FEDERAL BUREAU OF PRISONS - NATIONAL MENU - FY10 - CONTINENTAL BREAKFAST - ALL WEEKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
^FRESH APPLE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE	^FRESH ORANGE ^HOT OATMEAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH APPLE ^HOT GRITS BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^GRAPEFRUIT ^HOT OATMEAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^HOT GRITS BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH ORANGE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU - FY10 - CONTINENTAL AND HOT BREAKFAST - ALL WEEKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
^FRESH APPLE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE	^FRESH ORANGE ^HOT OATMEAL PANCAKES W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH APPLE ^HOT GRITS BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^DRY CEREAL CREAMED BEEF HOME FRED POTATO BISCUITS ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^GRAPEFRUIT ^HOT OATMEAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^HOT GRITS FRENCH TOAST W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH ORANGE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU - FY10 - HOT BREAKFAST - ALL WEEKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
^FRESH APPLE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE	^FRESH ORANGE ^HOT OATMEAL PANCAKES W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH APPLE ^HOT GRITS CREAMED BEEF HOME FRED POTATO BISCUITS ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^DRY CEREAL FRENCH TOAST W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^GRAPEFRUIT ^HOT OATMEAL SCRAMBLED EGGS HASH BROWN POTATO WHITE BREAD ^WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^HOT GRITS WAFFLES W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH ORANGE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY10 - WEEK 1

UPDATED July 20, 2009

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT FARINA SPANISH OMELET ^OR BLD EGGS (2) BREAKFAST SAUSAGE HOME FRIED POTATO ^OR HH BOILED POT WHITE BREAD ^OR WHEAT BREAD ^MARGARINE JELLY (2) ^BEVERAGE	FRIED FISH FILET ^OR HH BKD FISH #OR PEANUT BTR AND JELLY (2) MACARONI & CHEESE ^OR BAKED POT ^CARROTS CORNBREAD ^OR WHEAT BREAD ^MARGARINE ^TARTAR SAUCE DESSERT ^OR FRESH APPLE ^BEVERAGE	CHICKEN FAJITAS ^OR HH CKN FAJITA #OR CHEESE FAJITA SPANISH RICE ^OR STEAMED RICE ^WH KERNEL CORN REFRIED BEANS ^OR PINTO BEANS ^SALSA ^FLOUR TORTILLA ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BF PATTY #OR SOY BURGER FRENCH FRIES ^OR BAKED POT ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	BAKED CHICKEN ^OR HH CHICKEN #OR COTTAGE CHEES ^STEAMED RICE ^COLLARD GREENS ^PINTO BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR CHEESE SAND POTATO SALAD ^OR BAKED POT ^NAVY BEANS ^LETTUCE ^TOMATO&ONION SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	^SPAGHETTI W/MEATSAUCE ^OR HH MEATSAUCE #OR SOY W/SAUCE ^SPINACH GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CHICKEN LO MEIN ^OR HH LO MEIN #OR SOY LO MEIN W/LO MEIN NOODLES ^OR HH NOODLES ^SIMMERED CABBAGE WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHILI DOGS ^OR HH CHILI #OR COTTAGE CHEES ^BAKED POT ^GREEN BEANS ^PINTO BEANS CATSUP&MUSTARD HOT DOG BUN ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	LASAGNE ^OR SPAGHETTI W/HH MEATSAUCE #OR SOY LASAGNE ^GREEN BEANS GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	*PORK ADOBO ^*OR HH PRK ADOBO #OR PEANUT BUTTER AND JELLY (2) ^STEAMED RICE ^KIDNEY BEANS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	BAKED MEATLOAF OR HH MEATLOAF #OR PEANUT BUTTER AND JELLY (2) MASHED POTATOES OR BAKED POT BROWN GRAVY STEWED TOMATOES WHITE BREAD OR WHEAT BREAD MARGARINE BEVERAGE	^ZESTY BEAN SOUP TUNA SALAD SAND ^OR HH TUNA SLD #OR BLD EGGS (2) #W/SALAD DRESSING POTATO CHIPS ^OR BAKED POT ^CARROT SALAD ^LETTUCE WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	ROAST TURKEY ^OR HH ROAST TRKY #OR PEANUT BUTTER AND JELLY (2) MASHED POTATOES ^OR BAKED POTATO ^PEAS AND CARROTS CREAM GRAVY WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY10 - WEEK 2 UPDATED July 20, 2009

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT OATMEAL SCRAMBLED EGG ^OR HH SCRBLD EGG BREAKFAST SAUSAGE GRILLED PANCAKES W/SYRUP ^OR HH OVN BR POT ^AND WHEAT BREAD ^MARGARINE JELLY (2) ^BEVERAGE	BEEF TACOS ^OR HH BF TACOS #OR SOY TACOS REFRIED BEANS ^OR PINTO BEANS SPANISH RICE ^OR STEAMED RICE ^WH KERNEL CORN ^SHREDDED LETTUCE ^SALSA ^TACO SHELLS ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	^SPAGHETTI W/MARINARA SAUCE ^OR HH MARINARA S CHEESE PIZZA ^OR WHEAT BREAD ^NAVY BEANS ^SPINACH ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BF PATTY #OR SOY BURGER FRENCH FRIES ^OR BAKED POT ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	FRIED CHICKEN ^OR BAKED CHICKEN #OR PEANUT BUTTER AND JELLY (2) MASHED POTATOES ^OR BAKED POT ^STEWED TOMATOES CHICKEN GRAVY WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	^OLD FSH BEAN SOU GRILLHAM&CHEES(2) ^OR BOILED EGGS 2 ^W/WHEAT BREAD ^& SALAD DRESS #OR CHEESE SAND 2 #W/SALAD DRESSING POTATO SALAD ^OR BAKED POT ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	PORK BBQ ^OR HH ROAST PORK #OR PEANUT BUTTER AND JELLY (2) MACARONI SALAD ^OR HH MAC SALAD ^PINTO BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CKN FRIED RICE ^OR HH CKN & RICE #OR SOY CKN &RICE ^SIMMERED CABBAGE ^NAVY BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	POLISH SAUSAGE #^OR SOY BURGER #W/SALAD DRESSING AU GRATIN POTATO ^OR BAKED POT SAUERKRAUT ^GREEN BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHICKEN CHOW MEIN OR HH CHOW MEIN #OR COTTAGE CHEES FRIED RICE OR STEAMED RICE CARROTS WHITE BREAD OR WHEAT BREAD MARGARINE BEVERAGE	CHILI MAC ^OR HH CHILI MAC #OR SOY CHILI MAC GRILL CHEESE SAND ^OR CHEESE SAND ^PEAS ^NAVY BEANS ^MARGARINE ^BEVERAGE	BEEF&BEAN BURRITO ^OR HH BURRITO #OR BEAN BURRITO ^PINTO BEANS SPANISH RICE ^OR STEAMED RICE ^WH KERNEL CORN ^SALSA ^MARGARINE ^BEVERAGE	CREOLE FISH OR HH BKD FISH #OR SOY BURGER #W/SALAD DRESSING MACARONI & CHEESE OR BAKED POT GREEN BEANS COLESLAW TARTAR SAUCE CORNBREAD OR WHEAT BREAD MARGARINE BEVERAGE	ROAST TURKEY ^OR HH ROAST TRKY #OR COTTAGE CHEES ^BKD SWEET POTATO ^SPINACH ^NAVY BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY10 - WEEK 3 UPDATED July 20, 2009

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT FARINA CHEESE OMELET ^OR BLD EGGS (2) BREAKFAST SAUSAGE HOME FRIED POTATO ^OR BAKED POT WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	CHILI CON CARNE ^OR HH CHILI #OR SOY CHILI ^STEAMED RICE ^WH KERNEL CORN CORNBREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	^OLD FSH BEAN SOU TUNA SALAD ^OR HH TUNA SALAD #OR BOLD EGGS #W/SALAD DRESSING POTATO SALAD ^OR BAKED POT ^GREEN BEANS ^WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BF PATTY #OR SOY BURGER FRENCH FRIES ^OR BAKED POT ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	BBQ CHICKEN ^OR HH CHICKEN #OR COTTAGE CHE POTATO SALAD ^OR HH POTA SALAD ^CARROTS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	FISH SANDWICH ^OR HH BKD FISH #OR SOY BURGER #W/SALAD DRESSING MACARONI & CHEESE ^OR BAKED POT ^COLLARD GREENS ^COLESLAW HAMBURGER BUN ^OR WHEAT BREAD ^TARTAR SAUCE ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR CHEESE SAND POTATO SALAD ^OR BAKED POT ^NAVY BEANS ^LETTUCE ^TOMATO&ONION SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
BEEF ENCH CASSERO OR HH ENCH CASS #OR CHEESE ENCH PINTO BEANS SPANISH RICE OR STEAMED RICE MIXED VEG SALSA MARGARINE PAT BEVERAGE	TURKEY POT PIE ^OR HH TRKY & NDL #OR PEANUT BUTTER AND JELLY (2) ^GREEN BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CHICKEN STIR FRY ^OR HH STIR FRY #OR COTTAGE CHE ^STEAMED RICE ^NAVY BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	ROAST BEEF ^OR HH ROAST BEEF #OR PEANUT BUTTER AND JELLY (2) OVEN BRO POTATO ^OR BAKED POT BROWN GRAVY ^SIMMERED CABBAGE WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BAKED ZITI OR HH BAKED ZITI #OR SOY BKED ZITI SPINACH GARLIC BREAD OR WHEAT BREAD MARGARINE PAT BEVERAGE	CHICKEN FRY STEAK ^OR HH BF PATTY #OR SOY BURGER MASHED POTATOES ^OR BAKED POT ^GREEN PEAS CREAM GRAVY WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BEEF TACOS OR HH BF TACOS #OR SOY TACOS REFRIED BEANS OR PINTO BEANS SPANISH RICE OR STEAMED RICE OWH KERNEL CORN CHOPPED LETTUCE SALSA TACO SHELLS MARGARINE PAT BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY10 - WEEK 4

UPDATED July 20, 2009

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT OATMEAL SCRAMBLED EGG ^OR HH SCRBLD EGG BREAKFAST SAUSAGE GRILLED PANCAKES W/SYRUP ^OR BAKED POT ^AND WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	CHICKEN FAJITAS ^OR HH CKN FAJITA #OR CHEESE FAJITA SPANISH RICE ^OR STEAMED RICE REFRIED BEANS ^OR PINTO BEANS ^WH KERNEL CORN ^SALSA ^FLOUR TORTILLA ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR CHEESE SAND POTATO SALAD ^OR HH POTA SALAD ^NAVY BEANS ^LETTUCE ^TOMATO&ONION ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BF PATTY #OR SOY BURGER FRENCH FRIES ^OR BAKED POT ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	BAKED CHICKEN ^OR HH CHICKEN #OR PEANUT BUTTER AND JELLY (2) MASHED POTATOES ^OR BAKED POT CHICKEN GRAVY ^COLLARD GREENS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	BEEF&BEAN BURRITO ^OR HH BURRITO #OR BEAN BURRITO ^PINTO BEANS SPANISH RICE ^OR STEAMED RICE ^WH KERNEL CORN ^SALSA ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	OPEN TURKEY SANDW ^OR HH ROAST TRKY #OR CHEESE SANDW #W/SALAD DRESSING MASHED POTATOES ^OR BAKED POTATO ^MIXED VEGETBLES CREAM GRAVY WHITE BREAD ^OR WHEAT BREAD DESSERT ^OR FRESH APPLE ^MARGARINE PAT ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CKN FRIED RICE ^OR HH CKN & RICE #OR SOY CKN &RICE ^CARROTS ^NAVY BEANS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BAKED MEATLOAF ^OR HH MEATLOAF #OR SOY BURGER #W/SALAD DRESSING MASHED POTATOES ^OR HH MASH POT BROWN GRAVY ^SPINACH WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CHILI DOGS ^OR HH CHILI #OR COTTAGE CHE POTATO CHIPS ^OR BAKED POT ^COLESLAW CATSUP&MUSTARD HOT DOG BUN ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^SPAGHETTI W/MEATSAUCE ^OR HH MEATSAUCE #OR SOY M/SAUCE ^SPINACH GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^MINESTRONE SOUP SUB SANDWICH #OR CHEESE SAND ^OR BOILED EGGS 2 POTATO CHIPS ^OR BAKED POT ^CARROTS ^LETTUCE ^SALAD DRESSING ^MUSTARD HOAGIE BUN ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CREOLE FISH ^OR HH BKD FISH #OR SOY BURGER #W/SALAD DRESSING MACARONI & CHEESE ^OR BKD SWEET POT ^GREEN PEAS ^TARTAR SAUCE CORNBREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BEEF STEW ^OR HH BEEF STEW #OR PEANUT BUTTER AND JELLY (2) ^EGG NOODLES ^GREEN BEANS ^PINTO BEANS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY10- WEEK 5

UPDATED July 20, 2009

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT FARINA GRILLED OMELET ^OR BLD EGGS (2) BREAKFAST SAUSAGE HOME FRIED POTATO ^OR BAKED POT WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	MEATBALL SUB ^OR HH MEATBALLS #OR SOY BURGER #W/SALAD DRESSING POTATO CHIPS ^OR BAKED POT ^GREEN BEANS HOAGIE BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	JAMAICAN JERK CKN ^OR HH CHICKEN #OR COTTAGE CHE ^STEAMED RICE ^NAVY BEANS ^COLLARD GREENS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BF PATTY #OR SOY BURGER FRENCH FRIES ^OR BAKED POT ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	CHICKEN PATTY OR HH CKN SALAD #OR BOILED EGGS 2 #W/SALAD DRESSING POTATO SALAD OR HH POTA SALAD PINTO BEANS MIXED VEG LETTUCE TOMATO&ONION SALAD DRESSING HAMBURGER BUN OR WHEAT BREAD MARGARINE PAT DESSERT OR FRESH ORANGE BUNCAR	FISH SANDWICH ^OR HH BKD FISH #OR CHEESE SAND #W/SALAD DRESSING MACARONI & CHEESE ^OR BAKED POT ^SPINACH ^COLESLAW HAMBURGER BUN ^OR WHEAT BREAD ^TARTAR SAUCE ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	SLOPPY JOE ^OR HH SLOPPY JOE #OR SOY SLOPPY JO OVEN BRO POTATO ^OR HH OVN BR POT ^PEAS HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
BEEF TAMALE PIE ^OR HH TAMALE PIE #OR SOY TMLE PIE SPANISH RICE ^OR STEAMED RICE ^WH KERNEL CORN ^SALSA ^MARGARINE ^BEVERAGE	*BBQ PORK ^*OR HH ROAST PRK #OR PEANUT BUTTER AND JELLY (2) ^NAVY BEANS ^STEAMED RICE ^SIMMERED CABBAGE DINNER ROLL ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	STEAK& CHEESE SUB ^OR HH ROAST BEEF #OR CHEESE SAND #W/SALAD DRESSING OVEN BRO POTATO ^OR BAKED POT ^CARROTS HOAGIE BUN ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^MINESTRONE SOUP ^CHEF SALAD W/ ^LETTUCE ^TOMATOES ^CUCUMBERS ^BELL PEPPER ^3 OZ SHRD TURKEY ^1 OZ CHEESE ^1 BOILED EGG SALAD DRESSING ^OR DIET DRESSING WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	POLISH SAUSAGE ^OR COTTAGE CHE #OR SOY BURGER #W/SALAD DRESSING OVEN BRO POTATO ^OR BAKED POT SAUERKRAUT ^GREEN BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BEEF STIR FRY ^OR HH BF STIR FR #OR SOY BURGER #W/SALAD DRESSING ^STEAMED RICE ^CARROTS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CKN ENCHILADA CAS ^OR HH CKN ENCH C #OR CHEESE ENCH ^PINTO BEANS SPANISH RICE ^OR STEAMED RICE ^WH KERNEL CORN ^SALSA ^MARGARINE PAT ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY11 - WEEK 1 UPDATED SEPTEMBER 2010

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT FARINA SPANISH OMELET ^OR BLD EGGS (2) BREAKFAST SAUSAGE HOME FRIED POTATO ^OR HH BOILED POT WHITE BREAD ^OR WHEAT BREAD ^MARGARINE JELLY (2) ^BEVERAGE	FRIED FISH FILET ^OR HH BAKED FISH #OR PEANUT BTR AND JELLY (2) MACARONI & CHEESE ^OR BAKED POTATO ^PEAS CORNBREAD ^OR WHEAT BREAD ^MARGARINE ^TARTAR SAUCE DESSERT ^OR FRESH APPLE ^BEVERAGE	OVEN FRD CHICKEN OR HH BAKED CKN #OR COTTAGE CHEES MASHED POTATOES OR BAKED POTATO PEAS AND CARROTS WHITE BREAD OR WHEAT BREAD MARGARINE DESSERT OR FRESH ORANGE PBEVERAGE	GRILLED HAMBURGER ^OR HH BEEF PATTY #OR SOY BURGER (1) SLICE CHEESE FRENCH FRIES ^OR BAKED POTATO ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	BAKED CHICKEN ^OR HH BAKED CKN #OR PEANUT BUTTER AND JELLY (2) ^STEAMED RICE ^PINTO BEANS ^GREEN BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	CHILI DOGS ^#OR SPICY TOFU ^W/WHEAT BREAD TATER TOTS ^OR BAKED POTATO ^GRT NORTH BEANS ^MIXED VEGETABLES CATSUP&MUSTARD HOT DOG BUN ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	^SPAGHETTI W/MEATSAUCE ^OR HH MEATSAUCE #OR SOY W/SAUCE ^SPINACH GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CORNED BEEF ^OR HH ROAST BEEF #OR COTTAGE CHEES ^SIMMERED POTATO ^SIMMERED CABBAGE ^SIMMERED CARROTS ^MUSTARD WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR CHEESE SANDWI ^BAKED POTATO ^NAVY BEANS ^LETTUCE ^TOMATO&ONION SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	LASAGNE ^#OR TOFU LASAGNA ^SPINACH ^GARDEN SALAD GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	*PORK CHOP ^*OR HH PORK CHOP #OR CHEESE SANDWI ^STEAMED RICE NAVY BEANS ^COLLARD GREENS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	BAKED MEATLOAF ^OR HH MEATLOAF #OR SOY BURGER MASHED POTATOES ^OR BAKED POTATO BROWN GRAVY ^WH KERNEL CORN WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	^LENTIL VEG SOUP TUNA SALAD SAND ^OR HH TUNA SLD #OR BLD EGGS (2) #W/SALAD DRESSING POTATO CHIPS ^OR BAKED POTATO ^CARROT SALAD ^LETTUCE WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHICKEN FAJITAS ^OR HH CKN FAJITA #OR CHEESE QUESAD MEXICAN RICE ^OR STEAMED RICE REFRIED BEANS ^OR PINTO BEANS ^MIXED VEGETABLES ^SALSA ^FLOUR TORTILLA ^MARGARINE ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY11 - WEEK 2 UPDATED SEPTEMBER 2010

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT OATMEAL SCRAMBLED EGG ^OR HH SCRBLD EGG BREAKFAST SAUSAGE GRILLED PANCAKES W/SYRUP ^OR HH OVN BR POT ^AND WHEAT BREAD ^MARGARINE JELLY (2) ^BEVERAGE	^SPAGHETTI W/MARINARA SAUCE ^OR HH MARINARA S CHEESE PIZZA ^OR WHEAT BREAD ^SPINACH ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	BKD CURRY CHICKEN ^OR HH BAKED CKN #OR COTTAGE CHEES ^MIXED VEGETABLES ^BKD SWEET POTATO WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BEEF PATTY #OR SOY BURGER (1) SLICE CHEESE FRENCH FRIES ^OR BAKED POTATO ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	FRIED CHICKEN ^OR HH BAKED CKN #OR PEANUT BUTTER AND JELLY (2) MASHED POTATOES ^OR BAKED POTATO ^CARROTS CHICKEN GRAVY WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	FRIED FISH FILLET ^OR HH BKD FISH #OR SOY BURGER #W/SALAD DRESSING MACARONI & CHEESE ^OR BAKED POTATO ^GREEN BEANS ^COLESLAW ^TARTAR SAUCE CORNBREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	*PORK BBQ ^OR*HH ROAST PORK #OR SOY BBQ MACARONI SALAD ^OR HH MAC SALAD ^PINTO BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CKN FRIED RICE ^OR HH CKN & RICE #OR SOY CKN &RICE NAVY BEANS ^SIMMERED CABBAGE WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	POLISH SAUSAGE ^#OR SPICY TOFU AU GRATIN POTATO ^OR BAKED POTATO SAUERKRAUT ^KIDNEY BEANS ^GREEN BEANS ^MUSTARD WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHICKEN CHOW MEIN ^OR HH CHOW MEIN #OR COTTAGE CHEES FRIED RICE ^OR STEAMED RICE ^CARROTS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHILI MAC ^OR HH CHILI MAC #OR SOY CHILI MAC GRILL CHEESE SAND ^OR CHEESE SAND ^PEAS NAVY BEANS ^MARGARINE ^BEVERAGE	BEEF&BEAN BURRITO ^OR HH BURRITO #OR BN&CHEESE BUR MEXICAN RICE ^OR STEAMED RICE ^PINTO BEANS ^WH KERNEL CORN ^SALSA ^MARGARINE ^BEVERAGE	BAKED ZITI ^#OR TOFU ZITI ^SPINACH GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BEEF TACOS OR HH BEEF TACOS #OR SOY TACOS MEXICAN RICE OR STEAMED RICE REFRIED BEANS OR PINTO BEANS MIXED VEGETABLES SHREDDED LETTUCE SALSA TACO SHELLS MARGARINE BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY11 - WEEK 3 UPDATED SEPTEMBER 2010

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT FARINA CHEESE OMELET ^OR BLD EGGS (2) BREAKFAST SAUSAGE HOME FRIED POTATO ^OR BAKED POTATO WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	CHILI CON CARNE ^OR HH CHILI #OR SOY CHILI ^STEAMED RICE ^WH KERNEL CORN CORNBREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	^CHKN VEG SOUP TUNA SALAD ^OR HH TUNA SALAD #OR BOILED EGGS 2 #W/SALAD DRESSING POTATO SALAD ^OR BAKED POTATO ^GREEN BEANS ^WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BEEF PATTY #OR SOY BURGER (1) SLICE CHEESE FRENCH FRIES ^OR BAKED POTATO ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	BBQ CHICKEN OR HH BAKED CKN #OR PEANUT BUTTER AND JELLY (2) POTATO SALAD OR HH POTATO SAL CARROTS WHITE BREAD OR WHEAT BREAD MARGARINE PAT DESSERT OR FRESH ORANGE BEVERAGE	FISH SANDWICH ^OR HH BKD FISH #OR SOY BURGER #W/SALAD DRESSING MACARONI & CHEESE ^OR BAKED POTATO ^COLLARD GREENS ^COLESLAW HAMBURGER BUN ^OR WHEAT BREAD ^TARTAR SAUCE ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	CHICKEN PARMESAN ^OR HH BRAISED CK #OR SOY CKN CHUNK ^SPAGHETTI W/MARINARA SAUCE NAVY BEANS ^SPINACH ^GARDEN SALAD GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
LIVER & ONIONS ^#OR TOFU & RICE ^STEAMED RICE BROWN GRAVY ^PINTO BEANS ^MIXED VEGETABLES WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	TURKEY POT PIE ^OR HH TRKY & NDL #OR SOY POT PIE ^GREEN BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CHICKEN STIR FRY ^OR HH STIR FRY #OR SOY CKN & VEG ^STEAMED RICE ^NAVY BEANS ^CARROTS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	ROAST BEEF OR HH ROAST BEEF #OR CHEESE SANDWI OVEN BRO POTATO OR BAKED POTATO BROWN GRAVY ^SIMMERED CABBAGE WHITE BREAD OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CHILI DOGS ^#OR HOTSOUR TOFU ^W/WHEAT BREAD TATER TOTS ^OR BAKED POTATO ^COLLARD GREENS ^GRT NORTH BEANS HOT DOG BUNS ^MARGARINE ^BEVERAGE	^SPLIT PEA SOUP GRILL HAM&CHE (2) ^OR BOILED EGGS ^AND WHEAT BREAD #OR CHEESE SAND 2 POTATO SALAD ^OR BAKED POTATO ^MIXED VEGETABLES ^MARGARINE ^BEVERAGE	BEEF TACOS ^OR HH BEEF TACOS #OR SOY TACOS MEXICAN RICE ^OR STEAMED RICE REFRIED BEANS ^OR PINTO BEANS ^MIXED VEGETABLES ^CHOPPED LETTUCE ^SALSA ^TACO SHELLS ^MARGARINE PAT ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY11 - WEEK 4 UPDATED SEPTEMBER 2010

SUNDAY LUNCH	MONDAY	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT OATMEAL SCRAMBLED EGG ^OR HH SCRBLD EGG BREAKFAST SAUSAGE GRILLED PANCAKES W/SYRUP ^OR BAKED POTATO ^AND WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	CHICKEN FAJITAS ^OR HH CKN FAJITA #OR CHEESE QUESAD MEXICAN RICE ^OR STEAMED RICE REFRIED BEANS ^OR PINTO BEANS ^WH KERNEL CORN ^SALSA ^FLOUR TORTILLA ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR CHEESE SAND ITALIAN PASTA SAL ^OR BAKED POTATO ^NAVY BEANS ^LETTUCE ^TOMATO&ONION ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BEEF PATTY #OR SOY BURGER (1) SLICE CHEESE FRENCH FRIES ^OR BAKED POTATO ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	BAKED CHICKEN OR HH BAKED CKN #OR PEANUT BUTTER AND JELLY (2) MASHED POTATOES OR BAKED POTATO CHICKEN GRAVY COLLARD GREENS WHITE BREAD OR WHEAT BREAD MARGARINE PAT DESSERT OR FRESH ORANGE BEVERAGE	FISH SANDWICH ^OR HH BKD FISH W/TARTAR SAUCE #OR SOY BURGER #W/SALAD DRESSING MACARONI & CHEESE ^OR HH MAC SALAD ^GREEN PEAS HAMBURGER BUN ^OR WHEAT BREAD DESSERT ^OR FRESH APPLE ^MARGARINE PAT ^BEVERAGE	OPEN TURKEY SANDW OR HH ROAST TRKY #OR CHEESE SANDW #W/SALAD DRESSING MASHED POTATOES OR BAKED POTATO ^MIXED VEGETBLES CREAM GRAVY WHITE BREAD OR WHEAT BREAD DESSERT OR FRESH APPLE ^MARGARINE PAT ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CKN FRIED RICE ^#OR TOFU STIR FR ^W/STEAMED RICE ^NAVY BEANS ^CARROTS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BAKED MEATLOAF OR HH MEATLOAF #OR SOY BURGER #W/SALAD DRESSING MASHED POTATOES OR HH MASH POT BROWN GRAVY ^SPINACH WHITE BREAD OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^VEGETABLE SOUP SUB SANDWICH ^OR BOILED EGGS 2 #OR CHEESE SANDWI POTATO CHIPS ^OR BAKED POTATO ^CARROTS ^LETTUCE ^SALAD DRESSING ^MUSTARD HOAGIE BUN ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^SPAGHETTI W/MEATSAUCE ^OR HH MEATSAUCE #OR SOY M/SAUCE ^KIDNEY BEANS ^SPINACH ^GARDEN SALAD GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^HOT GRITS SCRAMBLED EGGS ^OR HH SCRBLD EGG CREAMED BEEF HOME FRIED POTATO ^HH OVN BRN POTA BISCUITS ^OR WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	BEEF&BEAN BURRITO ^#OR TOFU BURRITO MEXICAN RICE ^OR STEAMED RICE ^PINTO BEANS ^WH KERNEL CORN ^SALSA ^MARGARINE PAT ^BEVERAGE	BEEF STEW ^OR HH BEEF STEW #OR SOY BEEF STEW ^EGG NOODLES ^PINTO BEANS ^GREEN BEANS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY11 - WEEK 5 UPDATED SEPTEMBER 2010

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT FARINA GRILLED OMELET ^OR BLD EGGS (2) BREAKFAST SAUSAGE HOME FRIED POTATO ^OR BAKED POTATO WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	MEATBALL SUB ^OR HH MEATBALLS #OR SOY BURGER #W/SALAD DRESSING POTATO CHIPS ^OR BAKED POTATO ^GREEN BEANS HOAGIE BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	JAMAICAN JERK CKN ^OR HH BAKED CKN #OR COTTAGE CHE ^STEAMED RICE ^NAVY BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BEEF PATTY #OR SOY BURGER (1) SLICE CHEESE FRENCH FRIES ^OR BAKED POTATO ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	BKD MEXICAN CHKN ^OR HH CHICKEN #OR PEANUT BUTTER AND JELLY (2) MEXICAN RICE ^OR STEAMED RICE ^PINTO BEANS ^WH KERNEL CORN ^SALSA ^WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	FISH SANDWICH ^OR HH BKD FISH #OR CHEESE SAND #W/SALAD DRESSING MACARONI & CHEESE ^OR BAKED POTATO ^SPINACH ^COLESLAW HAMBURGER BUN ^OR WHEAT BREAD ^TARTAR SAUCE ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	SLOPPY JOE ^OR HH SLOPPY JOE #OR SOY SLOPPY JO OVEN BRO POTATO ^OR HH OVN BR POT ^GREEN PEAS HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
BEEF&BEAN TOSTADA ^OR HH TOSTADA #OR SOY TOSTADA MEXICAN RICE ^OR WHITE RICE ^WH KERNEL CORN ^SALSA ^MARGARINE ^BEVERAGE	*BBQ PORK ^OR*HH ROAST PORK #OR SOY BBQ ^STEAMED RICE ^KIDNEY BEANS ^COLLARD GREENS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	POLISH SAUSAGE ^#OR HOTSOUR TOFU OVEN BRO POTATO ^OR BAKED POTATO SAUERKRAUT ^GREEN BEANS ^MUSTARD WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^SPLIT PEA SOUP ^CHEF SALAD W/ ^LETTUCE ^TOMATOES ^CUCUMBERS ^BELL PEPPER ^3 OZ SHRD TURKEY #OR 3OZ SLD TOFU ^1 OZ CHEESE ^1 BOILED EGG SALAD DRESSING ^OR DIET DRESSING WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	STEAK& CHEESE SUB ^OR HH ROAST BEEF #OR CHEESE SANDW #W/SALAD DRESSING OVEN BRO POTATO ^OR BAKED POTATO ^CARROTS HOAGIE BUN ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BEEF STIR FRY ^#OR TOFU STIR FR ^STEAMED RICE ^MIXED VEGETABLES WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR BOILED EGGS 2 #W/SALAD DRESSING POTATO SALAD ^OR HH POTATO SAL ^PINTO BEANS ^LETTUCE ^TOMATO&ONION ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fresh Apple Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Apple Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Banana Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine
Fresh Apple -Spanish Omelet -Potatoes Pkg Cream Wheat 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Sardines Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Orange Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Banana Kosher Beverage	1 Pkg Bologna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Orange Kosher Beverage	-Chicken Wings -Sauce -Mashed Potatoes -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Tuna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Apple Kosher Beverage
-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Turkey Cutlet -Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Ckn Cacciatore -Tomato Sauce -Mushrooms -Macaroni Pasta -Carrots 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Veg. Chili -White Rice -Mixed Vegetable 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	4oz Peanut Butter 4 Pkg Jelly Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage

⁻Tray contents
-Institutions serving satellite meals or other areas with restricted access to hot water may substitute hot cereals with Pkg Bran Cereal.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fresh Apple Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 10 gm 2 Margarine	Fresh Orange Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Apple Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 10 gm 2 Margarine	Fresh Banana Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 10 gm 2 Margarine
Fresh Apple -Cheese Omelet -Potatoes Pkg Cream Wheat 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine Kosher Beverage	1 Pkg Bologna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Apple Kosher Beverage	-Chicken Patty -Chicken Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	1 Pkg Sardines Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Banana Kosher Beverage	-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Tuna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Apple Kosher Beverage
-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Veg Stuffed Cabbage -Tomato Sauce -Parsley Potatoes -Mixed vegetables 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Ckn Chow Mein w/ -Chicken Gravy -Green Beans -White Rice -Peas and Carrots 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Veg Cutlet -Mushroom Gravy -White Rice -Lima Beans 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	4oz Peanut Butter 4 Pkg Jelly Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage

⁻tray contents

⁻Institutions serving satellite meals or other areas with restricted access to hot water may substitute hot cereals with Pkg Bran Cereal.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fresh Apple Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Apple Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Banana Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine
Fresh Apple -Spanish Omelet -Potatoes Pkg Cream Wheat 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine Kosher Beverage	-Chicken Wings -Sauce -Mashed Potatoes -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Bologna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Orange Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 3 Slices Bread 2 Margarine Fresh Banana Kosher Beverage	1 Pkg Tuna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Orange Kosher Beverage	-Chicken Patty -Chicken Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Sardines Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Apple Kosher Beverage
-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Turkey Cutlet -Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Ckn Chow Mien w/ -Chicken Gravy -Green Beans -White Rice -Peas and Carrots 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	4oz Peanut Butter 4 Pkg Jelly Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage

⁻tray contents

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fresh Apple Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Apple Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Banana Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine
Fresh Apple -Spanish Omelet -Potatoes Pkg Cream Wheat 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Sardines Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Orange Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Banana Kosher Beverage	1 Pkg Bologna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Orange Kosher Beverage	-Chicken Wings -Sauce -Mashed Potatoes -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Tuna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Apple Kosher Beverage
-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Turkey Cutlet -Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Ckn Cacciatore -Tomato Sauce -Mushrooms -Macaroni Pasta -Carrots 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Veg. Chili -White Rice -Mixed Vegetable 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	4oz Peanut Butter 4 Pkg Jelly Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage

-tray contents

⁻Institutions serving satellite meals or other areas with restricted access to hot water may substitute hot cereals with Pkg Bran Cereal.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fresh Apple Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 10 gm 2 Margarine	Fresh Orange Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Apple Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 10 gm 2 Margarine	Fresh Banana Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 10 gm 2 Margarine
Fresh Apple -Cheese Omelet -Potatoes Pkg Cream Wheat 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine Kosher Beverage	1 Pkg Bologna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Apple Kosher Beverage	-Chicken Patty -Chicken Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	1 Pkg Sardines Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Banana Kosher Beverage	-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Tuna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Apple Kosher Beverage
-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Veg Stuffed Cabbage -Tomato Sauce -Parsley Potatoes -Mixed vegetables 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Ckn Chow Mein w/ -Chicken Gravy -Green Beans -White Rice -Peas and Carrots 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Veg Cutlet -Mushroom Gravy -White Rice -Lima Beans 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	4oz Peanut Butter 4 Pkg Jelly Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage

⁻tray contents
-Institutions serving satellite meals or other areas with restricted access to hot water may substitute hot cereals with Pkg Bran Cereal.

Week 1

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Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
Spanish Omelet	Chili Dogs (2)	Chicken Tenders	^Grilled Hamburger	^Baked Chicken	Fish Sandwich	Kielbasa
or Boiled Eggs (2)	^#or Vegetable Chili	^or HH Braised Chicken	#or Soy Burger	#or Peanut Butter	^or HH Baked Fish	^#or Cottage Cheese
Breakfast Sausage	Potato Chips	#or Cottage Cheese	(1) Slice Cheese	and Jelly (2)	#or Soy Burger	Au Gratin Potatoes
^Grits	^or Baked Potato	^Steamed Rice	French Fries	^Steamed Rice	#w/ Salad Dressing	^or Baked Potato
Home Fried Potatoes	^Mixed Vegetables	^Kidney Beans	^or Baked Potato	^Pinto Beans	Macaroni Salad	Sauerkraut
or HH Boiled Potatoes	Catsup & Mustard	^Simmered Carrots	^Shredded Lettuce	^Green Beans	^or HH Mac Salad	^Carrots
^Wheat Bread	Hot Dog Bun (2) or	^Wheat Bread	Sliced Pickles	^Wheat Bread	^Green Peas	Mustard
^Margarine	^Whole Wheat Bread (2)	^Margarine	Salad Dressing	^Margarine	Hamburger Bun or	^Wheat Bread
^Jelly (2)	^Margarine	^Fresh Orange	Catsup & Mustard	^Fresh Orange	^Wheat Bread (2)	^Margarine
^Fresh Apple	^Fresh Apple	or Dessert	Hamburger Bun or	or Dessert	^Margarine	^Fresh Apple
^Beverage	or Dessert	^Beverage	^Wheat Bread (2)	^Beverage	Tartar Sauce	or Dessert
	^Beverage		^Margarine		^Fresh Apple	^Beverage
			^Fresh Orange		or Dessert	
			or Dessert		^Beverage	
			^Beverage		5.41	
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
^Roast Beef	Chicken Fried Rice	^Vegetable Soup	*^Pork Chop	Baked Lasagna	Baked Meatloaf	Chicken Fajitas
#or Cottage Cheese	^or HH Ckn & Rice	^Tuna Salad Plate or	#or Cheese Sandwich w/	^or HH Beef & Noodles	^or HH Meatloaf	^or HH Chicken Fajitas
^Baked Potato	#or Soy & Rice	#or Tofu Salad Plate	Salad Dressing	#or Soy Baked Lasagna	#or Soy Burger	#or Cheese Quesadilla
^Green Beans	^Steamed Broccoli	W/ Dressing Reg & Diet	^ Baked Sweet Potato	^Spinach	#W/Salad Dressing	Mexican Rice
^Black Eyed Peas	^Wheat Bread	^Green Peas	^Navy Beans	^Garden Salad	Mashed Potatoes	^or Steamed Rice
Brown Gravy	^Margarine	^Wheat Bread (2)	^Mixed Greens	W/ HH Dressing	^or HH Mashed Potato	^Black Beans
^Wheat Bread	^Beverage	^Margarine	^Wheat Bread	Garlic Bread or	Tomato Gravy	^Mixed Vegetables
^Margarine	10.2	^Beverage	^Margarine	^Wheat Bread	^WK Corn	Salsa
^Beverage			^Beverage	^Margarine	^Wheat Bread	^Flour Tortilla (2)
				^Beverage	^Margarine	^Margarine
					^Beverage	^Beverage
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Week 2

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Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
^Scrambled Eggs	Meat Pizza	^Minestrone Soup	^Grilled Hamburger	Fried Chicken	Fried Fish Fillet	Meatball Sub
Breakfast Sausage	^ or HH Beef & Noodles	^Chicken Wraps	#or Soy Burger	^or HH Baked Chicken	^or HH Baked Fish	^or HH Meatballs
^Oatmeal	^W/Wheat Bread (1)	#or Cheese Wraps	(1) Slice Cheese	#or Peanut Butter	#or Peanut Butter	#or Soy Burger
Pancakes W/Syrup	#or Cheese Pizza	#W/Salad Dressing	French Fries	and Jelly (2)	and Jelly (2)	#W/Salad Dressing
or HH Oven Brn Potatoes	^Spinach	Potato Salad	^or Baked Potato	Mashed Potatoes	Macaroni & Cheese	^Oven Brown Potatoes
^And Wheat Bread (1)	^Margarine	^or Baked Potato	^Shredded Lettuce	^or Baked Potato	^or Baked Potato	^or HH Oven Brn Potatoes
^Margarine	^Fresh Apple	^Green Beans	Sliced Pickles	^Carrots	^Green Beans	^Spinach
^Jelly (2)	or Dessert	^Margarine	Salad Dressing	Chicken Gravy	Cornbread	Hoagie Bun or
^Fresh Apple	^Beverage	^Fresh Orange	Catsup & Mustard	^Wheat Bread	^Wheat Bread	^Wheat Bread (2)
^Beverage		or Dessert	Hamburger Bun or	^Margarine	^Margarine	^Margarine
		^Beverage	^Wheat Bread (2)	^Fresh Orange	Tartar Sauce	^Fresh Apple
			^Margarine	or Dessert	^Fresh Apple	or Dessert
			^Fresh Orange	^Beverage	or Dessert	^Beverage
			or Dessert		^Beverage	
			^Beverage		5.741	
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Beef Stew	*Pork BBQ	Beef & Bean Burrito	^Navy Bean Soup	Chili Mac	Chicken Alfredo	Beef Tacos
or HH Beef Stew	^*or HH Pork Roast	^or HH Burrito	Sub Sandwich	^or HH Chili Mac w/	^or HH Chkn & Vegetables	^or HH Beef Tacos
# or Soy Beef Stew	#or Soy BBQ	#or Bean & Cheese Burrito	^or Boiled Eggs (2)	^Whole Wheat Bread	#or Cottage Cheese	#or Soy Tacos
^Egg Noodles	^Baked Sweet Potato	Mexican Rice	#or Cheese Sandwich	#or Soy Chili Mac	^ Spaghetti Pasta	^Cilantro Rice
^Simmered Cabbage	^Peas & Carrots	^or Steamed Rice	Potato Chips	Grilled Cheese Sand (1)	^Green Peas	^Pinto Beans
^Wheat Bread	^Black Eyed Peas	^Black Beans	^or Baked Potato	^Kidney Beans	^Wheat Bread	^WK Corn
^Margarine	^Wheat Bread	^WK Corn	^Lettuce	^Mixed Greens	^Margarine	^Shredded Lettuce
^Beverage	^Margarine	Salsa	Mustard	^Margarine	^Beverage	Taco Shells
	^Beverage	^Margarine	Salad Dressing	^Beverage		Salsa
		^Beverage	Hoagie Bun or			^Margarine
			^Wheat Bread (2)			^Beverage
			^Margarine			
			^Beverage			

Week 3

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Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
Cheese Omelet	Chicken Cheese Steak	^Lentil Soup	^Grilled Hamburger	BBQ Chicken	Fish Sandwich	Chicken Patty
^or HH Plain Omelet	^or HH Chicken Salad	^Tuna Salad	#or Soy Burger	^or HH Baked Chicken	^or HH Baked Fish	^or HH Chicken Salad
Breakfast Sausage	#or Cheese Sandwich	#or Boiled Eggs (2)	(1) Slice Cheese	#or Peanut Butter	#or Soy Burger	#or Boiled Eggs (2)
^Grits	#W/Salad Dressing	#W/Salad Dressing	French Fries	and Jelly (2)	#W/Salad Dressing	#W/Salad Dressing
Home Fried Potatoes	Potato Chips	^Lettuce Leaf	^or Baked Potato	Potato Salad	Fried Rice	Potato Salad
^or HH Boiled Potatoes	^or Baked Potato	Italian Pasta Salad	^Shredded Lettuce	^or HH Potato Salad	^or Steamed Rice	^or HH Potato Salad
^Wheat Bread	^Carrots	^or Baked Potato	Sliced Pickles	^Carrots	^Green Peas	^Pinto Beans
^Margarine	Hoagie Bun or	^Steamed Broccoli	Salad Dressing	^Wheat Bread	Hamburger Bun or	^Lettuce, Tomato, Onion
^Jelly (2)	^Wheat Bread (2)	^Wheat Bread (2)	Catsup & Mustard	^Margarine	^Wheat Bread (2)	Salad Dressing
^Fresh Apple	^Margarine	^Margarine	Hamburger Bun or	^Fresh Orange	^Margarine	Hamburger Bun or
^Beverage	^Fresh Apple	^Fresh Orange	^Wheat Bread (2)	or Dessert	Tartar Sauce	^Wheat Bread (2)
	or Dessert	or Dessert	^Margarine	^Beverage	^Fresh Apple	^Fresh Apple
	^Beverage	^Beverage	^Fresh Orange		or Dessert	or Dessert
			or Dessert		^Beverage	^Margarine
			^Beverage			^Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Chicken Pot Pie	Chili Con Carne	Kielbasa	^ Old Fashion Bean Soup	^Roast Beef	Bf Enchilada Casserole	^Spaghetti
^or HH Chicken & Noodles	^or HH Chili	^#or Cottage Cheese	^Taco Salad	#or Cheese Sandwich	^or HH Beef & Vegetables	W/ Meat sauce
#or Soy Pot Pie	#or Soy Chili	Oven Brown Potatoes	or # Tofu Taco Salad	#W/Salad Dressing	#or Soy Casserole	^or HH Meat sauce
^Green Beans	^Steamed Rice	^or Baked Potato	Salsa	^Baked Sweet Potato	^Steamed Rice	#or Soy W/ Sauce
^Navy Beans	^Diced Onions & Peppers	^Black Eyed Peas	^Wheat Bread	^ Simmered Cabbage	^Mixed Vegetables	^Spinach
^Wheat Bread	Shredded Cheese	Sauerkraut	^Margarine	Brown Gravy	^Wheat Bread	Garlic Bread or
^Margarine	^WK Corn	^Mixed Greens	^Beverage	^Wheat Bread	^Margarine	^Wheat Bread
^Beverage	Cornbread	Mustard		^Margarine	^Beverage	^Margarine
	^Wheat Bread (2)	^Wheat Bread		^Beverage		^Beverage
	^Margarine	^Margarine				
	^Beverage	^Beverage				
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Week 4

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Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
^Scrambled Eggs	Chili Dogs (2)	Chicken Patty	^Grilled Hamburger	Fried Chicken	Fried Fish Fillet	^Lentil Soup
Breakfast Sausage	^#or Vegetable Chili	^or HH Chicken Salad	#or Soy Burger	^or HH Baked Chicken	^or HH Baked Fish	Grld Trky Ham & Cheese (2)
^Farina	Potato Chips	#or Cheese Sandwich (1)	(1) Slice Cheese	#or Cottage Cheese	#or Peanut Butter	^or Boiled Eggs (2)
Waffles (2) W/Syrup	^or Boiled Potatoes	Italian Pasta Salad	French Fries	Mashed Potatoes	and Jelly (2)	^and Wheat Bread (2)
^or HH Oven Brn Potatoes	^Cole Slaw	^or Baked Potato	^or Baked Potato	^or HH Mashed Potatoes	Macaroni Salad	#or Cheese Sandwich (2)
^And Wheat Bread (1)	Catsup & Mustard	^ Lettuce & Tomato	^Shredded Lettuce	^Simmered Carrots	^or HH Mac Salad	w/ Salad Dressing
^Margarine	Hot Dog Buns (2) or	^Sliced Onion	Sliced Pickles	Chicken Gravy	^Green Peas	Potato Salad
^Jelly (2)	^Wheat Bread (2)	Salad Dressing	Salad Dressing	^Wheat Bread	Cornbread or	^or Baked Potato
^Fresh Apple	^Margarine	Hamburger Bun or	Catsup & Mustard	^Margarine	^Wheat Bread	^Mixed Vegetables
^Beverage	^Fresh Apple	^Wheat Bread (2)	Hamburger Bun or	^Fresh Orange	^Margarine	^Margarine
	or Dessert	^Margarine	^Wheat Bread (2)	or Dessert	Tartar Sauce	^Fresh Apple
	^Beverage	^Fresh Orange	^Margarine	^Beverage	^Fresh Apple	or Dessert
		or Dessert	^Fresh Orange		or Dessert	^Beverage
		^Beverage	or Dessert		^Beverage	
		V.10.2	^Beverage		5.037	
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Beef Stroganoff	Fish Tacos	^ Roast Pork	Chicken Noodle Casserole	^Grits	Beef & Bean Burrito	^Spaghetti
^or Beef & Rice	^or HH Fish Tacos	#or Peanut Butter	^or HH Chicken & Noodles	^Scrambled Eggs	^or HH Burrito	W/ Meat sauce
#or Soy Stroganoff	#or Soy Soft Tacos	and Jelly (2)	#or Soy & Noddles	Creamed Beef	#or Bean & Cheese Burrito	^or HH Meat sauce
^Steamed Rice	Mexican Rice	^Baked Sweet Potato	^Kidney Beans	Home Fries	Mexican Rice	#or Soy W/ Sauce
^Green Beans	^or Steamed Rice	^Pinto Beans	^Mixed Vegetables	^or HH Oven Brn Potato	^or Steamed Rice	^Steamed Broccoli
Dinner Rolls or	^Black Beans	^Green Beans	^Wheat Bread	Biscuits or	^Pinto Beans	^Garden Salad
^Wheat Bread	^WK Corn	Dinner Rolls or or	^Margarine	^Wheat Bread	^WK Corn	W/HH Dressing
	^Shredded Lettuce	^Wheat Bread	^Beverage	^Margarine	Salsa	Garlic Bread or
^Margarine	Sincaded Lettace					
^Margarine ^Beverage	Salsa	^Margarine		^Jelly (2)	^Margarine	^Wheat Bread (1sl for HH)
	THE LEAD OF SALES AS A CONTROL OF THE PARTY	^Margarine ^Beverage		^Jelly (2) ^Beverage	^Margarine ^Beverage	^Wheat Bread (1sl for HH) ^Margarine
	Salsa	Since State of the		9500	F112-1	5 5 4 5 5 5 1 1 1 1 1 1 1 1 1 1 1 1 1 1
	Salsa ^Margarine	Since State of the		9500	F112-1	^Margarine

Week 5

Updated July 2012

inch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
Scrambled Eggs	Chili Cheese Fries	Chicken Parmesan	^Grilled Hamburger	Baked Curry Chicken	Fish Sandwich	Sloppy Joe
or Boiled Eggs (2)	^or HH Chili on Bkd Potato	^or HH Braised Chicken	#or Soy Burger	^or HH Baked Chicken	^or HH Baked Fish	^or HH Sloppy Joe
Breakfast Sausage	#or Veg Chili Cheese Fries	#or Soy Ckn Chunks	(1) Slice Cheese	#or Cottage Cheese	#or Cheese Sandwich	#or Soy Sloppy Joe
Grits	^Carrots	^Spaghetti	French Fries	^Baked Sweet Potato	#W/Salad Dressing	Tater Tots
Home Fried Potatoes	^Wheat Bread	W/Marinara Sauce	^or Baked Potato	^Mixed Greens	Macaroni & Cheese	^or HH Oven Brn Potatoes
or HH Boiled Potatoes	^Margarine	^Spinach	^Shredded Lettuce	^Black Beans	^or Baked Potato	^Green Peas
\Wheat Bread	^Fresh Apple	Garlic Bread or	Sliced Pickles	^Wheat Bread	^Spinach	Hamburger Bun or
Margarine	or Dessert	^Wheat Bread	Salad Dressing	^Margarine	^Cole Slaw	^Wheat Bread (2)
^Jelly (2)	^Beverage	^Margarine	Catsup & Mustard	^Fresh Orange	Hamburger Bun or	^Margarine
`Fresh Apple		^Fresh Orange	Hamburger Bun or	or Dessert	^Wheat Bread (2)	^Fresh Apple
^Beverage		or Dessert	^Wheat Bread (2)	^Beverage	^Margarine	or Dessert
		^Beverage	^Margarine		Tartar Sauce	^Beverage
			^Fresh Orange		^Fresh Apple	
			or Dessert		or Dessert	
			^Beverage		^Beverage	
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinne
Beef & Bean Tostada	Beef Stew	*Pork BBQ	^ Old Fashion Bean Soup	Steak & Cheese Sub	Open Turkey Sandwich	Chicken Fajitas
or HH Tostada	^or HH Beef Stew	^*or HH Pork Roast	^Chef Salad	^or HH Roast Beef	^or HH Roast Turkey	^or HH Chicken Fajitas
or Cou Tostada						8.5
or soy rostada	# or Soy Beef Stew	#or Soy BBQ	or # Tofu Chef Salad	#or Soy Burger	#or Cheese Sandwich	#or Cheese Quesadilla
8.	# or Soy Beef Stew ^Egg Noodles	#or Soy BBQ ^Steamed Rice	or # Tofu Chef Salad W/HH Dressing	#or Soy Burger #W/Salad Dressing		55%
Mexican Rice	20	35		A	#or Cheese Sandwich	#or Cheese Quesadilla
Mexican Rice or Steamed Rice	^Egg Noodles	^Steamed Rice	W/HH Dressing	#W/Salad Dressing	#or Cheese Sandwich #W/Salad Dressing	#or Cheese Quesadilla Mexican Rice
Mexican Rice or Steamed Rice WK Corn	^Egg Noodles ^Steamed Broccoli	^Steamed Rice ^Kidney Beans	W/HH Dressing ^Wheat Bread	#W/Salad Dressing Potato Chips	#or Cheese Sandwich #W/Salad Dressing Mashed Potatoes	#or Cheese Quesadilla Mexican Rice ^or Steamed Rice
Mexican Rice or Steamed Rice WK Corn alsa	^Egg Noodles ^Steamed Broccoli ^Wheat Bread	^Steamed Rice ^Kidney Beans ^Mixed Vegetables	W/HH Dressing ^Wheat Bread ^Margarine	#W/Salad Dressing Potato Chips ^or Baked Potato	#or Cheese Sandwich #W/Salad Dressing Mashed Potatoes ^or HH Mashed Potatoes	#or Cheese Quesadilla Mexican Rice ^or Steamed Rice Refried Beans
Mexican Rice or Steamed Rice WK Corn alsa Margarine	^Egg Noodles ^Steamed Broccoli ^Wheat Bread ^Margarine	^Steamed Rice ^Kidney Beans ^Mixed Vegetables Dinner Rolls or	W/HH Dressing ^Wheat Bread ^Margarine	#W/Salad Dressing Potato Chips ^or Baked Potato ^Green Beans	#or Cheese Sandwich #W/Salad Dressing Mashed Potatoes ^or HH Mashed Potatoes ^Mixed Vegetables	#or Cheese Quesadilla Mexican Rice ^or Steamed Rice Refried Beans ^or Pinto Beans
Mexican Rice or Steamed Rice WK Corn alsa Margarine	^Egg Noodles ^Steamed Broccoli ^Wheat Bread ^Margarine	^Steamed Rice ^Kidney Beans ^Mixed Vegetables Dinner Rolls or ^Wheat Bread(1)	W/HH Dressing ^Wheat Bread ^Margarine	#W/Salad Dressing Potato Chips ^or Baked Potato ^Green Beans Hoagie Bun or	#or Cheese Sandwich #W/Salad Dressing Mashed Potatoes ^or HH Mashed Potatoes ^Mixed Vegetables Cream Gravy	#or Cheese Quesadilla Mexican Rice ^or Steamed Rice Refried Beans ^or Pinto Beans ^WK Corn
for Soy Tostada Mexican Rice For Steamed Rice WK Corn Galsa Margarine Beverage	^Egg Noodles ^Steamed Broccoli ^Wheat Bread ^Margarine	^Steamed Rice ^Kidney Beans ^Mixed Vegetables Dinner Rolls or ^Wheat Bread(1) ^Margarine	W/HH Dressing ^Wheat Bread ^Margarine	#W/Salad Dressing Potato Chips ^or Baked Potato ^Green Beans Hoagie Bun or ^Wheat Bread (2)	#or Cheese Sandwich #W/Salad Dressing Mashed Potatoes ^or HH Mashed Potatoes ^Mixed Vegetables Cream Gravy ^Wheat Bread	#or Cheese Quesadilla Mexican Rice ^or Steamed Rice Refried Beans ^or Pinto Beans ^WK Corn Salsa

		Tuesday Lugah	Lunch & Dinner Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
Sunday Lunch	Monday Lunch	Tuesday Lunch			Fish Sandwich	Kielbasa
HH Plain Omelet	Chili Dogs (2)	Chicken Tenders	^Grilled Hamburger	^Baked Chicken	or HH Baked Fish	^#or Cottage Cheese
reakfast Sausage	^#or No Meat Chili	^or HH Braised Chicken	#or Soy Burger	#or Peanut Butter	#or Soy Burger	Au Gratin Potatoes
forme Fried Potatoes	Potato Chips	#or Cottage Cheese	(1) Slice Cheese	and Jelly (2)	Lance Miller Street, some	^or Baked Potato
or HH Boiled Potatoes	^or Baked Potato	^Steamed Rice	French Fries	^Steamed Rice	#w/ Salad Dressing	Sauerkraut
aisa	^Mixed Vegetables	^Kidney Beans	^or Baked Potato	^Pinto Beans	^HH Mac Salad	
Wheat Bread	Catsup & Mustard	^Simmered Carrots	^Shredded Lettuce	^Green Beans	^Green Peas	^Carrots
Margarine	Hot Dog Bun (2) or	^Wheat Bread	Sliced Pickles	^Wheat Bread	Hamburger Bun or	Mustard
SF Jelly (2)	^Whole Wheat Bread (2)	^Margarine	Salad Dressing	^Margarine	^Wheat Bread (2)	^Wheat Bread
Fresh Fruit	^Margarine	^Fresh Fruit	Catsup & Mustard	^Fresh Fruit	^Margarine	^Margarine
Beverage	^Fresh Fruit	or Dessert	Hamburger Bun or	or Dessert	Tartar Sauce	^Fresh Fruit
Deverage	^Beverage	^Beverage	^Wheat Bread (2)	^Beverage	^Fresh Fruit	or Dessert
		1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	^Margarine		^Beverage	^Beverage
	,		^Fresh Fruit	1	1	
			^Beverage			C. A. ada a Diago
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinne
^Roast Beef	^ HH Meatloaf	^Vegetable Soup	*^Pork Chop	Baked Lasagna	Chicken Fried Rice	^Spaghetti
#or Cottage Cheese	#or Soy Burger	^Chicken Salad	#or Hummus	^or HH Beef & Noodles	^or HH Ckn & Rice	^or HH Meat sauce
11 Mill 1967 1 12 Timber 2 12 12 12	#W/Salad Dressing	#or Peanut Butter	^ Baked Sweet Potato	#or No Meat Baked Lasagna	#or Soy & Rice	#or Marinara Sauce
*Baked Potato	^ HH Mashed Potato	and Jelly (2)	^Navy Beans	^Spinach	^Steamed Broccoli	^Spinach
^Green Beans	Tomato Gravy	^Green Peas	^Mixed Greens	^Garden Salad	^Wheat Bread	Garlic Bread or
^Black Eyed Peas	^WK Corn	^Lett/Tom/Onion	^Wheat Bread	W/ Dressing	^Margarine	^Wheat Bread
Brown Gravy	^Wheat Bread	Pickles	^Margarine	Garlic Bread or	^Beverage	^Margarine
^Wheat Bread	1-75- 200	^Wheat Bread (2)	^Beverage	^Wheat Bread		^Beverage
^Margarine	^Margarine	^Margarine		^Margarine		
	^Beverage	^Beverage		^Beverage		
^Beverage		Develage		- FRA		
^Beverage		1		1		
^Beverage	1					1
^Beverage						

		Tuesday Lunch	Lunch & Dinner Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
Sunday Lunch	Monday Lunch	Tuesday Lunch			Fried Fish Fillet	Meatball Sub
Scrambled Eggs urkey Ham ancakes W/Syrup or Wheat Bread Oven Brown Potatoes Margarine SF Jelly (2) Fresh Fruit Beverage	^ Cream of Broccoli Soup ^Chicken Wraps #or Cheese Wraps #W/Salad Dressing ^HH Potato Salad ^Green Beans ^Margarine ^Fresh Fruit ^Beverage	Meat Pizza ^ or HH Beef & Noodles ^W/Wheat Bread (1) #or Cheese Pizza ^Spinach ^Garden Salad w/dressing ^Margarine ^Fresh Fruit or Dessert ^Beverage	AGrilled Hamburger #for Soy Burger (1) Slice Cheese Potato Chips Aor Baked Potato AShredded Lettuce Sliced Pickles Salad Dressing Catsup & Mustard Hamburger Bun or AWheat Bread (2) Amargarine AFresh Fruit	Fried Chicken **or HH Baked Chicken **for Peanut Butter and Jelly (2) **AHH Mashed Potatoes **Carrots Chicken Gravy **Wheat Bread **Margarine **Fresh Fruit or Dessert **Beverage	Fried Fish Fillet ^or HH Baked Fish #or Peanut Butter and Jelly (2) Macaroni & Cheese ^or Macaroni and Tomato ^Green Beans Combread or ^Wheat Bread ^Margarine Tartar Sauce ^Fresh Fruit ^Beverage	Meatball Sub After Soy Burger Spag w/marinara sauce Aspinach Hoagle Bun or Awheat Bread (2) Amargarine Aresh Fruit or Dessert Beverage
Sunday Dinner ^HH Beef Stew # or Soy Beef Stew ^Egg Noodles ^Simmered Cabbage ^Wheat Bread ^Margarine ^Beverage	Monday Dinner *Pork BBQ ^*or HH Pork Roast #or Hummus ^Baked Sweet Potato ^Peas & Carrots ^Black Eyed Peas ^Wheat Bread ^Margarine ^Beverage	Tuesday Dinner Beef & Bean Burrito or ^HH Beef Burrito #for Bean & Cheese Burrito Mexican Rice ^or Steamed Rice ^Black Beans ^WK Corn Salsa ^Margarine ^Beverage	^Beverage Wednesday Dinner ^Bean Soup Sub Sandwich ^or Boiled Eggs (2) HH Potato Salad ^Lettuce Mustard Salad Dressing Hoagie Bun or ^Wheat Bread (2) ^Margarine	Thursday Dinner ^HH Chili Mac #or No Meat Chili Mac ^Garden Salad ^Green Beans Corn bread or ^Whole Wheat Bread ^Margarine ^Beverage	Friday Dinner Chicken Lo Mein ^or HH Chkn & Vegetables #or Cottage Cheese ^ Spaghetti Pasta ^Green Peas ^Wheat Bread ^Margarine ^Beverage	Saturday Dinne AHH Beef Tacos #or Soy Tacos *Cilantro Rice *Pinto Beans *WK Corn *Shredded Lettuce Taco Shells Salsa *Margarine *Beverage

		Tuesday Lynch	Lunch & Dinner Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
Sunday Lunch	Monday Lunch	Tuesday Lunch		BBQ Chicken	Fish Sandwich	Chicken Patty
heese Omelet	Chicken Cheese Steak	^Tomato Rice Soup	^Grilled Hamburger	^or HH Baked Chicken	^or HH Baked Fish	^or HH Chicken Salad
or HH Plain Omelet	^or HH Chicken Salad	^Tuna Salad	#or Soy Burger	#or Hummus	#or Soy Burger	#or Boiled Eggs (2)
reakfast Sausage	#or Cheese Sandwich	#or Boiled Eggs (2)	(1) Slice Cheese	A HH Potato Salad	#W/Salad Dressing	#W/Salad Dressing
Iome Fried Potatoes	#W/Salad Dressing	#W/Salad Dressing	French Fries	100 100 100 100 100 100 100 100 100 100	^Cole Slaw	^HH Potato Salad
or HH Boiled Potatoes	Potato Chips	^Lettuce Leaf	^or Baked Potato	^Carrots	^Steamed Rice	^Pinto Beans
Wheat Bread	^or Baked Potato	HH Italian Pasta Salad	^Shredded Lettuce	^Wheat Bread	^Green Peas	^Lettuce, Tomato, Onion
Margarine	^Carrots	^Steamed Broccoli	Sliced Pickles	^Margarine	Hamburger Bun or	Salad Dressing
SF Jelly (2)	Hoagie Bun or	^Wheat Bread (2)	Salad Dressing	^Fresh Fruit	record or Mark a comme	Hamburger Bun or
Fresh Fruit	^Wheat Bread (2)	^Margarine	Catsup & Mustard	or Dessert	^Wheat Bread (2)	^Wheat Bread (2)
Beverage	^Margarine	^Fresh Fruit	Hamburger Bun or	^Beverage	^Margarine	^Fresh Fruit
	^Fresh Fruit	or Dessert	^Wheat Bread (2)		Tartar Sauce	or Dessert
	^Beverage	^Beverage	^Margarine		^Fresh Fruit	2000 0000000000000000000000000000000000
			^Fresh Fruit		^Beverage	^Margarine
			^Beverage		Filder Dinner	^Beverage Saturday Dinne
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	
Chicken Pot Ple	^HH Chilli	Kielbasa	^Minestrone Soup	^Roast Beef	Bf Enchilada Casserole	^HH Chicken Fajitas
or HH Chicken & Noodles	#or No Meat Chili	^#or Cottage Cheese	^Taco Salad	#or Peanut Butter	^or HH Beef & Vegetables	#or Cheese Quesadilla
For Soy Pot Pie	^Baked Potato	Oven Brown Potatoes	or # Soy Taco Salad	and Jelly (2)	#or Soy Casserole	Mexican Rice
ALL SHORT AND CONTROL OF	*Diced Onions & Peppers	^or Baked Potato	Salsa	^Baked Sweet Potato	^Steamed Rice	^or Steamed Rice
Green Beans	Shredded Cheese	^Black Eyed Peas	^Beverage	^ Simmered Cabbage	^Mixed Vegetables	^Black Beans
Navy Beans	^WK Corn	Sauerkraut	Larest teachers.	Brown Gravy	^Wheat Bread	^Mixed Vegetables
^Wheat Bread	Combread or	^Mixed Greens		^Wheat Bread	^Margarine	Salsa
^Margarine	*Wheat Bread	Mustard		^Margarine	^Beverage	^Flour Tortilla (2)
^Beverage		^Wheat Bread		^Beverage		^Margarine
	^Margarine	^Margarine				^Beverage
	^Beverage	^Beverage				
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	1	1	A Company		1	1
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4 1 1 1	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
Sunday Lunch			^Grilled Hamburger	Fried Chicken	Fried Fish Fillet	^Lentil Soup
crambled Eggs	Chili Dogs (2)	Chicken Patty	#or Soy Burger	^or HH Baked Chicken	^or HH Baked Fish	Cold Cut Hoagie
rkey Ham	^#or No Meat Chili		(1) Slice Cheese	#or Cottage Cheese	#or Peanut Butter	#or HH Boiled Eggs (2)
affles (2) W/Syrup	Potato Chips	#or Peanut Butter	Potato Chips	^HH Mashed Potatoes	and Jelly (2)	w/ Salad Dressing
r Wheat Bread	^or Boiled Potatoes	and Jelly (2)	^or Baked Potato	^Simmered Carrots	^ HH Mac Salad	Potato Salad
H Oven Brn Potatoes	^Cole Slaw	HH Italian Pasta Salad	-13 /4/10 07/10/20/20	Chicken Gravy	^Green Peas	^or Baked Potato
Margarine	Catsup & Mustard	^ Lettuce & Tomato	^Shredded Lettuce	^Wheat Bread	Combread or	^Mixed Vegetables
F Jelly (2)	Hot Dog Buns (2) or	^Sliced Onion	Sliced Pickles	^Margarine	^Wheat Bread	or w/ Whole wheat bread
resh Fruit	^Wheat Bread (2)	Salad Dressing	Salad Dressing	Construction of the Constr	^Margarine	^Margarine
everage	^Margarine	Hamburger Bun or	Catsup & Mustard	^Fresh Fruit	Tartar Sauce	^Fresh Fruit
	^Fresh Fruit	^Wheat Bread (2)	Hamburger Bun or	or Dessert	^Fresh Fruit	or Dessert
	^Beverage	^Margarine	^Wheat Bread (2)	^Beverage	7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	^Beverage
		^Fresh Fruit	^Margarine		^Beverage	Deterage
		or Dessert	^Fresh Fruit			
		^Beverage	^Beverage		1	4
				Thursday Dinner	Friday Dinner	Saturday Dinne
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner			^Spaghetti
BBQ Beef	Chicken Fried Rice or	^ Roast Pork	Chicken Cacciatore	^Scrambled Eggs	Beef & Bean Burrito	^ HH Meat sauce
or Soy BBQ	^HH Chicken & Rice	#or Hummus	^or HH Chicken & Noodles	Creamed Beef	^HH Burrito	#or Marinara Sauce
Steamed Rice	or #Tofu Fried Rice	*Baked Sweet Potato	#or Soy & Noddles	Home Fried Potatoes or	#or Bean & Cheese Burrito	^Steamed Broccoli
Green Beans	^Black Beans	^Green Beans	Garlic Noodles	^HH Oven Brn Potatoes	Mexican Rice	
Wheat Bread	^WK Corn	^Wheat Bread	^Kidney Beans	Biscuits or	^or Steamed Rice	^Garden Salad
Margarine	^Wheat Bread	^Margarine	^Mixed Vegetables	^Wheat Bread	^Pinto Beans	W/ Dressing
Beverage	^Margarine	^Beverage	^Wheat Bread	^Margarine	^WK Corn	Garlic Bread or
peverage	^Beverage	- SSE	^Margarine	^Jelly (2)	Salsa	^Wheat Bread
	1 255 F 1 F 50		^Beverage	Beverage	^Margarine	^Margarine
					^Beverage	^Beverage
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	Monday Lunch	Tuesday Lunch	Lunch & Dinner Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
aciled Eggs (2) affles (2) W/Syrup or Wheat Bread eakfast Sausage ome Fried Potatoes or HH Boiled Potatoes Margarine SF Jelly (2) Fresh Fruit Beverage	#Veg Chili Cheese Fries or ^HH Vegetable Chili W/^Baked Potato ^Carrots ^Wheat Bread ^Margarine ^Fresh Fruit ^Beverage	Chicken Parmesan Or HH Braised Chicken Bor Soy Ckn Chunks Spaghetti W/Marinara Sauce Spinach Garlic Bread or Wheat Bread Margarine Fresh Fruit or Dessert Beverage	*Grilled Hamburger #or Soy Burger (1) Slice Cheese French Fries **Aor Baked Potato **Shredded Lettuce Sliced Pickles Salad Dressing Catsup & Mustard Hamburger Bun or **Wheat Bread (2) **Margarine **Fresh Fruit	Baked Chicken #or Cottage Cheese ^Baked Sweet Potato ^Mixed Greens ^Black Beans ^Wheat Bread ^Margarine ^Fresh Fruit or Dessert ^Beverage	Fish Sandwich ^or HH Baked Fish #or Cheese Sandwich #W/Salad Dressing Macaroni & Cheese ^or Macaroni and Tomato ^Spinach ^Cole Slaw Hamburger Bun or ^Wheat Bread (2) ^Margarine Tartar Sauce ^Fresh Fruit ^Beverage	AHH Sloppy Joe Nor Soy Sloppy Joe Tater Tots And HH Oven Brn Potatoes Agreen Peas Hamburger Bun or AWheat Bread (2) Amargarine Afresh Fruit or Dessert Abeverage
Sunday Dinner ^ HH Beef Tacos #or Soy Tacos ^Black Beans Mexican Rice ^or Steamed Rice ^WK Corn Salsa ^Margarine ^Beverage	Monday Dinner ^HH Beef Stew # or Soy Beef Stew ^Egg Noodles ^Steamed Broccoli ^Wheat Bread ^Margarine ^Beverage	Tuesday Dinner *Pork BBQ ^*or HH Pork Roast #or Hummus ^Steamed Rice ^Kidney Beans ^Mixed Vegetables ^Wheat Bread(1) ^Margarine ^Beverage	^Beverage Wednesday Dinner ^ Old Fashion Bean Soup ^Chef Salad or # Tofu Chef Salad W/ Dressing ^Wheat Bread (2) ^Margarine ^Beverage	Thursday Dinner Steak & Cheese Sub ^or HH Roast Beef #or Soy Burger #W/Salad Dressing Potato Chips ^or Baked Potato ^Green Beans Hoagie Bun or ^Wheat Bread (2) ^Beverage	Friday Dinner ^ HH Roast Turkey #or Peanut Butter and Jelly (2) ^HH Mashed Potatoes ^Mixed Vegetables Cream Gravy ^Wheat Bread ^Margarine ^Beverage	Saturday Dinne ^HH Chicken Fajitas #or Cheese Quesadilla Mexican Rice ^or Steamed Rice Refried Beans ^or Pinto Beans ^WK Corn Salsa ^Flour Tortilla (2) ^Margarine ^Beverage

Week 1

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
^Plain Omelet ♥	Hot Dogs (2)	Chicken Patty Sandwich	^Hamburger ♥	^Baked Chicken ♥	Breaded Fish Sandwich or	Kielbasa Sausage
^Oven Brown Potatoes ♥	^#or Soy Burger ♥	^#or Soy Chicken Patty ♥	#or Soy Burger	#or PB & Jelly Sand (2)	^Baked Fish ♥	^#or Cottage Cheese ♥
Salsa	Tater Tots or	^Italian Pasta Salad ♥	Sliced Cheese	^Steamed Rice ♥	#or Soy Burger w/	^Boiled Potatoes ♥
Cream Gravy	^Baked Potato ♥	^Lettuce/Tomato/Onion ♥	French Fries or	^Pinto Beans ♥	Salad Dressing	^Simmered Cabbage ♥
Biscuits (2) or	^Coleslaw ♥	^Carrots ♥	^Baked Potato ♥	^Green Beans ♥	^Macaroni Salad ♥	^Carrots ♥
^Whole Wheat Bread ♥	Catsup & Mustard	Salad Dressing	^Shredded Lettuce ♥	^Whole Wheat Bread ♥	^Green Peas ♥	Mustard
and ^Jelly (2) ♥	Hot Dog Buns (2) or	Hamburger Bun or	Catsup & Mustard	^Margarine Pat ♥	Hamburger Bun or	^Whole Wheat Bread ♥
^Margarine Pat ♥	^Whole Wheat Bread (2) ♥	^Whole Wheat Bread (2) ♥	Pickles	Dessert or	^Whole Wheat Bread (2) ♥	^Margarine Pat ♥
^Fruit ♥	^Margarine Pat ♥	^Margarine Pat ♥	Salad Dressing	^Fruit ♥	^Margarine Pat ♥	Dessert or
^Beverage ♥	^Fruit ♥	Dessert or	Hamburger Bun or	^Beverage ♥	Tartar Sauce	^Fruit ♥
	^Beverage ♥	^Fruit ♥	^Whole Wheat Bread (2) ♥		^Fruit ♥	^Beverage ♥
		^Beverage ♥	^Margarine Pat ♥		^Beverage ♥	
			^Fruit ♥			
			^Beverage ♥			
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
^Roast Beef ♥	^Vegetable Soup ♥	^Meatloaf ♥	Baked Turkey Ham	Beef Enchilada Casserole	^Chicken Fried Rice ♥	^Spaghetti ♥
#or Cottage Cheese	^Chicken Salad ♥	#or Soy Burger w/	^#or BBQ Tofu ♥	^or Beef & Vegetables ♥	# or Tofu Fried Rice	^w/Meat Sauce ♥
^Baked Potato ♥	#or Hummus	Salad Dressing	^ Baked Sweet Potato ♥	#or Soy Ench Casserole	^Steamed Broccoli ♥	#or Soy Spag Sauce
^Green Beans ♥	^Green Peas ♥	^Mashed Potatoes ♥	^Navy Beans ♥	^Steamed Rice ♥	^Whole Wheat Bread ♥	^Spinach ♥
^Black Eyed Peas ♥	^Potato Salad ♥	Tomato Gravy	^Collard Greens ♥	^Mixed Vegetables ♥	^Margarine Pat ♥	Garlic Bread or
Brown Gravy	^Lettuce/Tomato/Onion ♥	^WK Corn ♥	^Whole Wheat Bread ♥	^Whole Wheat Bread ♥	^Beverage ♥	^Whole Wheat Bread ♥
^Whole Wheat Bread ♥	Pickles	^Whole Wheat Bread ♥	^Margarine Pat ♥	^Margarine Pat ♥		^Margarine Pat ♥
^Margarine Pat ♥	^Whole Wheat Bread (2) ♥	^Margarine Pat ♥	^Beverage ♥	^Beverage ♥		^Beverage ♥
^Beverage ♥	^Margarine Pat ♥	^Beverage ♥				
	^Beverage ♥					

^{*} Indicates Pork, # Indicates No Flesh Entree Item, ^ ♥ Indicates Heart Healthy.

Week 2

Lunch & Dinner Sunday Lunch Monday Lunch Tuesday Lunch Wednesday Lunch Thursday Lunch Friday Lunch Saturday Lunch ^Scrambled Eggs ♥ ^Cream of Broccoli Soup ♥ Cheese Pizza ^Hamburger ♥ Fried Chicken Fried Fish Fillet or Meatball Sub Baked Turkey Ham ^Chicken Wrap or ♥ ^#or Cottage Cheese ♥ #or Soy Burger ^or Baked Chicken ♥ ^Baked Fish ♥ ^#or Soy Burger ♥ Pancakes #Hummus Wrap ^Spag w/Marinara ♥ Sliced Cheese #or PB & Jelly Sand (2) #or PB & Jelly Sand (2) ^Spag w/Marinara ♥ W/Syrup or ^Potato Salad ♥ ^Garden Salad ♥ Potato Chips or ^Mashed Potatoes ♥ Macaroni & Cheese or ^Spinach ♥ ^Whole Wheat Bread ♥ ^Green Beans ♥ ^Ital Dressing Low Cal ♥ ^Baked Potato ♥ ^Carrots ♥ ^Garlic Macaroni ♥ Hoagie Bun or and ^Jelly (2) ♥ ^Margarine Pat ♥ ^Margarine Pat ♥ ^Green Beans ♥ ^Whole Wheat Bread (2) ♥ ^Shredded Lettuce ♥ Chicken Gravy ^Fruit ♥ ^Whole Wheat Bread ♥ Cornbread or ^Oven Brown Potatoes ♥ Dessert or Catsup & Mustard ^Margarine Pat ♥ ^Fruit ♥ ^Margarine Pat ♥ ^Beverage ♥ Pickles ^Margarine Pat ♥ ^Whole Wheat Bread ♥ Dessert or ^Fruit ♥ ^Beverage ♥ Salad Dressing ^Margarine Pat ♥ ^Fruit ♥ Dessert or ^Beverage ♥ ^Fruit ♥ ^Beverage ♥ Hamburger Bun or Tartar Sauce ^Whole Wheat Bread (2) ♥ ^Beverage ♥ ^Fruit ♥ ^Margarine Pat ♥ ^Beverage ♥ ^Fruit ♥ ^Beverage ♥ Sunday Dinner Monday Dinner Tuesday Dinner Wednesday Dinner Thursday Dinner Friday Dinner Saturday Dinner ^Beef Stew ♥ ^*Pork Roast ♥ Beef & Bean Burrito ^#Bean Soup ♥ ^Chili Mac ♥ ^Cream of Potato Soup ♥ ^Beef Tacos ♥ #or Soy Beef Stew #or BBQ Tofu ^#or Bean & Cheese Burrito ♥ Deli Sub Sandwich #or Soy Chili Mac Chef Salad #or Soy Tacos ^Egg Noodles ♥ ^Baked Sweet Potato ♥ Mexican Rice or ^#or Hummus ♥ ^Green Beans ♥ ^#or Tofu Chef Salad ♥ ^Cilantro Rice ♥ ^Simmered Cabbage ♥ ^Peas & Carrots ♥ ^Steamed Rice ♥ ^Potato Salad ♥ ^Garden Salad ♥ ^Ital Dressing Low Cal ♥ ^Pinto Beans ♥ ^Black Beans ♥ ^Whole Wheat Bread ♥ ^Lettuce/Onion ♥ ^Ital Dressing Low Cal ♥ ^Whole Wheat Bread ♥ ^WK Corn ♥ ^Black Eyed Peas ♥ ^Margarine Pat ♥ Barbeque Sauce ^WK Corn ♥ Pickles Cornbread or ^Margarine Pat ♥ ^Shredded Lettuce ♥ ^Beverage ♥ ^Whole Wheat Bread ♥ Salsa Mustard ^Whole Wheat Bread ♥ ^Beverage ♥ ^Taco Shells (2) ♥ ^Margarine Pat ♥ ^Margarine Pat ♥ ^Margarine Pat ♥ Salsa Salad Dressing ^Beverage ♥ ^Margarine Pat ♥ ^Beverage ♥ Hoagie Bun or ^Beverage ♥ ^Whole Wheat Bread (2) ♥ ^Beverage ♥ ^Margarine Pat ♥ ^Beverage ♥

^{*} Indicates Pork, # Indicates No Flesh Entree Item, ^ ♥ Indicates Heart Healthy.

Week 3

Lunch & Dinner Sunday Lunch Monday Lunch Tuesday Lunch Wednesday Lunch Thursday Lunch Friday Lunch Saturday Lunch Cheese Omelet or Ckn Cheese Steak or ^Tomato Rice Soup ♥ ^Hamburger ♥ BBQ Chicken Breaded Fish Sand or Chicken Patty Sandwich ^Plain Omelet ♥ ^Chicken Salad ♥ ^Tuna Salad or ♥ #or Soy Burger ^or Baked Chicken ♥ ^Baked Fish ♥ ^#or Boiled Eggs (2) ♥ ^Oven Brown Potatoes ♥ #Boiled Eggs (2) w/ ^Potato Salad ♥ #or Cheese Sand w/ Sliced Cheese #or Cottage Cheese #or Soy Burger w/ Cream Gravy Salad Dressing Salad Dressing French Fries or ^Potato Salad ♥ Salad Dressing ^Pinto Beans ♥ Biscuits (2) or ^Italian Pasta Salad ♥ ^Lettuce Leaf ♥ ^Baked Potato ♥ ^Carrots ♥ ^Steamed Rice ♥ ^Lettuce/Tomato/Onion ♥ ^Whole Wheat Bread ♥ Potato Chips or ^Shredded Lettuce ♥ ^Whole Wheat Bread ♥ ^Green Peas ♥ ^Carrots ♥ Salad Dressing and ^Jelly (2) ♥ ^Baked Potato ♥ ^Cole Slaw ♥ Hamburger Bun or Hoagie Bun or Catsup & Mustard ^Margarine Pat ♥ ^Margarine Pat ♥ ^Whole Wheat Bread (2) ♥ ^Whole Wheat Bread (2) ♥ Pickles Dessert or Hamburger Bun or ^Whole Wheat Bread (2) ♥ ^Fruit ♥ ^Margarine Pat ♥ ^Margarine Pat ♥ ^Fruit ♥ ^Whole Wheat Bread (2) ♥ Salad Dressing Dessert or ^Beverage ♥ ^Fruit ♥ Dessert or ^Margarine Pat ♥ ^Fruit ♥ Hamburger Bun or ^Beverage ♥ ^Beverage ♥ ^Fruit ♥ ^Whole Wheat Bread (2) ♥ Tartar Sauce ^Margarine Pat ♥ ^Beverage ♥ ^Margarine Pat ♥ ^Fruit ♥ ^Beverage ♥ ^Fruit ♥ ^Beverage ♥ ^Beverage ♥ Sunday Dinner Monday Dinner Tuesday Dinner Wednesday Dinner Thursday Dinner Friday Dinner Saturday Dinner Chicken Spaghetti or ^Chili ♥ ^Pepper Steak ♥ ^Minestrone Soup ♥ ^Roast Beef ♥ ^Chicken Fajitas ♥ Baked Lasagna or ^Chicken & Noodles ♥ #or Soy Chili #or Tofu Stir Fry ^Beef Taco Salad or ♥ #or PB & Jelly Sand (2) #or Cheese Quesadilla ^Beef & Noodles ♥ #or Soy Ckn & Veg ^Baked Potato ♥ ^Steamed Rice ♥ #Soy Taco Salad ^Baked Sweet Potato ♥ Mexican Rice or #or Soy Baked Lasagna ^Green Beans ♥ ^Diced Onions & Peppers ♥ ^Steamed Broccoli ♥ Salsa ^ Simmered Cabbage ♥ ^Steamed Rice ♥ ^Spinach ♥ ^Whole Wheat Bread ♥ ^Whole Wheat Bread ♥ ^Black Beans ♥ Shredded Cheese ^Wheat Bread ♥ Brown Gravy ^Garden Salad ♥ ^Margarine Pat ♥ ^WK Corn ♥ ^Margarine Pat ♥ ^Margarine Pat ♥ ^Whole Wheat Bread ♥ ^Mixed Vegetables ♥ ^Ital Dressing Low Cal ♥ ^Beverage ♥ Cornbread or ^Beverage ¥ ^Beverage ♥ ^Margarine Pat ♥ Salsa Garlic Bread or ^Whole Wheat Bread ♥ ^Flour Tortilla (2) ♥ ^Whole Wheat Bread ♥ ^Beverage ♥ ^Margarine Pat ♥ ^Margarine Pat ♥ ^Margarine Pat ♥ ^Beverage ♥ ^Beverage ♥ ^Beverage ♥

^{*} Indicates Pork, # Indicates No Flesh Entree Item, ^ ♥ Indicates Heart Healthy.

•			Lunch & Dinner			
Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
^Scrambled Eggs ♥	Hot Dogs (2)	Chicken Patty Sandwich	^Hamburger ♥	Fried Chicken	Fried Fish Fillet or	^Lentil Vegetable Soup ♥
Baked Turkey Ham	^#or Soy Burger ♥	^#or Soy Chicken Patty ♥	#or Soy Burger	^or Baked Chicken ♥	^Baked Fish ♥	Deli Sub Sandwich
French Toast (2)	Tater Tots or	^Italian Pasta Salad ♥	Sliced Cheese	#or Cottage Cheese	#or PB & Jelly Sand (2)	^# or Hummus ♥
W/Syrup or	^Baked Potato ♥	^Carrots ♥	Potato Chips or	^Mashed Potatoes ♥	^Macaroni Salad ♥	^Potato Salad ♥
^Whole Wheat Bread ♥	^Cole Slaw ♥	^Lett/Tom/Onion ♥	^Baked Potato ♥	^Carrots ♥	^Green Peas ♥	^Lettuce/Onion ♥
and ^Jelly (2) ♥	Catsup & Mustard	Salad Dressing	^Shredded Lettuce ♥	Chicken Gravy	Cornbread or	Pickles
^Oven Brown Potatoes ♥	Hot Dog Buns (2) or	Hamburger Bun or	Catsup & Mustard	^Whole Wheat Bread ♥	^Whole Wheat Bread ♥	^Mixed Vegetables ♥
^Margarine Pat ♥	^Whole Wheat Bread (2) ♥	^Whole Wheat Bread (2) ♥	Pickles	^Margarine Pat ♥	^Margarine Pat ♥	Hoagie Bun or
^Fruit ♥	^Margarine Pat ♥	^Margarine Pat ♥	Salad Dressing	Dessert or	Tartar Sauce	^Whole Wheat Bread (2) ♥
^Beverage ♥	^Fruit ♥	Dessert or	Hamburger Bun or	^Fruit ♥	^Fruit ♥	Salad Dressing
	^Beverage ♥	^Fruit ♥	^Whole Wheat Bread (2) ♥	^Beverage ♥	^Beverage ♥	^Margarine Pat ♥
		^Beverage ♥	^Margarine Pat ♥			Dessert or
			^Fruit ♥			^Fruit ♥
			^Beverage ♥			^Beverage ♥
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
^BBQ Beef ♥	^Chicken Fried Rice ♥	^*Pork Roast ♥	^Chicken Cacciatore ♥	^Scrambled Eggs ♥	Beef & Bean Burrito	^Spaghetti ♥
#or Soy BBQ	#or Tofu Fried Rice	#or Cottage Cheese	#or Tofu & Rice	Creamed Beef	^#or Bean & Cheese Burrito ♥	^w/Meat Sauce ♥
^Steamed Rice ♥	^Black Beans ♥	^Baked Sweet Potato ♥	^Steamed Rice ♥	Home Fried Potatoes or	Mexican Rice or	#or Soy Spag Sauce
^Green Beans ♥	^WK Corn ♥	^Green Beans ♥	^Kidney Beans ♥	^Oven Brown Potatoes ♥	^Steamed Rice ♥	^Steamed Broccoli ♥
^Whole Wheat Bread ♥	^Whole Wheat Bread ♥	^Whole Wheat Bread ♥	^Mixed Vegetables ♥	Biscuits (2) or	^Pinto Beans ♥	^Garden Salad ♥
^Margarine Pat ♥	^Margarine Pat ♥	^Margarine Pat ♥	^Whole Wheat Bread ♥	^Whole Wheat Bread ♥	^WK Corn ♥	^Ital Dressing Low Cal ♥
^Beverage ♥	^Beverage ♥	^Beverage ♥	^Margarine Pat ♥	and ^Jelly (2) ♥	Salsa	Garlic Bread or
			^Beverage ♥	^Margarine Pat ♥	^Margarine Pat ♥	^Whole Wheat Bread ♥
				^Beverage ♥	^Beverage ♥	^Margarine Pat ♥
						^Beverage ♥

^{*} Indicates Pork, # Indicates No Flesh Entree Item, ^ ♥ Indicates Heart Healthy.

Week 5

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
^Boiled Eggs (2) ♥	Chili Cheese Fries or	Chicken Parmesan or	^Hamburger ♥	^Baked Chicken ♥	Breaded Fish Sandwich or	^Sloppy Joe ♥
French Toast (2)	^#Soy Chili ♥	^Braised Chicken ♥	#or Soy Burger	#or Cottage Cheese	^Baked Fish ♥	#or Soy Sloppy Joe
W/Syrup or	^#w/Baked Potato ♥	#or Soy Ckn Chunks	Sliced Cheese	^Baked Sweet Potato ♥	#or Cheese Sandwich w/	Tater Tots or
^Whole Wheat Bread ♥	^Carrots ♥	^Spag w/Marinara ♥	French Fries or	^Black Beans ♥	Salad Dressing	^Baked Potato ♥
and ^Jelly (2) ♥	^Whole Wheat Bread ♥	^Spinach ♥	^Baked Potato ♥	^Collard Greens ♥	Macaroni & Cheese or	^Green Peas ♥
^Oven Brown Potatoes ♥	^Margarine Pat ♥	Garlic Bread or	^Shredded Lettuce ♥	^Whole Wheat Bread ♥	^Garlic Macaroni ♥	Hamburger Bun or
^Margarine Pat ♥	^Fruit ♥	^Whole Wheat Bread ♥	Catsup & Mustard	^Margarine Pat ♥	^Spinach ♥	^Whole Wheat Bread (2) ♥
^Fruit ♥	^Beverage ♥	^Margarine Pat ♥	Pickles	Dessert or	^Cole Slaw ♥	^Margarine Pat ♥
^Beverage ♥	5.751	Dessert or	Salad Dressing	^Fruit ♥	Hamburger Bun or	Dessert or
		^Fruit ♥	Hamburger Bun or	^Beverage ♥	^Whole Wheat Bread (2) ♥	^Fruit ♥
		^Beverage ♥	^Whole Wheat Bread (2) ♥	962	^Margarine Pat ♥	^Beverage ♥
		DAS	^Margarine Pat ♥		Tartar Sauce	492
			^Fruit ♥		^Fruit ♥	
			^Beverage ♥		^Beverage ♥	
					12	
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
^Beef Tacos ♥	^Beef Stew ♥	^*Pork Roast ♥	^Old Fashion Bean Soup ♥	Steak & Cheese Sub or	^Turkey Roast ♥	^Chicken Fajitas ♥
#or Soy Tacos	# or Soy Beef Stew	#or Cottage Cheese	Chef Salad	^Roast Beef ♥	#or PB & Jelly Sand (2)	#or Cheese Quesadilla
Mexican Rice or	^Egg Noodles ♥	^Steamed Rice ♥	^#or Tofu Chef Salad ♥	#or Soy Burger w/	^Mashed Potatoes ♥	Mexican Rice or
^Steamed Rice ♥	^Steamed Broccoli ♥	^Black Beans ♥	^Ital Dressing Low Cal ♥	Salad Dressing	^Mixed Vegetables ♥	^Steamed Rice ♥
^Black Beans ♥	^Whole Wheat Bread ♥	^Mixed Vegetables ♥	^Whole Wheat Bread (2) ♥	Potato Chips or	Cream Gravy	^Pinto Beans ♥
^WK Corn ♥	^Margarine Pat ♥	^Whole Wheat Bread ♥	^Margarine Pat ♥	^Baked Potato ♥	^Whole Wheat Bread ♥	^WK Corn ♥
Salsa	^Beverage ♥	^Margarine Pat ♥	^Beverage ♥	^Green Beans ♥	^Margarine Pat ♥	Salsa
^Taco Shells (2) ♥	4.021	^Beverage ♥		Hoagie Bun or	^Beverage ♥	^Flour Tortilla (2) ♥
^Margarine Pat ♥		583		^Whole Wheat Bread (2) ♥	12	^Margarine Pat ♥
^Beverage ♥				^Margarine Pat ♥		^Beverage ♥
				^Beverage ♥		420
				10	I	

^{*} Indicates Pork, # Indicates No Flesh Entree Item, ^ ♥ Indicates Heart Healthy.