Pepper Packets	Salt & Pepper Packets	1 each	Salt & Pepper Packets	Salt & Pepper Packets	Salt & Pepper Packets	1 each
1 each	1 each	1 each	1 each	1 each	1 each	1 each
Meal Name: Afternoon Snack						

## Meal Name: Afternoon Snack

Fruit Drink w/ Vitamin C		Fruit Drink w/ Vitamin C		Fruit Drink w/ Vitamin C		Fruit Drink w/ Vitamin C	
Enriched Bread	1 cup	Enriched Bread	1 cup	Enriched Bread	1 cup	Fresh Baked Cookie	1 cup
Peanut Butter & Jelly Filling	2 slice	Enriched Bread	2 slice	Enriched Bread	2 slice	Fresh Baked Cookie	2 ozw
	T. Salami	Peanut Butter & Jelly Filling	3 tablespoon	Peanut Butter & Jelly Filling	3 tablespoon		

All entree portions purchased fully packed with no waste.

**NUTRITION STATEMENT:** This menu means the nutritional guidelines of the American Congressional Association which adopted the following definitions: "Meat products purchased fully cooked, breaded, rolled, and breadsticks made from mix or scratch are weight measurements prior to reheating. Casseroles and combination items made from scratch are based upon approximate cooked weight measurements. Weights on cookies, 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.

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

FLM QUARTERLY MENU REVIEW (initial/date) of \_\_\_\_\_

Q2

Q3

Q4

Q4

Reviewed 3/17 Aramark Dietitian's Signature:

Chen

Signature: \_\_\_\_\_

Date: 10/5/201

## Elm Signature

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WINNEBAGO COUNTY  
Juvenile Menu

Weekly Average 2800 Calories Per Day

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs (Grades 9-12)- Jan. 2012  
Fluid milk choice at breakfast and lunch must be low-fat (1% milk fat or less, unflavored) or fat-free (unflavored or flavored).



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

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

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The breakfast and lunch meals have been reviewed and they comply with the current nutritional and dietary guidelines from the USDA for the National School Breakfast and Lunch Program

NSLP Fruit 1/2c Equivalent	NSLP Fruit 1/2c Equivalent	NSLP Fruit 1/2c Equivalent	NSLP Fruit 1/2c Equivalent	Stewed or Glazed Apples	NSLP Fruit 1/2c Equivalent	NSLP Fruit 1/2c Equivalent	NSLP Fruit 1/2c Equivalent
Brain Flakes Cereal	1 portion	Whole Grain Oatmeal LF	1 portion	Cinnamon Oatmeal LF	1/2 cup	Toasted Oats Cereal	1 portion
Breakfast Sausage (1 ozw each)	1 cup	Whole Wheat French Toast	1/2 cup	Whole Wheat Bread	1/2 cup	Cottage Fries LF	1 cup
Whole Wheat Bread	1 patty	Syrup	1 slice	100% Juice (4 oz)	1 slice	100% Juice (4 oz)	1 slice
Apple Jelly	1 slice	100% Juice (4 oz)	2 1/2 oz	Milk-Student Choice (Half Pint)	1/2 cup	Whole Wheat Bread	1/2 cup
100% Juice (4 oz)	1/2 1/2 oz	Milk-Student Choice (Half Pint)	1 each	Sugar	1 each	Apple Jelly	1/2 1/2 oz
Milk-Student Choice (Half Pint)	1 each	Sugar	1 each	100% Juice (4 oz)	1 packet	Milk-Student Choice (Half Pint)	1 slice
Sugar	1 packet	Milk-Student Choice (Half Pint)	1 packet	Milk-Student Choice (Half Pint)	1 each	Sugar	1 packet
		Sugar & Pepper Packet	1 each	Salt, Pepper, & Sugar Packets (1 each)	1 serving	Sugar & Pepper Packet	1 each

