

WEEK 1 (DATE \_\_\_\_\_ )

|           | SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|-----------|---|--|---|--|---|--|---|
| BREAKFAST | <b>Breakfast Tray D</b><br>#14634PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain O's cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Pumpkin breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray F</b><br>#14636PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain rice &amp; wheat cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Apple breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray D</b><br>#14634PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain O's cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Pumpkin breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray F</b><br>#14636PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain rice &amp; wheat cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Apple breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray D</b><br>#14634PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain O's cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Pumpkin breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray F</b><br>#14636PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain rice &amp; wheat cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Apple breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray D</b><br>#14634PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain O's cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Pumpkin breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> |

|       | SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY                  | FRIDAY   | SATURDAY   |
|-------|--|---|---|--|---------------------------|--|--|
| LUNCH | <b>Creamy Chicken Casserole</b><br>#12786 includes:<br><ul style="list-style-type: none"> <li>• Chicken &amp; gravy</li> <li>• Seasoned rotini</li> <li>• 4-way vegetable blend</li> </ul> | <b>Sloppy Joe</b><br>#12703 includes:<br><ul style="list-style-type: none"> <li>• Sloppy joe sauce w/beef</li> <li>• Chunk roasted potatoes</li> <li>• 4-way vegetable blend</li> </ul> | <b>Beans &amp; Franks</b><br>#12727 includes:<br><ul style="list-style-type: none"> <li>• Turkey hot dog</li> <li>• Baked beans</li> <li>• 4-way vegetable blend</li> </ul> | <b>Grilled Ham &amp; Cheese w/Soup</b><br>#12721 includes:<br><ul style="list-style-type: none"> <li>• Ham &amp; cheese sandwich</li> <li>• Tomato soup</li> </ul> | <b>Chef's Choice Meal</b> | <b>Chicken Patty w/Ranchero</b><br>#12764 includes:<br><ul style="list-style-type: none"> <li>• Chicken fritters</li> <li>• Ranchero sauce</li> <li>• White rice</li> <li>• Green beans</li> </ul> | <b>Teriyaki Chicken</b><br>#12707 includes:<br><ul style="list-style-type: none"> <li>• Teriyaki chicken w/sauce</li> <li>• White rice</li> <li>• 4-way vegetable blend</li> </ul> |
|       | <b>WG Dinner Roll</b> #10077<br><b>Snickerdoodle Cookies</b> #10129<br><b>Enriched Drink Mix</b><br>#15540 or #15542   | <b>WG Dinner Roll</b> #10077<br><b>Snickerdoodle Cookies</b> #10129<br><b>Enriched Drink Mix</b><br>#15540 or #15542  | <b>WG Dinner Roll</b> #10077<br><b>Snickerdoodle Cookies</b> #10129<br><b>Enriched Drink Mix</b><br>#15540 or #15542  | <b>WG Dinner Roll</b> #10077<br><b>Chocolate Chip Cookies</b> #10133<br><b>Enriched Drink Mix</b><br>#15540 or #15542  |                           | <b>WG Dinner Roll</b> #10077<br><b>Molasses Cookies</b> #10135<br><b>Enriched Drink Mix</b><br>#15540 or #15542  | <b>WG Dinner Roll</b> #10077<br><b>Molasses Cookies</b> #10135<br><b>Enriched Drink Mix</b><br>#15540 or #15542  |

|        | SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|--------|--|--|---|--|--|---|--|
| DINNER | <b>Peanut Butter &amp; Jelly Sandwich</b><br>#11956 includes:<br><ul style="list-style-type: none"> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• WG bread slices</li> <li>• Sunchips original</li> <li>• Chocolate brownie</li> <li>• Enriched grape drink</li> </ul> | <b>Turkey Salami Sandwich</b><br>#11953 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey salami</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips original</li> <li>• Chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul> | <b>Turkey Bologna Sandwich</b><br>#11954 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips cheddar</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul> | <b>Turkey Salami Sandwich</b><br>#11953 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey salami</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips original</li> <li>• Chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul> | <b>Peanut Butter &amp; Jelly Sandwich</b><br>#11956 includes:<br><ul style="list-style-type: none"> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• WG bread slices</li> <li>• Sunchips original</li> <li>• Chocolate brownie</li> <li>• Enriched grape drink</li> </ul> | <b>Turkey Bologna Sandwich</b><br>#11954 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips cheddar</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul> | <b>Turkey Salami Sandwich</b><br>#11953 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey salami</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips original</li> <li>• Chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul> |

NOTE: Menu plan is subject to change without notice.

