WINNEBAGO COUNTY

Juvenile Menu

Weekly Average 2800 Calories Per Day

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

The breakfast and lunch meals have been reviewed and they comply with the current nutritional and dietary guidelines from the USDA for the Kational School Greakfast and funch Program Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs (Grades 9-12)- Jan. 2012

aramark)

This institution is an equal opportunity

Week: NSLP Fruit 1/2c Ec Meal Name: Breakfast MONDAY

> N TUESDAY

WEDNESDAY

THURSDAY

FRIDAY SATURDAY SATURDAY SUNDAY

Dunales 1	- war	Thomas Decision in		Brocofile		Italian Dressing		Coney Pinto Beans LS	Si ii	Garden Salad	3	AND CHE AND CONTRACT
Mustard & Ketchup (1/3 oz each)		Garden Salad	1 each	baxed Polato	- 26	Odiosii Salao	2 each	Contraction of the contraction o	1/2 cup		1/2 cup	Whole Whose Breed
Baked Potato 1 each	1/2 cup	T	1/4 cup	1 3	1/2 cup	Gordon Calad	serving	Whole Wheat Hot Don Bun	2 11 02	Mashed Potatoes LF	each	Carrols LF
M20 C	1	OF III DOOR IN		Pinto Reans F/I S		Peas LF	ch)	Mustard & Ketchup (1/3 oz each)		Gravy LF/LS		Baked Polato
Scratch Cajun-Style Poultry Patty	PK PK	Whole Grain Spicy Brown Rice (2.5 each MMA^)	_	Smoked T. Sausage (3 oz each)	(2.5 10 ozw	Whole Grain American Goulash (2.5 MMA)	2 each	T. Hot Dogs (1.5 oz each)	1 party	y 册	4 ozw	T Ham
											7	Meal Name: Lunch
							1 packet	Sugar			15	
					(1 each) serving	Salt, Pepper, & Sugar Packets (1 each) 1 serving	1 each	Mik-Student Choice (Hall Pint)				
	ets (1 each) 1 serving	Sall, Pepper, & Sugar Packets (1 each) 1 servin	1 packet	Sugar	1 each	www.coccett.coccettagi mini)	1 each				1	
Sugar 1 packet	3	walk-student choice (Half Pint)	1 each	mine Condent Cridge (right mil)	1 each	Add Charles Observed to the Board	1/2 11 02	100% Juine (4 oz)	1 packet		1 packet	
1 each	1 each	Carlo Contract Contract	each	Mills Charles Charles (Half Diet)	110000	100% Juice (4 oz)	1	Apple Jelly		Sugar		Sugar
Milk-Student Choice (Half Pint)		100% Juice (4 oz)		100% Juice (4 az)	200	Cajun Potatoes LF	1 sice	ANTION AND AND DESCRIP	1 each		1 each	
100% Juice (4 oz)	1 slice	Whole Wheat Bread	1/2 fl 02	Grape Jelly	2 each	or and to make (o)	1/3 II oz	Whole Wilcon Bread	1 each		1 each	Milk-Student Choice (Hall Pint)
Apple Jelly	1/2 cup		1 slice	Wilde Wiedt Dieso	1 11 02	W/2 Class Tanilla (2")	3/4 cup	Katchun	1/2 oz		2 11 02	100% Juice (4 oz)
	MZ0 2/1 Z	1	- Pany	Whole Wheat Book	1 11 05	Salsa	Accessed.	Cottage Fries LF		Grape Jelly		Syrup
Whole Wheat Bread		Scrambled Eggs	-	Breakfast Sausage (1 ozw each	1 1107	Cheese Sauce	n)	breaklast Sausage (1 ozw each)	1 slice	-	1 slice	
Toasted Oats Cereal		Whole Grain Oatmeal LF	- eg	Bran Flakes Cereal	2 1/2 ozw	72	1/2 cup	Control Control	1 cup		1/2 cup	Whole Wheat French Toas
NSLP Fruit 1/2c Equivalent 1 portion	1 portion	NSLP Fruit 1/2c Equivalent	1 portion	NSLP Fruit 1/2c Equivalent	portion	NSLP Fruit 1/2c Equivalent	1 portion	Cionamo Camenti s	1 portion	Toasted Oals Cereal	1 portion	Whole Grain Caimeal LF