Meal Name: Lunch

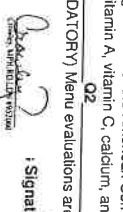
Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch	Meal Name: Lunch
Roast Turkey	1 Ham	Peanut Butter	Meatballs (1 1/2 oz each)	Sticky Joe (2.5 MMA*)	Tex-Mex Taco Filling (2.5 MMA*)	Hot Dogs (1.5 oz each)	Mustard & Ketchup (1/3 oz each)	Whole Wheat Hot Dog Bun	2 each	Whole Wheat Hot Dog Bun	2 each	Whole Wheat Hot Dog Bun	2 each	Whole Wheat Hot Dog Bun	2 each	Whole Wheat Hot Dog Bun	2 each	Whole Wheat Hot Dog Bun	2 each	Whole Wheat Hot Dog Bun	2 each
Gravy LF/L/S	5 ozw	Whole Grain Mac & Cheese	1/2 cup	Jelly	1 1/2 oz	BBQ Sauce	1/2 cup	Green Beans LF	1/2 cup	Wedge French Fries	1/2 cup	Whole Wheat Bread	1 slice	NSLP Fruit 1/2c Equivalent	1 portion	100% Juice (4 oz)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each
Whole Grain Brown Rice LF	1/2 cup	Pinto Beans LF/L/S	1/2 cup	Green Beans LF	1/2 cup	Lyonnaise Potatoes LF/L/S	1/2 cup	Carrots LF	1/2 cup	Whole Wheat Bread	1 slice	NSLP Fruit 1/2c Equivalent	1 portion	100% Juice (4 oz)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each
Broccoli LF	1/2 cup	Carrots LF	1/2 cup	Wedge French Fries	1/2 cup	Whole Wheat Bread	1 slice	NSLP Fruit 1/2c Equivalent	1 portion	100% Juice (4 oz)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each
Garden Salad	1 cup	Whole Wheat Bread	1 slice	NSLP Fruit 1/2c Equivalent	1 portion	100% Juice (4 oz)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each
French Dressing LF	1/2 1/2 oz	100% Juice (4 oz)	1/2 1/2 oz	100% Juice (4 oz)	1/2 1/2 oz	100% Juice (4 oz)	1/2 1/2 oz	100% Juice (4 oz)	1/2 1/2 oz	100% Juice (4 oz)	1/2 1/2 oz	100% Juice (4 oz)	1/2 1/2 oz	100% Juice (4 oz)	1/2 1/2 oz	100% Juice (4 oz)	1/2 1/2 oz	100% Juice (4 oz)	1/2 1/2 oz	100% Juice (4 oz)	1/2 1/2 oz
Whole Wheat Bread	1 slice	NSLP Fruit 1/2c Equivalent	1 portion	100% Juice (4 oz)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each
NSLP Fruit 1/2c Equivalent	1 portion	100% Juice (4 oz)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each
100% Juice (4 oz)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each
Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each

Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner	Meal Name: Dinner
Spaghetti & Italian Sauce (2 oz*/soy)	10 ozw	Salsbury Steak (3 ozw each)	1 patty	Crispy Chicken Patty (3 ozw each)	1 patty	American Goulash (2 oz*/soy)	10 ozw	Savory Stroganoff (2 oz*/soy)	8 ozw	Baked Meatloaf (3 ozw each)	1 patty	Chili w/Beans (1 oz*/soy)	1 patty	Chili w/Beans (1 oz*/soy)	1 patty	Chili w/Beans (1 oz*/soy)	1 patty	Chili w/Beans (1 oz*/soy)	1 patty	Chili w/Beans (1 oz*/soy)	1 patty
Green Beans	1/2 cup	Scalloped Potatoes	1 cup	Shredded Cheese	1 ozw	Green Beans	1/2 cup	Parsley Rotini	1 1/2 cup	Baked Potato	1 each	Garden Salad	1 each	Garden Salad	1 each	Garden Salad	1 each	Garden Salad	1 each	Garden Salad	1 each
Garden Salad	1/2 cup	Gravy	3 1/2 oz	Roletti w/ Tomato Sauce	1 1/4 cup	Enriched Bread or Rolls	2 each	Green Beans	1/2 cup	Enriched Bread or Rolls	2 each	Enriched Bread or Rolls	2 each	Enriched Bread or Rolls	2 each	Enriched Bread or Rolls	2 each	Enriched Bread or Rolls	2 each	Enriched Bread or Rolls	2 each
Italian Dressing	1/2 1/2 oz	Carrots	1/2 cup	Peas	1/2 cup	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw
Enriched Bread or Rolls	2 each	Enriched Bread or Rolls	2 each	Garlic Bread	2 slice	Fresh Baked Sugar Cookie (1.5 oz)	1 each	Fresh Baked Sugar Cookie (1.5 oz)	1 each	Fresh Baked Sugar Cookie (1.5 oz)	1 each	Fresh Baked Sugar Cookie (1.5 oz)	1 each	Fresh Baked Sugar Cookie (1.5 oz)	1 each	Fresh Baked Sugar Cookie (1.5 oz)	1 each	Fresh Baked Sugar Cookie (1.5 oz)	1 each	Fresh Baked Sugar Cookie (1.5 oz)	1 each
Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Fresh Baked Sugar Cookie (1.5 oz)	1 each	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup
Fresh Baked Sugar Cookie (1.5 oz)	1 each	Lead Yellow Cake	1/60 cut	Fruit Drink w/ Vitamin C	1 cup	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	Salt & Pepper Packets	1 each
Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	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	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	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: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack	Meal Name: Afternoon Snack
Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup
Enriched Bread	2 slice	Enriched Bread	2 slice	Enriched Bread	2 slice	Enriched Bread	2 slice	Enriched Bread	2 slice	Enriched Bread	2 slice	Enriched Bread	2 slice	Enriched Bread	2 slice	Enriched Bread	2 slice	Enriched Bread	2 slice	Enriched Bread	2 slice
Peanut Butter & Jelly Filling	3 tablespoon	Peanut Butter & Jelly Filling	3 tablespoon	Peanut Butter & Jelly Filling	3 tablespoon	Peanut Butter & Jelly Filling	3 tablespoon	Peanut Butter & Jelly Filling	3 tablespoon	Peanut Butter & Jelly Filling	3 tablespoon	Peanut Butter & Jelly Filling	3 tablespoon	Peanut Butter & Jelly Filling	3 tablespoon	Peanut Butter & Jelly Filling	3 tablespoon	Peanut Butter & Jelly Filling	3 tablespoon	Peanut Butter & Jelly Filling	3 tablespoon

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 cook 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 statistics, vegetable, margarine unless indicated as LF (low fat), No pork is used unless item is named pork. Infatation 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 9 to 18 years as established by the Food and Nutrition 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 3/17 Adamark Dietitian's Signature:  Date: 10/5/17 FLM Signature: \_\_\_\_\_

PROPOSED 9-12  
REVISED 11-12, 6/14, 7/14, 7/25/14,  
8/14/14, 10/15, 11/15, 12/15/17

## WINNEBAGO COUNTY

### Juvenile Menu

#### Weekly Average 2800 Calories Per Day

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs (Grades 9-12) - Jan. 2012  
Fluid milk choice at breakfast and lunch must be low-fat (1% milk fat or less, unflavored) or fat-free (unflavored or flavored).



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**Week: 1**  
**Meal Name: Breakfast**  
**MONDAY**  
**TUESDAY**  
**WEDNESDAY**  
**THURSDAY**  
**FRIDAY**  
**SATURDAY**  
**SUNDAY**

The breakfast and lunch meals have been reviewed and they comply with the current nutritional and dietary guidelines from the USDA for the National School Breakfast and Lunch Program

NSLP Fruit 1/2c Equivalent	NSLP Fruit 1/2c Equivalent	NSLP Fruit 1/2c Equivalent	NSLP Fruit 1/2c Equivalent	NSLP Fruit 1/2c Equivalent	NSLP Fruit 1/2c Equivalent
Brain Flakes Cereal 1 portion	Whole Grain Oatmeal LF 1/2 cup	Toasted Oats Cereal 1 cup	Whole Grain Oatmeal LF 1/2 cup	Cinnamon Oatmeal LF 1 portion	Brain Flakes Cereal 1 portion
Scrambled Eggs 2 1/2 ozw	Breakfast Sausage (1 ozw each) 1 patty	Whole Wheat Bread 1 slice	Whole Wheat Bread 1 slice	Cottage Fries LF 3/4 cup	Breakfast Sausage (1 ozw each) 1 patty
Lyonnaise Potatoes LFLS 1/2 cup	Whole Wheat English Muffin 1 each	Apple Jelly 1/2 11 oz	Grape Jelly 1/2 11 oz	Whole Wheat Bread 1 slice	Whole Wheat English Muffin 1 each
Whole Wheat Bread 1 slice	Grape Jelly 1/2 11 oz	Cottage Fries LF 3/4 cup	100% Juice (4 oz) 1 each	Apple Jelly 1/2 11 oz	Whole Wheat Bread 1 slice
100% Juice (4 oz) 1 each	100% Juice (4 oz) 1 each	100% Juice (4 oz) 1 each	100% Juice (4 oz) 1 each	Whole Wheat Bread 1 slice	100% Juice (4 oz) 1 each
Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	Grape Jelly 1/2 11 oz	100% Juice (4 oz) 1 each
Salt, Pepper, & Sugar Packets (1 each) 1 serving	Sugar 1 packet	Milk-Student Choice (Half Pint) 1 each	Sugar 1 packet	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each
	Sugar & Pepper Packet 1 each			Sugar & Pepper Packet 1 each	Sugar 1 packet

#### Meal Name: Lunch

1. Ham	4 ozw	Farmhouse Stew (3 ozw/soy) 10 ozw	Glazed BBO Patty (3 ozw each) 1 patty	Roast Turkey 5 ozw	Baked Meatball (3 ozw each) 1 patty	T. Bologna 4 ozw	Whole Grain Heavy Spanish Rice (2.5 MVA) 10 ozw
Whole Grain Mac & Cheese 1/2 cup	Whole Grain Brown Rice LF 1/2 cup	Creamy Macaroni Salad (W/G) LFLS 3/4 cup	Mashed Potatoes LF 1/2 cup	Boston Baked Beans LF 1/2 cup	Mustard 1/3 11 oz	Whole Wheat Bread 2 slice	Garden Salad 1/2 cup
Boston Baked Beans LF 1/2 cup	Kettle Brand Mixed Vegetables 1/2 cup	Potato Salad LFLS 1/2 cup	Gravy LFLS 2 11 oz	Ketchup 1/3 11 oz	Whole Wheat Bread 2 slice	Broccoli LF 1/2 cup	French Dressing LF 1/2 cup
Garden Salad 1 cup	Whole Wheat Bread 2 slice	Garden Salad 1 cup	Carrots LF 2 slice	Whole Wheat Bread 2 slice	Green Beans LF 1/2 cup	NSLP Fruit 1/2c Equivalent 1 portion	Whole Wheat Bread 1 slice
French Dressing LF 1/2 11 oz	Garden Salad 1 cup	Italian Dressing 1/2 11 oz	Whole Wheat Bread 2 slice	Garden Salad 1/2 cup	NSLP Fruit 1/2c Equivalent 1 portion	100% Juice (4 oz) 1 each	100% Juice (4 oz) 1 each
Whole Wheat Bread 1 slice	French Dressing LF 1/2 11 oz	Whole Wheat Bread 1 slice	NSLP Fruit 1/2c Equivalent 1 portion	French Dressing LF 1/2 cup	100% Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each
NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	French Dressing LF 1/2 cup	100% Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each
100% Juice (4 oz) 1 each	100% Juice (4 oz) 1 each	100% Juice (4 oz) 1 each	100% Juice (4 oz) 1 each	French Dressing LF 1/2 cup	100% Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each
Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	French Dressing LF 1/2 cup	100% Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each