WEEK 2 (DATE \_\_\_\_\_ )

|           | SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|-----------|--|---|--|---|--|---|--|
| BREAKFAST | <b>Breakfast Tray F</b><br>#14636PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain rice &amp; wheat cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Apple breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray D</b><br>#14634PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain O's cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Pumpkin breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray F</b><br>#14636PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain rice &amp; wheat cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Apple breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray D</b><br>#14634PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain O's cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Pumpkin breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray F</b><br>#14636PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain rice &amp; wheat cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Apple breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray D</b><br>#14634PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain O's cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Pumpkin breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray F</b><br>#14636PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain rice &amp; wheat cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Apple breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> |

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|-------|---|--|--|--|---|--------|--|--|
| LUNCH | <b>Sesame Ginger Beef</b><br>#12732 includes:<br><ul style="list-style-type: none"> <li>• Sesame Ginger Beef</li> <li>• White rice</li> <li>• Vegetables</li> </ul> | <b>Spaghetti w/Meat Sauce</b><br>#12767 includes:<br><ul style="list-style-type: none"> <li>• Spaghetti w/meat sauce</li> <li>• Green beans</li> </ul> | <b>Country Fried Chicken</b><br>#12772 includes:<br><ul style="list-style-type: none"> <li>• Chicken &amp; beef patty w/gravy</li> <li>• Mashed potatoes</li> <li>• Diced carrots</li> </ul> | <b>Beef Goulash w/Macaroni</b><br>#12734 includes:<br><ul style="list-style-type: none"> <li>• German style goulash w/ ground beef</li> <li>• Macaroni</li> <li>• Green beans</li> </ul> | <b>Chef's Choice Meal</b>   |        | <b>Macaroni &amp; Cheese</b><br>#14801 includes:<br><ul style="list-style-type: none"> <li>• Macaroni w/cheese sauce</li> <li>• Green beans</li> </ul> | <b>Vegetable Beef Stew</b><br>#12766 includes:<br><ul style="list-style-type: none"> <li>• Vegetable stew w/beef</li> <li>• White rice</li> <li>• Diced carrots</li> </ul> |
|       | <b>WG Dinner Roll</b> #10077<br><b>Chocolate Chip Cookies</b> #10133<br><b>Enriched Drink Mix</b><br>#15540 or #15542   | <b>WG Dinner Roll</b> #10077<br><b>Snickerdoodle Cookies</b> #10129<br><b>Enriched Drink Mix</b><br>#15540 or #15542                                   | <b>WG Dinner Roll</b> #10077<br><b>Molasses Cookies</b> #10135<br><b>Enriched Drink Mix</b><br>#15540 or #15542  | <b>WG Dinner Roll</b> #10077<br><b>Molasses Cookies</b> #10135<br><b>Enriched Drink Mix</b><br>#15540 or #15542  | <b>WG Dinner Roll</b> #10077<br><b>Molasses Cookies</b> #10135<br><b>Enriched Drink Mix</b><br>#15540 or #15542 |        | <b>WG Dinner Roll</b> #10077<br><b>Chocolate Chip Cookies</b> #10133<br><b>Enriched Drink Mix</b><br>#15540 or #15542                                  | <b>WG Dinner Roll</b> #10077<br><b>Snickerdoodle Cookies</b> #10129<br><b>Enriched Drink Mix</b><br>#15540 or #15542   |