100% Juice (4 oz) NSLP Fruit 1/2c Equivalent

portion 1 each

2 slice

French Dressing LF Whole Wheat Bread

1/2 II oz

1/2 cup

Italian Dressing Whole Wheat Bread

1/2 II oz 1 slice

Broccoli LF

French Dressing LF

Mustard & Ketchup (1/3 oz each)

1/2 cup Whole Wheat Bread

1/211 02 1 slice

Whole Wheat Bread

1 serving Kettle Bland Mixed Vegetables LF

1/2 cup

1 cup

Coney Pinto Beans LS

Carrots LF

	Fruit Drink w/ Vitamin C		Fruit Drink w/ Vitamin C		Fruit Drink w/ Vitamin C	2	Fruit Drink w/ Vitamin C	2	Fruit Drink w/ Vitamin C	000	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C
		-				200					ack	חכיווסטו	weat Name: Alternoon Snack
		- Day Ch	Sall & Pepper Packets	1 each	dat a repper nackets	1 each	Oracino incidedo a se con-			1 each		1 each	Mani Nama Attau
1 each	17	1 cup		1 cup	2000	i cup	Sall & Person Parkets	1000		1	Salt & Pepper Packets		Salt & Pepper Packets
9	Salt & Pepper Packets	-	Fruit Drink w/ Vitamin C		Fruit Drink w/ Vitamin C		Fruit Drink w/ Vitamin C	t pach	Sall & Pepper Packets	2	Fruit Critisk W/ Villamin C	1 сир	Con Control of All Control
2	Fruit Drink w/ Vitamin C	물	Fresh Baked Oatmeal Cookie (1.5 oz)	1/60 cut	loed Chocolate Cake	1 each	1 e	1 cup		1/60 cut		1/60 cut	Entit Drink w/ Vilagin
1/60 cut	Iced Chocolate Cake	1/3 fl oz	Mustard	1/2 ozw	wildben warganne	1/2 ozw	Baket Burket	1/60 cut	Fruit Drink w/ Vitamin C	1/2 ozw	Iced White Cake	1/2 0ZW	Iced Chocolate Cake
1/2 ozw	Whipped Marganne	2 each	Hot bod bun	1/60 cut	White and Completed	1/60 cut	Whipped Margarine	1/21102	loed Yellow Cake	2 each	Whoped Margarine	2 each	Whipped Margarine
2 each		1 cup		2011 2/1	Southern Combresed	100	Southern Combread		Italian Dressing	O TOTAL DESCRIPTION OF THE PARTY OF THE PART	Enriched Bread or Rolls		Enriched Bread or Rolls
110000	Enriched Bread or Rolls		Macaroni & Cheese		Italian Dressing	3	Italian Dressing	1/2 cup	Garden Salad	1/2 cup	cas	3/8 cup	
100	Corn	-	Ketchup	1/2 cup	Garden Salad	1/2 cup	Suspon Falling	1/2 cup		3 11 02	Dogo	1/2 11 02	Green Beans
1 cup		3/4 cup		1 cup		dno i	Or Date	or work	French Fries	-	Gravy	100	Italian Dressing
party	Tater Tots	, pany	French Fries		Ranch Pinto Beans	-	Flice	300	Rotini w/ Tomato Sauce	6	Masned Potatoes	1/2 cup	60000
	Glazed BBO Patty (3 ozw each		Crispy Chicken Patty (3 ozw each)		Cheeseburger Casserole (2 oz^/soy)	10 ozw	Chili w/Beans (1 oz*/soy)	1/18 cut	Pizza (2 oz^& cheese)	4 0ZW	Roast Turkey	0Z^/SOY)	Spagnetti & Italian Sauce (2 oz//soy)
				each									Meal Name: Dinner
. 000				-	Milk-Student Choice (Half Pint)					1 each	The second second second second		
	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint	1 each	100% Juice (4 oz)	t each	Milk-Student Choice (Hall Pint)	1 each	man chargest Charles (table cast)	1 each	Mik-Student Chaire (Half Dist)	1 each	
1 each	100% Juice (4 oz)	-	100% Juice (4 nz)	1 portion	NSLP Fruit 1/2c Equivalent	1 each	100% Juice (4 oz)	1 each	Mile Student (+ Oz)	1 portion	100% Juice (4 cz)	1 each	Sait & Pepper Packets
- north	NSLP Fruit 1/2c Equivalent		NSLP Fruit 1/2c Equivalent	2 slice	Whole Wheat Bread	1 portion	NOCE From 1/20 Equivalent	1 portion	100s/ Line (4 ca)	2 slice	NSI P Fruit 1/2c Enumator	1 each	Milk-Student Choice [Half Pint
2 slice	Writing Wheat Bread	1 slice	ANTIGOT DICOT	1 serving	The second	1 slice		1/2 cup	NO D Fails 1/35 Franksikas	20 11 2/1	Whole Wheat Bread	portion	100% Juice (4 oz)