#### Meal Name: Dinner

Crispy Chicken Patty (3 ozw each) 1 patty	Cheeseburger Casserole (2 ozw/soy) 10 ozw	Meatballs (1/2 oz each) 4 each	Savory Slinger (2 ozw/soy) 8 ozw	Country Patty (3 ozw each) 1 patty	Charbroiled Patty (3 ozw) 1 patty	Peanut Butter & Jelly Filling 1 1/2 ozw
French Fries 1 cup	Ranch Pinto Beans 1 cup	Spaghetti w/ Tomato Sauce 1 1/4 cup	Noodles 1 1/2 cup	Mashed Potatoes 1 1/2 cup	Tater Tots 1 cup	Enriched Bread or Rolls 2 each
Ketchup 1/3 11 oz	Green Beans 1/2 cup	Garden Salad 1/2 cup	Garden Salad 1/2 cup	Gravy 3 11 oz	Ketchup 1/3 11 oz	Garden Salad 1/2 cup
Garden Salad 1/2 cup	Southern Cornbread 1/60 cut	French Dressing LF 1/2 11 oz	Italian Dressing 1/2 11 oz	Enriched Bread or Rolls 2 each	Mayo-Type Dressing 1/3 11 oz	Ranch Salad Dressing 1/2 11 oz
Italian Dressing 1/2 11 oz	Whipped Margarine 1/2 ozw	Enriched Bread or Rolls 2 each	Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw	Garden Salad 1/2 cup	Lead White Cake 1/60 cut
Enriched Bread or Rolls 2 each	Fresh Baked Oatmeal Cookie (1.5 oz) 1 each	Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw	Lead Chocolate Cake 1/60 cut	Enriched Bread or Rolls 2 each	Fruit Drink w/ Vitamin C 1 cup
Whipped Margarine 1/2 ozw	Fruit Drink w/ Vitamin C 1 cup	Fresh Baked Chocolate Cookie 1 each	Snickerdoodle Cookie 1 each	Fruit Drink w/ Vitamin C 1 cup	Salt & Pepper Packets 1 each	Salt & Pepper Packets 1 each
Fresh Baked Sugar Cookie (1.5 oz) 1 each	Salt & Pepper Packets 1 each	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Salt & Pepper Packets 1 each	Fruit Drink w/ Vitamin C 1 cup	Salt & Pepper Packets 1 each
Fruit Drink w/ Vitamin C 1 cup		Salt & Pepper Packets 1 each	Salt & Pepper Packets 1 each			
Salt & Pepper Packets 1 each						

All entree portions purchased (fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and combination items made from scratch are based upon approximate cooked weight measurements. Weights on cookies, bread, rolls, and breadsticks made from mix or scratch are prior to baking. Pancakes made from mix or scratch are batter volume measurements prior to cooking. Side dishes are volume measurements. All starters, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (low fat). No pork is used unless item is named pork. Irradiation 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 Dietetic Association which are based upon the current DRIs for males and females 9 to 18 years as established by the Food and Nutrition Board of the Institute of Medicine.

**FLM QUARTERLY MENU REVIEW (Initial/Date)** 01 02 03 04

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

Reviewed 3/17 Aramark Dietitian's Signature:

Signature:

Date: 10/14/2017

FLM Signature: \_\_\_\_\_

Date: \_\_\_\_\_

PROPOSED 9-12  
REVISED 11-12, 6/14, 7/14, 7/25/14,  
8/14/14, 10/15, 11/15, 12/15, 3/17

## WINNEBAGO COUNTY Juvenile Menu

### Weekly Average 2800 Calories Per Day

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs (Grades 9-12) - Jan. 2012  
Fluid milk choice at breakfast and lunch must be low-fat (1% milk fat or less, unflavored) or fat-free (unflavored or flavored).



This institution is an equal opportunity provider.

Week: **1**

**MONDAY**  
Meal Name: **Afternoon Snack**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup
Enriched Bread	2 slice	Enriched Bread	2 slice	Enriched Bread	2 slice	Enriched Bread	2 slice	Fresh Baked Cookie	2 ozw	Fruit Drink w/ Vitamin C	1 cup
Peanut Butter & Jelly Filling	3 tablespoons	Peanut Butter & Jelly Filling	3 tablespoons	Peanut Butter & Jelly Filling	3 tablespoons	T. Bologna	2 slice	Peanut Butter & Jelly Filling	3 tablespoons	Fruit Drink w/ Vitamin C	1 cup

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and combination items made from scratch are based upon approximate cooked weight measurements. Weights on cookies, bread, rolls, and breadsticks made from mix or scratch are prior to baking. Pancakes made from mix or scratch are batter volume measurement prior to cooking. Side dishes are volume measurements. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Initiation cheese with calcium is used. \*This item made with mechanically separated poultry & soy used in accordance with USDA standards. 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

Reviewed 3/17

Aramark Dietitian's Signature:

Client's Signature:

Date: 10/15/14

FLM Signature:

Date: