

WEEK 1 (DATE _____)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Breakfast Butterhorn #10995 <i>Includes:</i> • Assorted Butterhorns • Toasty O's Cereal • Apple Sauce • Nonfat Dry Milk • Enriched Drink Mix	Breakfast Tray w/Cookie #11991 <i>Includes:</i> • Chocolate Chip Muffin • Raisin Bran Cereal • Peanut Butter Packet • Grape Jelly Packet • Breakfast Cookie • Nonfat Dry Milk • Enriched Drink Mix • Whole Grain Bread	Breakfast Coffee Cake #10997 <i>Includes:</i> • Cherry Coffee Cake • Bran Flakes Cereal • Sliced Peaches • Nonfat Dry Milk • Enriched Drink Mix	Breakfast PB&J Biscuit #10998 <i>Includes:</i> • Biscuit • Peanut Butter Packet • Grape Jelly Packet • Oatmeal Packet • Sliced Peaches • Nonfat Dry Milk • Enriched Drink Mix	Breakfast Muffin #10996 <i>Includes:</i> • Breakfast Muffin • Toasty O's Cereal • Sliced Peaches • Nonfat Dry Milk • Enriched Drink Mix	Breakfast Coffee Cake #10997 <i>Includes:</i> • Cherry Coffee Cake • Bran Flakes Cereal • Sliced Peaches • Nonfat Dry Milk • Enriched Drink Mix	Breakfast Tray w/Cookie #11991 <i>Includes:</i> • Chocolate Chip Muffin • Raisin Bran Cereal • Peanut Butter Packet • Grape Jelly Packet • Breakfast Cookie • Nonfat Dry Milk • Enriched Drink Mix • Whole Grain Bread
	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694
	Spork #10802	Spork #10802	Spork #10802	Spork #10802	Spork #10802	Spork #10802	Spork #10802

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH	Chicken Curry #11724 <i>Includes:</i> • Chicken Curry • White Rice • Broccoli • Sliced Apples	Turkey ala King #11742 <i>Includes:</i> • Turkey Ala King • White Rice • Mixed Vegetables • Sliced Apples	Beef & Bean Enchilada #11732 <i>Includes:</i> • Beef & Bean Enchilada • Enchilada Sauce • Rice w/Pimientos & Peppers • Mexicali Corn • Cheese Blend	Fish & Chips #11777 <i>Includes:</i> • Haddock Fish Patty • Chunk Roasted Potatoes • Broccoli	Chef's Choice Meal Fruit of Choice (not supplied)	Hot Chicken Tenders #11744 <i>Includes:</i> • Chicken Tenders w/Hot Sauce • White Rice • Green Beans	Sweet & Sour Meatballs #11792 <i>Includes:</i> • Beef Meatballs • Sweet & Sour Sauce • Oriental Vegetable Blend • White Rice • Pear Halves
	Whole Grain Roll #10311	Whole Grain Roll #10311	Whole Grain Roll #10311	Whole Grain Roll #10311	Whole Grain Roll #10311	Whole Grain Roll #10311	Whole Grain Roll #10311
	Krackle Sugar Cookies #10390	Chocolate Chip Cookies #10132	Krackle Sugar Cookies #10390	Chocolate Chip Cookies #10132	Oatmeal Cookies #10173	Oatmeal Cookies #10173	Chocolate Chip Cookies #10132
Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	
Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	
Spork #10802	Spork #10802	Spork #10802	Spork #10802	Spork #10802	Spork #10802	Spork #10802	

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DINNER	Roast Beef Sandwich #11961 <i>Includes:</i> • Roast Beef & Cheese • Whole Grain Bread • Mustard Packets (2) • Salad Dressing Packet • Pretzels • Lemon Sugar Cookies • Enriched Fruit Punch Drink • Napkin • Spoon	PB&J Sandwich #11956 <i>Includes:</i> • Peanut Butter Packet • Grape Jelly Packet • Whole Grain Bread • Original Sun Chips • Chocolate Brownie • Enriched Orange Drink • Napkin • Spoon	Turkey Ham Sandwich #11952 <i>Includes:</i> • Turkey Ham & Cheese • Whole Grain Bread • Mustard Packets (2) • Salad Dressing Packet • Tostitos Chips • Lemon Sugar Cookies • Enriched Fruit Punch Drink • Napkin • Spoon	Diced Chicken #10950 <i>Includes:</i> • Diced Chicken • Whole Grain Bread • Pickle Relish Packet • Salad Dressing Packet • Tostitos Chips • Yellow Cupcake • Enriched Orange Drink • Napkin • Spoon	PB&J Sandwich #11956 <i>Includes:</i> • Peanut Butter Packet • Grape Jelly Packet • Whole Grain Bread • Original Sun Chips • Chocolate Brownie • Enriched Orange Drink • Napkin • Spoon	Turkey Salami Sandwich #11953 <i>Includes:</i> • Turkey Salami & Cheese • Whole Grain Bread • Mustard Packets (2) • Salad Dressing Packet • Original Sun Chips • Oatmeal Cookies • Enriched Orange Drink • Napkin • Spoon	Diced Turkey #10949 <i>Includes:</i> • Diced Turkey • Whole Grain Hamburger Bun • Pickle Relish Packet • Salad Dressing Packet • Cheetos • Chocolate Chip Cookie • Enriched Fruit Punch Drink • Napkin • Spoon
	Fruit of Choice (not supplied)	Fruit of Choice (not supplied)	Fruit of Choice (not supplied)	Fruit of Choice (not supplied)	Fruit of Choice (not supplied)	Fruit of Choice (not supplied)	Fruit of Choice (not supplied)

*Menu plan is subject to change without notice.



WEEK 2 (DATE _____)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Breakfast Butterhorn #10995 <i>Includes:</i> • Assorted Butterhorns • Toasty O's Cereal • Apple Sauce • Nonfat Dry Milk • Enriched Drink Mix	Breakfast Tray w/Cookie #11991 <i>Includes:</i> • Chocolate Chip Muffin • Raisin Bran Cereal • Peanut Butter Packet • Grape Jelly Packet • Breakfast Cookie • Nonfat Dry Milk • Enriched Drink Mix • Whole Grain Bread	Breakfast Coffee Cake #10997 <i>Includes:</i> • Cherry Coffee Cake • Bran Flakes Cereal • Sliced Peaches • Nonfat Dry Milk • Enriched Drink Mix	Breakfast PB&J Biscuit #10998 <i>Includes:</i> • Biscuit • Peanut Butter Packet • Grape Jelly Packet • Oatmeal Packet • Sliced Peaches • Nonfat Dry Milk • Enriched Drink Mix	Breakfast Muffin #10996 <i>Includes:</i> • Breakfast Muffin • Toasty O's Cereal • Sliced Peaches • Nonfat Dry Milk • Enriched Drink Mix	Breakfast Coffee Cake #10997 <i>Includes:</i> • Cherry Coffee Cake • Bran Flakes Cereal • Sliced Peaches • Nonfat Dry Milk • Enriched Drink Mix	Breakfast Tray w/Cookie #11991 <i>Includes:</i> • Chocolate Chip Muffin • Raisin Bran Cereal • Peanut Butter Packet • Grape Jelly Packet • Breakfast Cookie • Nonfat Dry Milk • Enriched Drink Mix • Whole Grain Bread
	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694
	Spork #10802	Spork #10802	Spork #10802	Spork #10802	Spork #10802	Spork #10802	Spork #10802

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH	Homemade Meat Loaf #11754 <i>Includes:</i> • Meat Loaf • Mashed Potatoes • Gravy • Green Beans	Tuna Casserole #11726 <i>Includes:</i> • Tuna Casserole • Peas • Sliced Peaches	Chicken Casserole #11776 <i>Includes:</i> • Chicken Casserole • Broccoli • Sliced Peaches	Salisbury Beef Steak #11768 <i>Includes:</i> • Salisbury Steak • Mashed Potatoes • Beef Gravy • Sliced Peaches	Chef's Choice Meal Fruit of Choice (not supplied)	Sweet & Sour Meatballs #11792 <i>Includes:</i> • Beef Meatballs • Sweet & Sour Sauce • Oriental Vegetable Blend • White Rice • Pear Halves	Macaroni & Cheese #11704 <i>Includes:</i> • Macaroni & Cheese • Green Beans • Sliced Apples
	Whole Grain Roll #10311	Whole Grain Roll #10311	Whole Grain Roll #10311	Whole Grain Roll #10311	Whole Grain Roll #10311	Whole Grain Roll #10311	Whole Grain Roll #10311
	Oatmeal Cookies #10173	Krackle Sugar Cookies #10390	Chocolate Chip Cookies #10132	Oatmeal Cookies #10173	Oatmeal Cookies #10173	Krackle Sugar Cookies #10390	Chocolate Chip Cookies #10132
Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	Enriched Drink Mix #15851,15852 or 15853	
Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	
Spork #10802	Spork #10802	Spork #10802	Spork #10802	Spork #10802	Spork #10802	Spork #10802	

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DINNER	Roast Beef Sandwich #11961 <i>Includes:</i> • Roast Beef & Cheese • Whole Grain Bread • Mustard Packets (2) • Salad Dressing Packet • Pretzels • Lemon Sugar Cookies • Enriched Fruit Punch Drink • Napkin • Spoon	PB&J Sandwich #11956 <i>Includes:</i> • Peanut Butter Packet • Grape Jelly Packet • Whole Grain Bread • Original Sun Chips • Chocolate Brownie • Enriched Orange Drink • Napkin • Spoon	Turkey Ham Sandwich #11952 <i>Includes:</i> • Turkey Ham & Cheese • Whole Grain Bread • Mustard Packets (2) • Salad Dressing Packet • Tostitos Chips • Lemon Sugar Cookies • Enriched Fruit Punch Drink • Napkin • Spoon	Diced Chicken #10950 <i>Includes:</i> • Diced Chicken • Whole Grain Bread • Pickle Relish Packet • Salad Dressing Packet • Tostitos Chips • Yellow Cupcake • Enriched Orange Drink • Napkin • Spoon	PB&J Sandwich #11956 <i>Includes:</i> • Peanut Butter Packet • Grape Jelly Packet • Whole Grain Bread • Original Sun Chips • Chocolate Brownie • Enriched Orange Drink • Napkin • Spoon	Turkey Salami Sandwich #11953 <i>Includes:</i> • Turkey Salami & Cheese • Whole Grain Bread • Mustard Packets (2) • Salad Dressing Packet • Original Sun Chips • Oatmeal Cookies • Enriched Orange Drink • Napkin • Spoon	Diced Turkey #10949 <i>Includes:</i> • Diced Turkey • Whole Grain Hamburger Bun • Pickle Relish Packet • Salad Dressing Packet • Cheetos • Chocolate Chip Cookie • Enriched Fruit Punch Drink • Napkin • Spoon
	Fruit of Choice (not supplied)	Fruit of Choice (not supplied)	Fruit of Choice (not supplied)	Fruit of Choice (not supplied)	Fruit of Choice (not supplied)	Fruit of Choice (not supplied)	Fruit of Choice (not supplied)

*Menu plan is subject to change without notice.



WEEK 3 (DATE _____)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Breakfast Butterhorn #10995 <i>Includes:</i> • Assorted Butterhorns • Toasty O's Cereal • Apple Sauce • Nonfat Dry Milk • Enriched Drink Mix	Breakfast Tray w/Cookie #11991 <i>Includes:</i> • Chocolate Chip Muffin • Raisin Bran Cereal • Peanut Butter Packet • Grape Jelly Packet • Breakfast Cookie • Nonfat Dry Milk • Enriched Drink Mix • Whole Grain Bread	Breakfast Coffee Cake #10997 <i>Includes:</i> • Cherry Coffee Cake • Bran Flakes Cereal • Sliced Peaches • Nonfat Dry Milk • Enriched Drink Mix	Breakfast PB&J Biscuit #10998 <i>Includes:</i> • Biscuit • Peanut Butter Packet • Grape Jelly Packet • Oatmeal Packet • Sliced Peaches • Nonfat Dry Milk • Enriched Drink Mix	Breakfast Muffin #10996 <i>Includes:</i> • Breakfast Muffin • Toasty O's Cereal • Sliced Peaches • Nonfat Dry Milk • Enriched Drink Mix	Breakfast Coffee Cake #10997 <i>Includes:</i> • Cherry Coffee Cake • Bran Flakes Cereal • Sliced Peaches • Nonfat Dry Milk • Enriched Drink Mix	Breakfast Tray w/Cookie #11991 <i>Includes:</i> • Chocolate Chip Muffin • Raisin Bran Cereal • Peanut Butter Packet • Grape Jelly Packet • Breakfast Cookie • Nonfat Dry Milk • Enriched Drink Mix • Whole Grain Bread
	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694
	Spork #10802	Spork #10802	Spork #10802	Spork #10802	Spork #10802	Spork #10802	Spork #10802

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH	Vegetable Chow Mein #11793 <i>Includes:</i> • Chicken Chow Mein • Rice w/Peppers • Sliced Peaches	Soft Chicken Taco #11770 <i>Includes:</i> • Chicken Taco • Tator Puffs • Mexicali Corn	Texas Chili & Cheese #11729 <i>Includes:</i> • Chilli con Carne • Shredded Cheese • Rice w/Pimientos & Peppers • Broccoli	Hot Turkey Sandwich #11763 <i>Includes:</i> • Sliced Turkey • White Bread • Mashed Potatoes • Chicken Gravy • Green Beans	Chef's Choice Meal Fruit of Choice (not supplied)	Cheesy Crab Bake #11794 <i>Includes:</i> • Rotini w/Cheese Sauce • Imitation Crab Sauté w/Cheese • Mixed Vegetables	Chicken Patty & Rice #11757 <i>Includes:</i> • Chicken Patty • Rice w/Red Beans • Mixed Vegetables • Sliced Spiced Peaches
	Whole Grain Roll #10311	Oatmeal Cookies #10173	Whole Grain Roll #10311	Chocolate Chip Cookies #10132	Whole Grain Roll #10311	Whole Grain Roll #10311	Whole Grain Roll #10311
	Chocolate Chip Cookies #10132	Enriched Drink Mix #15851, 15852 or 15853	Krackle Sugar Cookies #10390	Enriched Drink Mix #15851, 15852 or 15853	Oatmeal Cookies #10173	Enriched Drink Mix #15851, 15852 or 15853	Krackle Sugar Cookies #10390
Enriched Drink Mix #15851, 15852 or 15853	Enriched Drink Mix #15851, 15852 or 15853	Enriched Drink Mix #15851, 15852 or 15853	Enriched Drink Mix #15851, 15852 or 15853	Enriched Drink Mix #15851, 15852 or 15853	Enriched Drink Mix #15851, 15852 or 15853	Enriched Drink Mix #15851, 15852 or 15853	
Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	Napkin #10694	
Spork #10802	Spork #10802	Spork #10802	Spork #10802	Spork #10802	Spork #10802	Spork #10802	

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DINNER	Roast Beef Sandwich #11961 <i>Includes:</i> • Roast Beef & Cheese • Whole Grain Bread • Mustard Packets (2) • Salad Dressing Packet • Pretzels • Lemon Sugar Cookies • Enriched Fruit Punch Drink • Napkin • Spoon	PB&J Sandwich #11956 <i>Includes:</i> • Peanut Butter Packet • Grape Jelly Packet • Whole Grain Bread • Original Sun Chips • Chocolate Brownie • Enriched Orange Drink • Napkin • Spoon	Turkey Ham Sandwich #11952 <i>Includes:</i> • Turkey Ham & Cheese • Whole Grain Bread • Mustard Packets (2) • Salad Dressing Packet • Tostitos Chips • Lemon Sugar Cookies • Enriched Fruit Punch Drink • Napkin • Spoon	Diced Chicken #10950 <i>Includes:</i> • Diced Chicken • Whole Grain Bread • Pickle Relish Packet • Salad Dressing Packet • Tostitos Chips • Yellow Cupcake • Enriched Orange Drink • Napkin • Spoon	PB&J Sandwich #11956 <i>Includes:</i> • Peanut Butter Packet • Grape Jelly Packet • Whole Grain Bread • Original Sun Chips • Chocolate Brownie • Enriched Orange Drink • Napkin • Spoon	Turkey Salami Sandwich #11953 <i>Includes:</i> • Turkey Salami & Cheese • Whole Grain Bread • Mustard Packets (2) • Salad Dressing Packet • Original Sun Chips • Oatmeal Cookies • Enriched Orange Drink • Napkin • Spoon	Diced Turkey #10949 <i>Includes:</i> • Diced Turkey • Whole Grain Hamburger Bun • Pickle Relish Packet • Salad Dressing Packet • Cheetos • Chocolate Chip Cookie • Enriched Fruit Punch Drink • Napkin • Spoon
	Fruit of Choice (not supplied)	Fruit of Choice (not supplied)	Fruit of Choice (not supplied)	Fruit of Choice (not supplied)	Fruit of Choice (not supplied)	Fruit of Choice (not supplied)	Fruit of Choice (not supplied)

*Menu plan is subject to change without notice.

WEEK 1 TOTALS	Weight (g)	Cal. (kcal)	Protein (g)	Fat (g)	SatFat (g)	TransFat (g)	Carb. (g)	Chol. (mg)	Calc. (mg)	Sod. (mg)	Vit. C (mg)	Fiber (g)	Vit. A (RE)	Iron (mg)	Pot. (mg)
(Day 1) Sunday	1199	2251	83	66	31	0	324	185	1945	2460	266	24	7796	25	1950
(Day 2) Monday	1409	3026	89	95	22	0	465	93	1595	1927	328	41	2995	39	2364
(Day 3) Tuesday	1228	2322	71	71	30	0	354	134	1810	2727	316	28	5664	35	2348
(Day 4) Wednesday	1078	2176	80	74	19	0	301	175	1719	2093	262	24	2801	21	2111
(Day 5) Thursday	1313	2685	93	81	21	0	408	261	1805	2599	223	33	2553	35	2269
(Day 6) Friday	1313	2685	93	81	21	0	408	261	1805	2599	223	33	2553	35	2269
(Day 7) Saturday	1279	2784	81	83	26	0	424	149	1708	2362	255	33	4022	25	2122
WEEK 1 TOTAL NUTRITION	8818	17929	591	551	171	0	2684	1259	12388	16768	1873	216	28384	215	15433
AVERAGE DAILY NUTRITION*	1260	2561	84	79	24	0	383	180	1770	2395	268	31	4055	31	2205
DAILY AVERAGE %	NA	102%	159%	97%	98%	0%	93%	60%	161%	100%	357%	123%	N/A	170%	N/A

WEEK 2 TOTALS	Weight (g)	Cal. (kcal)	Protein (g)	Fat (g)	SatFat (g)	TransFat (g)	Carb. (g)	Chol. (mg)	Calc. (mg)	Sod. (mg)	Vit. C (mg)	Fiber (g)	Vit. A (RE)	Iron (mg)	Pot. (mg)
(Day 8) Sunday	1108	2245	77	74	31	0	307	196	1942	2845	280	21	8113	25	2182
(Day 9) Monday	1359	3055	99	97	24	0	458	99	1635	1968	325	42	1811	39	2051
(Day 10) Tuesday	1211	2240	76	73	31	0	323	168	1713	2398	318	25	6228	29	2056
(Day 11) Wednesday	1200	2209	83	70	19	0	314	196	1808	2418	233	23	2071	22	1959
(Day 12) Thursday	1332	2552	91	68	17	0	402	248	1790	2683	225	30	3383	32	2142
(Day 13) Friday	1234	2144	61	55	22	0	351	137	1655	2368	314	26	7273	31	1679
(Day 14) Saturday	1214	2752	82	87	28	0	406	123	1971	2384	243	33	2104	23	2004
WEEK 2 TOTAL NUTRITION	8658	17199	569	524	173	0	2561	1166	12514	17063	1938	200	30984	200	14073
AVERAGE DAILY NUTRITION*	1237	2457	81	75	25	0	366	167	1788	2438	277	29	4426	29	2010
DAILY AVERAGE %	NA	98%	153%	92%	99%	0%	89%	56%	163%	102%	369%	114%	N/A	159%	N/A

WEEK 3 TOTALS	Weight (g)	Cal. (kcal)	Protein (g)	Fat (g)	SatFat (g)	TransFat (g)	Carb. (g)	Chol. (mg)	Calc. (mg)	Sod. (mg)	Vit. C (mg)	Fiber (g)	Vit. A (RE)	Iron (mg)	Pot. (mg)
(Day 15) Sunday	1151	2258	69	66	29	1	339	169	1836	2785	266	21	8194	25	1741
(Day 16) Monday	1225	3114	88	102	24	0	472	87	1628	2547	322	44	1699	43	2359
(Day 17) Tuesday	1169	2195	66	65	28	0	337	141	1795	2382	332	28	6038	32	2052
(Day 18) Wednesday	1189	2083	82	69	18	0	289	167	1762	2626	240	23	2418	19	1674
(Day 19) Thursday	1453	2768	94	81	21	0	426	261	1836	2600	261	36	2741	35	2467
(Day 20) Friday	1147	2194	67	68	28	0	328	121	1941	3097	307	26	6736	30	1765
(Day 21) Saturday	1244	2858	90	83	24	0	433	143	1696	2790	245	36	2945	25	1976
WEEK 3 TOTAL NUTRITION	8576	17471	556	534	173	1	2624	1090	12494	18828	1972	214	30771	209	14033
AVERAGE DAILY NUTRITION*	1225	2496	79	76	25	0	375	156	1785	2690	282	31	4396	30	2005
DAILY AVERAGE %	NA	100%	150%	94%	99%	0%	91%	52%	162%	112%	376%	122%	N/A	166%	N/A

*Daily nutritional values used: Cal. 2500 Protein 53 Fat 81 SatFat 25 TransFat 0 Carb. 412 Chol. 300 Calc. 1100 Sod. 2400 Vit. C 75 Fiber 25 Vit. A N/A Iron 18 Pot. N/A



(DATE _____)