|        | SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|--------|--|---|--|---|--|--|---|
| DINNER | <b>Peanut Butter &amp; Jelly Sandwich</b><br>#11956 includes:<br><ul style="list-style-type: none"> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• WG bread slices</li> <li>• Sunchips original</li> <li>• Chocolate brownie</li> <li>• Enriched grape drink</li> </ul> | <b>Turkey Bologna Sandwich</b><br>#11954 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips cheddar</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul> | <b>Turkey Salami Sandwich</b><br>#11953 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey salami</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips original</li> <li>• Chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul> | <b>Turkey Bologna Sandwich</b><br>#11954 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips cheddar</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul> | <b>Peanut Butter &amp; Jelly Sandwich</b><br>#11956 includes:<br><ul style="list-style-type: none"> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• WG bread slices</li> <li>• Sunchips original</li> <li>• Chocolate brownie</li> <li>• Enriched grape drink</li> </ul> | <b>Turkey Salami Sandwich</b><br>#11953 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey salami</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips original</li> <li>• Chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul> | <b>Turkey Bologna Sandwich</b><br>#11954 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips cheddar</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul> |

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WEEK 3 (DATE \_\_\_\_\_ )

|           | SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|-----------|--|---|--|---|--|---|--|
| BREAKFAST | <b>Breakfast Tray F</b><br>#14636PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain rice &amp; wheat cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Apple breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray D</b><br>#14634PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain O's cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Pumpkin breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray F</b><br>#14636PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain rice &amp; wheat cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Apple breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray D</b><br>#14634PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain O's cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Pumpkin breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray F</b><br>#14636PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain rice &amp; wheat cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Apple breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray D</b><br>#14634PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain O's cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Pumpkin breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray F</b><br>#14636PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain rice &amp; wheat cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Apple breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> |

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|-------|---|---|--|--|---|--|--|
| LUNCH | <b>Chili Con Carne</b><br>#12719 includes:<br><ul style="list-style-type: none"> <li>• Chilli sauce w/beef &amp; beans</li> <li>• Shredded cheese</li> <li>• White rice</li> <li>• 4-way vegetable blend</li> </ul> | <b>Beans &amp; Franks</b><br>#12727 includes:<br><ul style="list-style-type: none"> <li>• Turkey hot dog</li> <li>• Baked beans</li> <li>• 4-way vegetable blend</li> </ul> | <b>Creamy Tuna Casserole</b><br>#12726 includes:<br><ul style="list-style-type: none"> <li>• Tuna casserole</li> <li>• White rice</li> <li>• Vegetables</li> </ul> | <b>Creamy Chicken Alfredo</b><br>#12706 includes:<br><ul style="list-style-type: none"> <li>• Chicken alfredo</li> <li>• Rotini</li> <li>• Corn</li> </ul> | <b>Chef's Choice Meal</b>   | <b>Huevos Rancheros</b><br>#14803 includes:<br><ul style="list-style-type: none"> <li>• Huevos rancheros</li> <li>• Green chili grits</li> </ul> | <b>BBQ Chicken Patty</b><br>#12757 includes:<br><ul style="list-style-type: none"> <li>• Chicken patty w/bbq sauce</li> <li>• White rice</li> <li>• Pinto beans</li> </ul> |
|       | <b>WG Dinner Roll</b> #10077<br><b>Snickerdoodle Cookies</b> #10129<br><b>Enriched Drink Mix</b><br>#15540 or #15542  | <b>WG Dinner Roll</b> #10077<br><b>Molasses Cookies</b> #10135<br><b>Enriched Drink Mix</b><br>#15540 or #15542   | <b>WG Dinner Roll</b> #10077<br><b>Snickerdoodle Cookies</b> #10129<br><b>Enriched Drink Mix</b><br>#15540 or #15542   | <b>WG Dinner Roll</b> #10077<br><b>Chocolate Chip Cookies</b> #10133<br><b>Enriched Drink Mix</b><br>#15540 or #15542                                      | <b>WG Dinner Roll</b> #10077<br><b>Molasses Cookies</b> #10135<br><b>Enriched Drink Mix</b><br>#15540 or #15542 | <b>WG Dinner Roll</b> #10077<br><b>Snickerdoodle Cookies</b> #10129<br><b>Enriched Drink Mix</b><br>#15540 or #15542                             | <b>WG Dinner Roll</b> #10077<br><b>Snickerdoodle Cookies</b> #10129<br><b>Enriched Drink Mix</b><br>#15540 or #15542   |

|        | SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|--------|--|--|---|--|--|---|--|
| DINNER | <b>Peanut Butter &amp; Jelly Sandwich</b><br>#11956 includes:<br><ul style="list-style-type: none"> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• WG bread slices</li> <li>• Sunchips original</li> <li>• Chocolate brownie</li> <li>• Enriched grape drink</li> </ul> | <b>Turkey Salami Sandwich</b><br>#11953 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey salami</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips original</li> <li>• Chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul> | <b>Turkey Bologna Sandwich</b><br>#11954 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips cheddar</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul> | <b>Turkey Salami Sandwich</b><br>#11953 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey salami</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips original</li> <li>• Chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul> | <b>Peanut Butter &amp; Jelly Sandwich</b><br>#11956 includes:<br><ul style="list-style-type: none"> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• WG bread slices</li> <li>• Sunchips original</li> <li>• Chocolate brownie</li> <li>• Enriched grape drink</li> </ul> | <b>Turkey Bologna Sandwich</b><br>#11954 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips cheddar</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul> | <b>Turkey Salami Sandwich</b><br>#11953 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey salami</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips original</li> <li>• Chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul> |

NOTE: Menu plan is subject to change without notice.

WEEK 4 (DATE \_\_\_\_\_ )

|           | SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|-----------|---|--|---|--|---|--|---|
| BREAKFAST | <b>Breakfast Tray D</b><br>#14634PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain O's cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Pumpkin breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray F</b><br>#14636PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain rice &amp; wheat cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Apple breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray D</b><br>#14634PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain O's cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Pumpkin breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray F</b><br>#14636PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain rice &amp; wheat cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Apple breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray D</b><br>#14634PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain O's cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Pumpkin breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray F</b><br>#14636PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain rice &amp; wheat cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Apple breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> | <b>Breakfast Tray D</b><br>#14634PB includes:<br><ul style="list-style-type: none"> <li>• Orange muffin</li> <li>• Multigrain O's cereal</li> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• Pumpkin breakfast bar</li> <li>• Nonfat dry milk</li> <li>• Grape drink mix</li> <li>• WG bread slices</li> </ul> |

|       | SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|-------|---|---|--|--|---|---|--|
| LUNCH | <b>Chili &amp; Cheese Dog</b><br>#12725 includes:<br><ul style="list-style-type: none"> <li>• Turkey hot dog</li> <li>• Chili sauce w/meat and beans</li> <li>• Cheddar cheese</li> </ul> | <b>Lasagna</b><br>#12756 includes:<br><ul style="list-style-type: none"> <li>• Lasagna</li> <li>• Mozzarella cheese</li> <li>• Green beans</li> </ul> | <b>Chicken Link w/Pasta Marinara</b><br>#12758 includes:<br><ul style="list-style-type: none"> <li>• Chicken sausage link</li> <li>• Rotini w/marinara sauce</li> <li>• 4-way vegetable blend</li> </ul> | <b>Tamale Pie</b><br>#12724 includes:<br><ul style="list-style-type: none"> <li>• Chili and corn blend</li> <li>• Corn tortilla</li> <li>• Shredded cheddar cheese</li> <li>• Green beans</li> </ul> | <b>Chef's Choice Meal</b>   | <b>Brown Gravy w/Beef</b><br>#12713 includes:<br><ul style="list-style-type: none"> <li>• Brown gravy &amp; beef</li> <li>• Mashed potatoes</li> <li>• Diced carrots</li> </ul> | <b>Beef, Turkey, Cheese Pizza Wrap</b><br>#12705 includes:<br><ul style="list-style-type: none"> <li>• Beef, turkey, cheese pizza wrap</li> <li>• Chunk roasted potatoes</li> <li>• Diced carrots</li> </ul> |
|       | <b>WG Dinner Roll</b> #10077<br><b>Molasses Cookies</b> #10135<br><b>Enriched Drink Mix</b><br>#15540 or #15542   | <b>WG Dinner Roll</b> #10077<br><b>Snickerdoodle Cookies</b> #10129<br><b>Enriched Drink Mix</b><br>#15540 or #15542                                  | <b>WG Dinner Roll</b> #10077<br><b>Snickerdoodle Cookies</b> #10129<br><b>Enriched Drink Mix</b><br>#15540 or #15542   | <b>WG Dinner Roll</b> #10077<br><b>Chocolate Chip Cookies</b> #10133<br><b>Enriched Drink Mix</b><br>#15540 or #15542  | <b>WG Dinner Roll</b> #10077<br><b>Molasses Cookies</b> #10135<br><b>Enriched Drink Mix</b><br>#15540 or #15542 | <b>WG Dinner Roll</b> #10077<br><b>Snickerdoodle Cookies</b> #10129<br><b>Enriched Drink Mix</b><br>#15540 or #15542  | <b>WG Dinner Roll</b> #10077<br><b>Snickerdoodle Cookies</b> #10129<br><b>Enriched Drink Mix</b><br>#15540 or #15542   |

|        | SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|--------|--|---|--|---|--|--|---|
| DINNER | <b>Peanut Butter &amp; Jelly Sandwich</b><br>#11956 includes:<br><ul style="list-style-type: none"> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• WG bread slices</li> <li>• Sunchips original</li> <li>• Chocolate brownie</li> <li>• Enriched grape drink</li> </ul> | <b>Turkey Bologna Sandwich</b><br>#11954 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips cheddar</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul> | <b>Turkey Salami Sandwich</b><br>#11953 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey salami</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips original</li> <li>• Chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul> | <b>Turkey Bologna Sandwich</b><br>#11954 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips cheddar</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul> | <b>Peanut Butter &amp; Jelly Sandwich</b><br>#11956 includes:<br><ul style="list-style-type: none"> <li>• Peanut butter packet</li> <li>• Grape jelly packet</li> <li>• WG bread slices</li> <li>• Sunchips original</li> <li>• Chocolate brownie</li> <li>• Enriched grape drink</li> </ul> | <b>Turkey Salami Sandwich</b><br>#11953 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey salami</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips original</li> <li>• Chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul> | <b>Turkey Bologna Sandwich</b><br>#11954 includes:<br><ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets (2)</li> <li>• Salad dressing packet</li> <li>• Sunchips cheddar</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul> |

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WASHINGTON STATE  
CORRECTIONAL INDUSTRIES

( DATE \_\_\_\_\_ )

| WEEK 1 TOTALS          | Calories      | Protein (g) | Fat (g)    | SatFat (g) | Trans (g) | Carb. (g)    | Chol. (mg)   | Calc. (mg)    | Sod. (mg)     | Vit. C (mg)  | Fiber (g)  | Iron (mg)  |
|------------------------|---------------|-------------|------------|------------|-----------|--------------|--------------|---------------|---------------|--------------|------------|------------|
| (Day 1) Sun            | 2,685         | 96          | 82         | 22         | 0         | 415          | 191          | 1,922         | 3,027         | 228          | 30         | 25         |
| (Day 2) Mon            | 2,883         | 103         | 102        | 21         | 1         | 452          | 106          | 1,579         | 3,101         | 217          | 38         | 34         |
| (Day 3) Tue            | 2,671         | 95          | 92         | 33         | 0         | 389          | 175          | 1,614         | 2,358         | 207          | 58         | 29         |
| (Day 4) Wed            | 2,797         | 89          | 87         | 19         | 2         | 377          | 203          | 1,649         | 2,848         | 261          | 28         | 25         |
| (Day 5) Thu            | 3,006         | 103         | 110        | 25         | 0         | 458          | 131          | 1,919         | 2,565         | 241          | 35         | 31         |
| (Day 6) Fri            | 2,837         | 82          | 80         | 18         | 0         | 433          | 170          | 1,874         | 3,053         | 268          | 36         | 25         |
| (Day 7) Sat            | 2,696         | 79          | 87         | 21         | 2         | 380          | 183          | 1,599         | 3,039         | 229          | 35         | 24         |
| <b>TOTAL NUTRITION</b> | <b>19,575</b> | <b>647</b>  | <b>640</b> | <b>159</b> | <b>5</b>  | <b>2,904</b> | <b>1,159</b> | <b>12,156</b> | <b>19,991</b> | <b>1,651</b> | <b>260</b> | <b>193</b> |
| <b>DAILY AVERAGE*</b>  | <b>2,796</b>  | <b>92</b>   | <b>91</b>  | <b>23</b>  | <b>1</b>  | <b>415</b>   | <b>167</b>   | <b>1,737</b>  | <b>2,856</b>  | <b>236</b>   | <b>37</b>  | <b>28</b>  |
| *Daily values used:    | 2500          | 53          | 81         | 25         | 0         | 412          | 300          | 1100          | 2400          | 75           | 25         | 18         |

| WEEK 2 TOTALS          | Calories      | Protein (g) | Fat (g)    | SatFat (g) | Trans (g) | Carb. (g)    | Chol. (mg)   | Calc. (mg)    | Sod. (mg)     | Vit. C (mg)  | Fiber (g)  | Iron (mg)  |
|------------------------|---------------|-------------|------------|------------|-----------|--------------|--------------|---------------|---------------|--------------|------------|------------|
| (Day 8) Sun            | 2,898         | 99          | 59         | 13         | 0         | 389          | 125          | 1,217         | 3,122         | 305          | 55         | 33         |
| (Day 9) Mon            | 2,931         | 104         | 110        | 24         | 1         | 467          | 182          | 1,901         | 2,432         | 235          | 46         | 28         |
| (Day 10) Tue           | 2,655         | 82          | 91         | 25         | 1         | 354          | 199          | 1,880         | 3,222         | 260          | 29         | 21         |
| (Day 11) Wed           | 2,772         | 88          | 90         | 22         | 1         | 378          | 166          | 1,362         | 2,887         | 268          | 31         | 38         |
| (Day 12) Thu           | 2,999         | 98          | 106        | 27         | 0         | 463          | 157          | 2,034         | 2,488         | 219          | 38         | 31         |
| (Day 13) Fri           | 2,522         | 89          | 83         | 22         | 0         | 366          | 154          | 2,006         | 2,842         | 258          | 32         | 26         |
| (Day 14) Sat           | 3,059         | 85          | 102        | 31         | 2         | 404          | 216          | 1,853         | 2,924         | 231          | 36         | 25         |
| <b>TOTAL NUTRITION</b> | <b>19,836</b> | <b>645</b>  | <b>641</b> | <b>164</b> | <b>5</b>  | <b>2,821</b> | <b>1,199</b> | <b>12,253</b> | <b>19,917</b> | <b>1,797</b> | <b>267</b> | <b>202</b> |
| <b>DAILY AVERAGE*</b>  | <b>2,834</b>  | <b>92</b>   | <b>92</b>  | <b>23</b>  | <b>1</b>  | <b>403</b>   | <b>171</b>   | <b>1,750</b>  | <b>2,845</b>  | <b>257</b>   | <b>38</b>  | <b>29</b>  |
| *Daily values used:    | 2500          | 53          | 81         | 25         | 0         | 412          | 300          | 1100          | 2400          | 75           | 25         | 18         |

| WEEK 3 TOTALS          | Calories      | Protein (g) | Fat (g)    | SatFat (g) | Trans (g) | Carb. (g)    | Chol. (mg)   | Calc. (mg)    | Sod. (mg)     | Vit. C (mg)  | Fiber (g)  | Iron (mg)  |
|------------------------|---------------|-------------|------------|------------|-----------|--------------|--------------|---------------|---------------|--------------|------------|------------|
| (Day 15) Sun           | 2,718         | 85          | 79         | 23         | 0         | 429          | 152          | 1,733         | 2,711         | 249          | 31         | 28         |
| (Day 16) Mon           | 2,863         | 98          | 107        | 27         | 0         | 438          | 148          | 1,711         | 2,825         | 236          | 58         | 37         |
| (Day 17) Tue           | 2,688         | 93          | 88         | 29         | 0         | 357          | 144          | 2,236         | 3,402         | 245          | 31         | 22         |
| (Day 18) Wed           | 2,508         | 83          | 81         | 22         | 0         | 366          | 179          | 1,374         | 2,642         | 201          | 25         | 20         |
| (Day 19) Thu           | 2,719         | 82          | 94         | 21         | 0         | 369          | 106          | 1,591         | 1,963         | 159          | 34         | 32         |
| (Day 20) Fri           | 2,426         | 78          | 87         | 23         | 0         | 341          | 207          | 1,793         | 2,941         | 204          | 35         | 20         |
| (Day 21) Sat           | 2,484         | 84          | 79         | 20         | 0         | 349          | 124          | 1,607         | 2,733         | 194          | 49         | 22         |
| <b>TOTAL NUTRITION</b> | <b>18,406</b> | <b>603</b>  | <b>615</b> | <b>165</b> | <b>0</b>  | <b>2,649</b> | <b>1,060</b> | <b>12,045</b> | <b>19,217</b> | <b>1,488</b> | <b>263</b> | <b>181</b> |
| <b>DAILY AVERAGE*</b>  | <b>2,629</b>  | <b>87</b>   | <b>88</b>  | <b>24</b>  | <b>0</b>  | <b>378</b>   | <b>151</b>   | <b>1,721</b>  | <b>2,745</b>  | <b>213</b>   | <b>38</b>  | <b>26</b>  |
| *Daily values used:    | 2500          | 53          | 81         | 25         | 0         | 412          | 300          | 1100          | 2400          | 75           | 25         | 18         |

| WEEK 4 TOTALS          | Calories      | Protein (g) | Fat (g)    | SatFat (g) | Trans (g) | Carb. (g)    | Chol. (mg)   | Calc. (mg)    | Sod. (mg)     | Vit. C (mg)  | Fiber (g)  | Iron (mg)  |
|------------------------|---------------|-------------|------------|------------|-----------|--------------|--------------|---------------|---------------|--------------|------------|------------|
| (Day 22) Sun           | 2,612         | 93          | 93         | 26         | 0         | 379          | 213          | 2,071         | 3,016         | 303          | 21         | 28         |
| (Day 23) Mon           | 3,281         | 118         | 116        | 30         | 0         | 442          | 189          | 1,823         | 3,397         | 235          | 49         | 36         |
| (Day 24) Tue           | 2,828         | 88          | 90         | 28         | 0         | 438          | 106          | 1,797         | 3,581         | 324          | 35         | 27         |
| (Day 25) Wed           | 2,544         | 80          | 85         | 29         | 0         | 305          | 178          | 1,930         | 2,213         | 299          | 43         | 20         |
| (Day 26) Thu           | 2,570         | 87          | 76         | 25         | 0         | 397          | 144          | 1,732         | 3,001         | 286          | 35         | 26         |
| (Day 27) Fri           | 2,431         | 80          | 79         | 23         | 0         | 342          | 136          | 1,708         | 2,882         | 194          | 35         | 22         |
| (Day 28) Sat           | 2,416         | 75          | 83         | 24         | 0         | 360          | 103          | 1,683         | 2,448         | 202          | 31         | 26         |
| <b>TOTAL NUTRITION</b> | <b>18,682</b> | <b>621</b>  | <b>622</b> | <b>185</b> | <b>0</b>  | <b>2,663</b> | <b>1,069</b> | <b>12,744</b> | <b>20,538</b> | <b>1,843</b> | <b>249</b> | <b>185</b> |
| <b>DAILY AVERAGE*</b>  | <b>2,695</b>  | <b>89</b>   | <b>89</b>  | <b>26</b>  | <b>0</b>  | <b>380</b>   | <b>153</b>   | <b>1,821</b>  | <b>2,934</b>  | <b>263</b>   | <b>36</b>  | <b>26</b>  |
| *Daily values used:    | 2500          | 53          | 81         | 25         | 0         | 412          | 300          | 1100          | 2400          | 75           | 25         | 18         |