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 magarine 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 9 to 18 years as established by the Food and Nutrition Board of the Institute of Medicine, 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,

In accordance with ACA Standard (ref. 4-ALDF-4A-07) (MANDATORY) Menu evaluations are consulted at least quarterly by food service supervisory staff to verify adherence to the established daily servings. National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included. FLM QUARTERLY MENU REVIEW (initial/date) Q1 Q2 Q3

Reviewed 3/17

Peanut Butter & Jelly Filling 3 tablespoon

1 cup Enriched Bread

2 slice

1 0ZW

Peanut Butter & Jelly Filling 3 tablespoon

2 slice

Peanut Butter & Jelly Filling 3 lablespoon

Peanut Butter & Jelly Filling Enriched Bread Fruit Drink w/ Vitamin C

3 tablespoon

2 slice 1 cup

Fresh Baked Cookie Fruit Drink w/ Vitamin C

2 ozw 1 cup

Fruit Drink w/ Vitamin C

Fresh Baked Cookle

2 ozw

oup

Cup

Enriched Bread

1 cup

1 cup Enriched Bread

Aramark Dietitian's Signature:

: Signature

Date: 10/3/201

FLM Signature:

Date:

Week:

Meal Name: Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

WINNEBAGO COUNTY

Juvenile Menu

Weekly Average 2800 Calories Per Day

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This institution is an equal opportunity

idelines from the USDA for the National School Breakfast and Luisch Program FRIDAY SATURDAY Provider.

SUNDAY

		TOTAL CONTRACTOR OF THE PARTY O		Fruit Drink w/ Vitamin C		The state of the s		A STATE OF THE PROPERTY OF THE	68		1 cup	
	1					Fruit Drink w/ Vilamin C		Fruit Drink w/ Vitamin C		Fruit Drink w/ Vitamin C		Fruit Drink w/ Vitamin C
386377										ack	oon Sha	Weal Name: Atternoon Snack
Sail 6	6000								1 each		1 each	
From uning of Vitar.	-	Salt & Pepper Packets	1 each	Salt & Pepper Packets			1 each	Con on ables a serveto	1 oup	Salt & Pepper Packets	1 cup	Sall & Pepper Packets
iced White c.		Fruit Drink w/ Vitamin C	20	From CHEIK W. VIGINIO C	1 each	The state of the s	1 cup	Salt & Dormar Danker	1/60 out	Fruit Drink w/ Vitamin C	+ EdCi)	Fruit Drink w/ Vitamin C
Whoped '	1/60 gut	Iced Chocolate Cake	1 each	Fresh Baked Chocolate Cookle		Sall & Penner Pankers	1 5 oz)	Fruit Drink w/ Vitamin C	1/2 ozw	iced Yellow Cake	1/2 ozw 5 oz)	1/2 ozw Fresh Baked Sugar Cookie (1.5 oz)
Southern Combream		Whoped Margarine	1/2 ozw	Whipped Margarine	70.	1 each	2 slice		2 each	Whipped Margarine	2 each	Whipped Margarine
Italian Dressing	2 each	Enriched Bread or Rolls	2 each	olis		Fresh Baked Options Cooks 4	1/2 cup	Garlic Bread	1/2 cup	Enriched Bread or Rolls	7011	Enriched Bread or Rolls
Garden Salad	3 11 02		1/2 cup		2 each		1 1/4 cup	Peas	3 11 02	Carrots	dio are	talian Dressing
Rice	1 each		1 1/2 cup		1/2 cup	Enriched Bread or Bolls	1 0ZW	Rotini w/ Tomato Sauce	1 cup	Gravy	1/2 cup	Garden Salad
Chiii w/Beans (1 oz^/soy)		Baked Mealloal (3 ozw each)	8 02w	Savory Stroganoff (2 ozn/soy)	10 ozw	ulash (2 oz^/soy)	each) 1 patty	Crispy Chicken Patty (3 ozw each)	patty	Salisbury Steak (3 pzw each) Scalioped Potatoes	10 ozw	Green Beans
											1 each	Meal Name: Dinner
	o co								Ī	7 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	(i)]	Milk-Student Choice (Half Pint)
Milk-Student Choice (Half Pint)	each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Mik-Student Choice (Half Pint)	ng 1 each	wiik-student Unoide (Hatt Pint)	1 each	Annual Comment of the	1 portion	100% Juice (4 az)
100% Juice (4 oz)		100% Juice (4 oz)	0	100% Juice (4 oz)	1 each	(20 to 2000 e.no.)	1 each		1 each	Mik-Shuden OF The ILOND	1 slice	NSLP Fruit 1/2c Equivalent
NSLP Fruit 1/2c Equivalent	1 portion	NSLP Fruit 1/2c Equivalent	1 portion	quivalent	portion	quivalent	1 portion	100% Juice (4 oz)	portion	100% Juice (4 oz)	1/2 11 02	Whole Wheat Bread
Carrots LF	o anat	WG Flour Tortilla (6")	1/2 11 07	Italian Dressing	2 slice	whole wheat Bread	2 slice	NO DE STATE DI GOL	1 slice	NSLP Fruit 1/2c Emiliation	- g	French Dressing LF
Paprika Potatoes LF	1 nacket	Taco Sauce	2	Garden Salad	1/2 cup	C B C C C C C C C C C C C C C C C C C C	1/2 cup	Whole Wheat Road	1/2 cup	Whole Wheat Bread	1/2 cup	Garden Salad
		Com LF	1 each	Whole Wheat Hamburger Bun	1/2 cup		1/2 cup	Wedne French Fries	1/2 cup	Carrols LF	1/2 cup	Broccoli LF
Mustard & Kelchup (1/3 oz each)		Shredded Lettuce	1/2 cup	Navy Beans LS	1/2 11 02	ì	1 11 02	Green Beans I F	1/2 cup	Pinto Beans LF/LS	2 11 oz	Whole Grain Brown Rice LF
	2	Tex-Mex Taco Filling (2.5 MMA*)	4 ozw	Slappy Joe (2.5 MMA^)	8 each	/2 oz each)	tablespoon	Peanut Butter	4 ozw	T. Ham Whole Grain Mac & Cheese	5 02w	Gravy LF/LS
	1 each	Sugar & Pepper Packet			serving	- Prince of State Basic	1 each				7	Meal Name: Lunch
t packet		Milk-Student Choice (Half Pint)			1 each	Sall Penner & Sugar Peckers /1 each	1 each	Sugar & Pepper Packet			1 packet	
Sugar	1 pach	100% Juice (4 oz)			1 each		1 each	Mik-Student Chaire (Half Diag	1 packet		- Each	Sugar
Mik-Student Choice (Half Pint)	1/2 11 02	1	1 packet	6	1/2 cup	100% Juice (4 oz)	1 slice	100% Juice (4 oz)	1 each	Sugar	1 000	Milk-Student Choice (Half Pint)
70.0	1 slice		1 each	Sings	2 each	- 1 -	1/3 fl oz	Whole Wheat Bread		Milk-Student Choice (Half Pint)	1 0201 02	100% Juice (4 oz)
Syrup	1/31102		111		1 floz	WG Flour Todille /6"	1/2 cup	Keichup	2 11 02	100% Juice (4 oz)	-	Apple Jelly
Whole Wheat French Toast	1/2 cup	Cottage Fries LF	1 slice	Whole Wheat Bread	1 1102	ie Sauce	ach) 1 patty	Cottage Fries LF	1 slice	Symp	patty	Whole Wheat Bread
		77	1/2 0/0	Crimamon Oatmeal LF	2 1/2 ozw	Ti	1 cup		1/2 cup	Whole Grain Cameai LF	1 cup	(1 02w
NSLP Fruit 1/2c Equivalent		NSLP Fruit 1/2c Equivalent	3	Stewed or Glazed Apples	portion	INSERT FRUE 1/20 Equivalent	1 portion		1 portion	Whole	1 portion	Bran Flakes Cores

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

FLM QUARTERLY MENU REVIEW (initial/date) Q1 Q2 Q3

Peanut Butter & Jelly Filling 3 tablespoon

T. Salami Enriched Bread

2 slice
Peanut Butter & Jelly Filling
3 tablespoon

Peanut Butter & Jelly Filling Enriched Bread

tablespoon

Peanut Butter & Jelly Filling Enriched Bread

tablespoon 2 slice 1 cup

Fresh Baked Cookie

2 ozw,

2 sice 1 cup

Enriched Bread

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FLM Signature:

WINNEBAGO COUNTY

Juvenile Menu

Weekly Average 2800 Calories Per Day

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TUESDAY

Meal Name: Breakfast

MONDAY

Week:

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

		Salt & Pepper Packets	Sa								each	
			F		1 each	con a chipar a morate	1 each				1 cup	Salt & Pepper Packets
No.S.P. Front Cock					1 cup	Salt & Benner Backets	- cup	Sall & Pepper Packets				Fruit Drink w/ Vitamin C
Totaled Coronal Totaled Coronal Totaled Colored Totaled Co	3					Fruit Drink w/ Vitamin C	2	Fruit Drink w/ Vitamin C	1 each	Sall & Pepper Packets	(20 c.)	1 e
Totaled Class Cereal 1 portion NSLP Fruit 12c Equivalent 1 portion 1 portion NSLP Fruit 12c Equivalent 1 portion	- 4				1 1/2 ozw	Snickerdoodle Cookie	-	Fresh Baked Chocolate Cookie	1 cup	Truit Drink W/ Vitamin C	1/2 dzw	wiiipped wargainte
Totaled Care Tota	-				1/2 ozw	Whipped Margarine		windbed Margarine	1 each	1 each	2 each	
			12.0		2 each	Enriched Bread or Holls	2 each	Charles plean of Dolla	1/2 ozw	Emeh Bakad Ostmani Conkin	1/2 11 02	Enriched Bread or Rolls
Totaled Gais Cereal 1 op Whole Grain Ozameal LF 12 op Totaled Gais Cereal 1 op Whole Grain Ozameal LF 12 op Totaled Gais Cereal 1 op Totale			13.30	Olis	1/2 11 02	naman oresonia	1/2 fl oz	Foriched Broad or Bolle	1/60 cut	Whipped Margarine	1/2 cup	Italian Dressing
	7-7-7-4		100		1/2 cup	Ballian Description	1/2 cup	French Dressinn I F	1/2 cup	nbread	1/3 fl oz	Garden Salad
NSLP Fruit 1/26 Equivalent Dortion NSLP Fruit 1/26 Equivalent Tourion Tourion NSLP Fruit 1/26 Equivalent Tourion Tourion NSLP Fruit 1/26 Equivalent Tourio	- N. V.		0.72		1 1/2 cup	Noodies	1 1/4 cup	omato Sauce	1 cup	Green Reans	1 cup	
NSLP Fruit 1/2c Equivalent Dortion Dortion Dortion NSLP Fruit 1/2c Equivalent Dortion Dortion Dortion NSLP Fruit 1/2c Equivalent Dortion Dortio	100			Country Patty (3 ozw each)	18	Savory Stroganoff (2 oz^/so	4 each	Meatballs (1/2 oz each)	/soy) 10 ozw	Cheeseburger Casserole (2 ozn/soy) 10 ozw	each) 1 patty	Crispy Chicken Patty (3 ozw each) French Fries
NSLP Fruit 1/2c Equivalent portion portion			each	The state of the s								Meal Name: Dinner
NSLP Fruit 1/2c Equivalent portion NSLP Fruit 1/2c Equivalent portion Toasted Oats Cereal 1 out Toasted Oats Cerea			each				each					
NSLP Fruit 1/2C Equivalent 1 portion	-	1 each	XXIIIX	(4 oz)	- wayin			Mik-Student Choice (Half Pint)	each	Milk-Student Choice (Half Pint)	nt) 1 each	Wlik-Student Choice (Hall Pint)
NSLP Fruit 1/2c Equivalent 1 portion NSLP Fruit 1/2c Eq		1	- 1	/2c Equivalent	-	Milk-Student Choice (Half P	1 each	100% Juice (4 oz)	1 each	100% Juice (4 oz)	1 each	100% Juice (4 oz)
NSLP Fruit 1/2c Equivalent 1 portion Toasted Case Cereal 1 cup Whole Wheat Bread 1 cup Whole Wheat Bread 1 slice Whole Wheat Bread 1 slice Apple Jelly 1/2 floz Grape Jelly 1/2 f	- 1		-		i each	100% Juice (4 oz)	1 portion	NSLP Fruit 1/2c Equivalent	1 portion	Nour Fruit 1/20 Equivalent	1 portion	A COLOR LANGE LANG
NSLF Fruit 1/2c Equivalent 1 portion NSLF Fruit 1/2c Equivalent 1 portion 1 port					1 portion	NSLP Fruit 1/2c Equivalent	1 slice	Whole wheat Bread	1/2 11 02	relica pressing L	1 slice	1/Oc Formation
Toasted Cats Cereal Toaste	- 1		-		2 slice	Whole Wheat Bread	1/2 02	navan Diessing	1 cup	Carden	1/2 11 02	Whole Wheel Bread
Toasted Clais Cereal 1 cup Whole Wheat Bread 1 slice Whole Wheat Bread 1 slice Apple Jelly 1/2 floz Grape Jelly 1/2 floz Grape Jelly 1/2 floz Grape Jelly 1/2 floz Grape Jelly 1/2 floz Mik-Student Choice (Hall Pint) 1 each Mik-Student Choice (Hall Pint) 1 each Sugar & Pepper Packet 1 each Clais Cereal 1 portion Toasted Clais Cereal 1 portion Clais Cereal 1 portion Toasted Clais Cereal 1 portion Toasted Clais Cereal 1 portion Clais Cereal 1 portion Toasted Clais Cereal 1 portion Clais Cereal 1 portion Toasted Clais Cereal 1 portion Clais Cereal 1 portion Toasted Clais Cereal 1 portion Clai	5.74				1/2 cup	Carrois LF	1 cup	Carcal	2 slice	Garden Salad	1 cup	French Dressing LF
Toasted Oats Cereal Toaste			100		2 11 02	Gravy LF/LS	1/2 cup	Cardon Caldo LT/LS	1/2 cup	Whole Wheat Bread	1/2 cup	Garden Salad
NSLF Fruit 1/2c Equivalent 1 portion Toasted Oats Cereal 1 cup Whole Grain Oatmeal LF 1/2 cup Whole Wheat Bread 1 slice Apple Jelly 1/2 lloz Grape Jelly 1/2 lloz Grape Jelly 1/2 lloz Apple Jelly 1/2 lloz Grape Jelly 1/2 lloz Apple Jelly 1/2		1/6		aked Beans LF	1/2 cup	Mashed Potatoes LF	3/4 cup	Creamy Macaroni Salad (WG)	1/2 cup	Whole Grain Brown Hice LT	1/2 cup	Boston Baked Beans LF
Toasted Oats Cereal 1 pontion Toasted Oats Cereal 1 typ Whole Grain Oatmeat LF 1/2 cup Whole Wheat Bread 1 slice Oats Cereal 1 typ Octage Fries LF 1/2 log Oats Oats Oats Cereal 1 typ Octage Fries LF 1/2 log Oats Oats Oats Oats Oats Oats Oats Oats		4		Baked Meatiosi (3 ozw each)		Roast Turkey	1 patty	Glazed BBO Patty (3 ozw each	10 ozw	Farmhouse Stew (3 oz^/soy)	4 ozw	
Toasted Clais Cereal	3	i					i eaci	The second secon			7	Meal Name: Lunch
Toasted Cats Cereal Toasted C	-							Sugar & Pepper Packet				
NSLP Fruit 1/2c Equivalent Dortion		100	-	Salt, Pepper, & Sugar Packets (1 e				Milk-Student Choice (Hall Pint	1 packet	Sugar	-	1 serving
NSLP Fruit 1/2c Equivalent 1 portion Toasted Class Cereal 1 cup Whole Grain Qarmeal LF 1/2 cup Whole Wheat Bread 1 slice Apple Jelly 1/2 ll oz Cottage Fries LF 3/4 cup Mik-Student Choice (Half Pint) 1 each NSLP Fruit 1/2c Equivalent 1 portion Toasted Class Cereal 1 cup Granman Carmeal LF 1/2 cup Cottage Fries LF 3/4 cup Nhole Wheat Bread 1 slice Grape Jelly 1/2 ll oz Whole Wheat Bread 1 slice Grape Jelly 1/2 ll oz Nhole Wheat Bread 1 slice Whole Wheat Bread 1 slice Nhole Whole				Choice (Half Pint)	1 packei	Sugar		100% Juice (4 oz)	1 each	WIIK-Student Choice (Haif Pint)	-	Salt Penner & Sugar Parkets
Toasted Cats Cereal 1 cup Whole Grain Qarmeal LF 1 cup Whole Wheat Bread 1 slice Apple Jelly 1/2 lioz Grape Jelly 1/2 lioz Apple Jelly 1/2 lioz Whole Wheat Bread 1 slice Whole Whole Wheat Bread 1 slice Whole Whole Whole Wheat Bread 1 slice Whole				(4 oz)		Milk-Student Choice (Hall F	1/3 [] 02	Ketchup	1 each	100% Juice (4 oz)	1 each	Milk-Student Choice (4 02)
Toasted Clais Cereal 1 cup Whole Grain Oatmeal LF 1/2 cup Whole Wheat Bread 1 slice Apple Jelly 1/2 lig C Grape Jelly 1/2 lig C Grap			-+		1 each	100% Juice (4 oz)	3/4 cup	Cottage Fries LF	1/2 11 02	Grape Jelly	1 slice	Ande Avuedi Dieso
Toasted Oats Cereal 1 cup Whole Wheat Bread 1 slice Whole Wheat Bread 1 slice Starm Date of the Starm					1/2 11 02	Grape Jelly	1/21102	Apple Jelly	1 each	Whole Wheat English Muffin	1/2 cup	Lyciniaise rolatoes trits
Toasied Cais Cereal 1 cup Whole Grain Qarmeal LF 12 cup Toasied Cais Cereal 1 cup 1			- +	2	1 slice	Whole Wheat Bread	1 slice	Whole Wheat Bread	1 patty	pieaxiasi oausage (1 ozw each)	2 1/2 gzw	Day of the control of
NSLP Fruit 1/2c Equivalent 1 portion NSLP Fruit 1/2c Equivalent 1 portion NSLP Fruit 1/2c Equivalent 1 portion	***		-	real	1/2 cup	Whole Grain Oatmeal LF	1 cup	Toasted Oats Cereal	1/2 cup	Whole Grain Oatmeal LF	1 cup	Scrambled Fine
			-		1 portion	NSLP Fruit 1/2c Equivalent	1 portion	NSLP Fruit 1/2c Equivalent	ролюп	NSLP Fruit 1/20 Equivalent	1 partian	and the state of t

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 marginarine 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 9 to 18 years as established by the Food and Nutrition Board of the Institute of Medicine,

National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included. FLM QUARTERLY MENU REVIEW (initial/date) Q1 Q2

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

Reviewed 3/17

Aramark Dietitian's Signature:

Date: 101 st Zun

FLM Signature:

Date:

Week:

Meal Name: Afternoon Snack

MONDAY

TUESDAY

WEDNESDAY

Fruit Drink w/ Vitamin C Enriched Bread

1 cup

Enriched Bread Fruit Drink w/ Vitamin C

1 cup Enriched Bread

Fruit Drink w/ Vitamin C

1 cup

Peanut Butter & Jelly Filling

tablespoon

2 slice Peanut Butter & Jelly Filling 3 tablespoon

2 sice
Peanut Butter & Jelly Filling
3 tablespoon

T. Bologna Enriched Bread Fruit Drink w/ Vitamin C

1 OZW

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).
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.

aramark 1

This institution is an equal opportunity provider.

THURSDAY 2 slice 1 cup Peanut Butter & Jelly Filling a tablespoon Enriched Bread Fruit Drink w/ Vitamin C FRIDAY 1 cup Fresh Baked Cookie Fruit Drink w/ Vitamin C SATURDAY 2 02w 1 cup Fresh Baked Cookie Fruit Drink w/ Vitamin C SUNDAY

> 2 0ZW 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 cooking, since the cooking, since the cooking is a 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 temales 9 to 18 years as established by the Food and Nutrition Board of the Institute of Medicine,

Reviewed 3/17

in accordance with ACA Standard (ref. 4-ALDF-4A-07) (MANDATORY) Menu evaluations are conducted at least quarkerly by food service supervisory staff to verify adherence to the established daily servings. . Aramark Dietitian's Signature:

Client's Signature

Date OSTOWN FLM Signature:

Date: