

WEEK 1 DATE \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	<b>Breakfast Tray D</b> #14634PB includes: <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> #14636PB includes: <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> #14634PB includes: <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> #14636PB includes: <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> #14634PB includes: <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> #14636PB includes: <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> #14634PB includes: <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
<b>LUNCH</b>	<b>Creamy Chicken Alfredo</b> #12706 includes: <ul style="list-style-type: none"> <li>• Chicken alfredo</li> <li>• Rotini</li> <li>• Corn</li> </ul>	<b>Sloppy Joe</b> #12703 includes: <ul style="list-style-type: none"> <li>• Sloppy joe sauce w/beef</li> <li>• Chunk roasted potatoes</li> <li>• Diced carrots</li> </ul>	<b>Huevos Rancheros</b> #14803 includes: <ul style="list-style-type: none"> <li>• Huevos rancheros</li> <li>• Green chili grits</li> </ul>	<b>Country Fried Steak</b> #12772 includes: <ul style="list-style-type: none"> <li>• Chicken &amp; beef patty w/gravy</li> <li>• Mashed potatoes</li> <li>• Vegetables</li> </ul>	<b>Chef's Choice Meal</b> 	<b>Chicken Patty w/Ranchero</b> #12764 includes: <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> #12707 includes: <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 	<b>WG Dinner Roll</b> #10077 	<b>WG Dinner Roll</b> #10077 	<b>WG Bread Slices</b> #10075 	<b>WG Dinner Roll</b> #10077 	<b>WG Dinner Roll</b> #10077 	<b>WG Dinner Roll</b> #10077 
	<b>Snickerdoodle Cookies</b> #10129 	<b>Snickerdoodle Cookies</b> #10129 	<b>Snickerdoodle Cookies</b> #10129 	<b>Chocolate Chip Cookies</b> #10132 	<b>Molasses Cookies</b> #10135 	<b>Chocolate Chip Cookies</b> #10132 	<b>Chocolate Chip Cookies</b> #10132 
	<b>Enriched Drink Mix</b> #15540 or #15542 	<b>Enriched Drink Mix</b> #15540 or #15542 	<b>Enriched Drink Mix</b> #15540 or #15542 	<b>Enriched Drink Mix</b> #15540 or #15542 	<b>Enriched Drink Mix</b> #15540 or #15542 	<b>Enriched Drink Mix</b> #15540 or #15542 	<b>Enriched Drink Mix</b> #15540 or #15542 

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DINNER</b>	<b>Peanut Butter &amp; Jelly Sandwich</b> #11956 includes: <ul style="list-style-type: none"> <li>• Peanut butter packets</li> <li>• Grape jelly packets</li> <li>• WG bread slices</li> <li>• Chocolate brownies</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Ham Sandwich</b> #11953 includes: <ul style="list-style-type: none"> <li>• Sliced turkey ham</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Original Sunchips</li> <li>• WG chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Bologna Sandwich</b> #11954 includes: <ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Cheddar Sunchips</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Ham Sandwich</b> #11953 includes: <ul style="list-style-type: none"> <li>• Sliced turkey ham</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Original Sunchips</li> <li>• WG chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Peanut Butter &amp; Jelly Sandwich</b> #11956 includes: <ul style="list-style-type: none"> <li>• Peanut butter packets</li> <li>• Grape jelly packets</li> <li>• WG bread slices</li> <li>• Chocolate brownies</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Bologna Sandwich</b> #11954 includes: <ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Cheddar Sunchips</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Ham Sandwich</b> #11953 includes: <ul style="list-style-type: none"> <li>• Sliced turkey ham</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Original Sunchips</li> <li>• WG chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul>

WEEK 2 DATE \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	<b>Breakfast Tray F</b> #14636PB includes: <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> #14634PB includes: <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> #14636PB includes: <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> #14634PB includes: <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> #14636PB includes: <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> #14634PB includes: <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> #14636PB includes: <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>

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LUNCH</b>	<b>Sesame Ginger Beef</b> #12732 includes: <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> #12767 includes: <ul style="list-style-type: none"> <li>• Spaghetti w/meat sauce</li> <li>• Green beans</li> </ul>	<b>Country Fried Steak</b> #12772 includes: <ul style="list-style-type: none"> <li>• Chicken &amp; beef patty w/gravy</li> <li>• Mashed potatoes</li> <li>• Vegetables</li> </ul>	<b>Beef Goulash w/Macaroni</b> #12734 includes: <ul style="list-style-type: none"> <li>• German style goulash w/ground beef</li> <li>• Macaroni</li> <li>• Green bean blend</li> </ul>	<b>Chef's Choice Meal</b>	<b>Country Gravy &amp; Biscuits</b> #12740 includes: <ul style="list-style-type: none"> <li>• Creamed beef</li> <li>• Biscuit</li> <li>• O'Brien potatoes</li> </ul>	<b>Vegetable Beef Stew</b> #12766 includes: <ul style="list-style-type: none"> <li>• Vegetable stew w/beef</li> <li>• White rice</li> <li>• Diced carrots</li> </ul>
	WG Dinner Roll #10077	WG Dinner Roll #10077	WG Dinner Roll #10077	WG Dinner Roll #10077	WG Dinner Roll #10077	WG Dinner Roll #10077	WG Dinner Roll #10077
	Chocolate Chip Cookies #10132	Snickerdoodle Cookies #10129	Molasses Cookies #10135	Molasses Cookies #10135	Molasses Cookies #10135	Chocolate Chip Cookies #10132	Snickerdoodle Cookies #10129
	Enriched Drink Mix #15540 or #15542	Enriched Drink Mix #15540 or #15542	Enriched Drink Mix #15540 or #15542	Enriched Drink Mix #15540 or #15542	Enriched Drink Mix #15540 or #15542	Enriched Drink Mix #15540 or #15542	Enriched Drink Mix #15540 or #15542

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DINNER</b>	<b>Peanut Butter &amp; Jelly Sandwich</b> #11956 includes: <ul style="list-style-type: none"> <li>• Peanut butter packets</li> <li>• Grape jelly packets</li> <li>• WG bread slices</li> <li>• Chocolate brownies</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Bologna Sandwich</b> #11954 includes: <ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Cheddar Sunchips</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Ham Sandwich</b> #11953 includes: <ul style="list-style-type: none"> <li>• Sliced turkey ham</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Original Sunchips</li> <li>• WG chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Bologna Sandwich</b> #11954 includes: <ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Cheddar Sunchips</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Peanut Butter &amp; Jelly Sandwich</b> #11956 includes: <ul style="list-style-type: none"> <li>• Peanut butter packets</li> <li>• Grape jelly packets</li> <li>• WG bread slices</li> <li>• Chocolate brownies</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Ham Sandwich</b> #11953 includes: <ul style="list-style-type: none"> <li>• Sliced turkey ham</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Original Sunchips</li> <li>• WG chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Bologna Sandwich</b> #11954 includes: <ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Cheddar Sunchips</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul>

WEEK 3 DATE \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	<b>Breakfast Tray F</b> #14636PB includes: <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> #14634PB includes: <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> #14636PB includes: <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> #14634PB includes: <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> #14636PB includes: <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> #14634PB includes: <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> #14636PB includes: <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>

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LUNCH</b>	<b>Sloppy Joe</b> #12703 includes: <ul style="list-style-type: none"> <li>• Sloppy joe sauce w/beef</li> <li>• Chunk roasted potatoes</li> <li>• Diced carrots</li> </ul>	<b>Crunchy Cornmeal Pollack</b> #12176 includes: <ul style="list-style-type: none"> <li>• Pollack patty</li> <li>• White rice</li> <li>• Vegetable</li> </ul>	<b>Creamy Tuna Casserole</b> #12726 includes: <ul style="list-style-type: none"> <li>• Tuna casserole</li> <li>• White rice</li> <li>• Vegetables</li> </ul>	<b>Creamy Chicken Alfredo</b> #12706 includes: <ul style="list-style-type: none"> <li>• Chicken alfredo</li> <li>• Rotini</li> <li>• Corn</li> </ul>	<b>Chef's Choice Meal</b>	<b>Salisbury Steak</b> #12768 includes: <ul style="list-style-type: none"> <li>• Beef Salisbury steak w/gravy</li> <li>• Mashed potatoes</li> <li>• Vegetables</li> </ul>	<b>BBQ Chicken Patty</b> #12757 includes: <ul style="list-style-type: none"> <li>• Chicken patty w/bbq sauce</li> <li>• White rice</li> <li>• Pinto beans</li> </ul>
	WG Dinner Roll #10077	WG Dinner Roll #10077	WG Dinner Roll #10077	WG Dinner Roll #10077	WG Dinner Roll #10077	WG Dinner Roll #10077	WG Dinner Roll #10077
	Snickerdoodle Cookies #10129	Molasses Cookies #10135	Snickerdoodle Cookies #10129	Chocolate Chip Cookies #10132	Molasses Cookies #10135	Snickerdoodle Cookies #10129	Snickerdoodle Cookies #10129
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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DINNER</b>	<b>Peanut Butter &amp; Jelly Sandwich</b> #11956 includes: <ul style="list-style-type: none"> <li>• Peanut butter packets</li> <li>• Grape jelly packets</li> <li>• WG bread slices</li> <li>• Chocolate brownies</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Ham Sandwich</b> #11953 includes: <ul style="list-style-type: none"> <li>• Sliced turkey ham</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Original Sunchips</li> <li>• WG chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Bologna Sandwich</b> #11954 includes: <ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Cheddar Sunchips</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Ham Sandwich</b> #11953 includes: <ul style="list-style-type: none"> <li>• Sliced turkey ham</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Original Sunchips</li> <li>• WG chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Peanut Butter &amp; Jelly Sandwich</b> #11956 includes: <ul style="list-style-type: none"> <li>• Peanut butter packets</li> <li>• Grape jelly packets</li> <li>• WG bread slices</li> <li>• Chocolate brownies</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Bologna Sandwich</b> #11954 includes: <ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Cheddar Sunchips</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Ham Sandwich</b> #11953 includes: <ul style="list-style-type: none"> <li>• Sliced turkey ham</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Original Sunchips</li> <li>• WG chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul>

WEEK 4 DATE \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	<b>Breakfast Tray D</b> #14634PB includes: <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> #14636PB includes: <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> #14634PB includes: <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> #14636PB includes: <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> #14634PB includes: <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> #14636PB includes: <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> #14634PB includes: <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
<b>LUNCH</b>	<b>Sesame Ginger Beef</b> #12732 includes: <ul style="list-style-type: none"> <li>• Sesame ginger beef</li> <li>• White rice</li> <li>• Vegetables</li> </ul>	<b>Lasagna</b> #12756 includes: <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> #12758 includes: <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>Beef Goulash w/Macaroni</b> #12734 includes: <ul style="list-style-type: none"> <li>• German style goulash w/ground beef</li> <li>• Macaroni</li> <li>• Green bean blend</li> </ul>	<b>Chef's Choice Meal</b> 	<b>Chili w/Turkey &amp; Beef</b> #12719 includes: <ul style="list-style-type: none"> <li>• Chili w/turkey &amp; beef</li> <li>• White rice</li> <li>• Vegetables</li> </ul>	<b>Chicken Burrito</b> #12701 includes: <ul style="list-style-type: none"> <li>• Chicken burrito w/enchilada sauce</li> <li>• White rice</li> <li>• Black beans</li> </ul>
	WG Dinner Roll #10077	WG Dinner Roll #10077	WG Dinner Roll #10077	WG Dinner Roll #10077	WG Dinner Roll #10077	WG Dinner Roll #10077	WG Dinner Roll #10077
	Molasses Cookies #10135	Snickerdoodle Cookies #10129	Snickerdoodle Cookies #10129	Chocolate Chip Cookies #10132	Molasses Cookies #10135	Snickerdoodle Cookies #10129	Snickerdoodle Cookies #10129
	Enriched Drink Mix #15540 or #15542	Enriched Drink Mix #15540 or #15542	Enriched Drink Mix #15540 or #15542	Enriched Drink Mix #15540 or #15542	Enriched Drink Mix #15540 or #15542	Enriched Drink Mix #15540 or #15542	Enriched Drink Mix #15540 or #15542

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DINNER</b>	<b>Peanut Butter &amp; Jelly Sandwich</b> #11956 includes: <ul style="list-style-type: none"> <li>• Peanut butter packets</li> <li>• Grape jelly packets</li> <li>• WG bread slices</li> <li>• Chocolate brownies</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Bologna Sandwich</b> #11954 includes: <ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Cheddar Sunchips</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Ham Sandwich</b> #11953 includes: <ul style="list-style-type: none"> <li>• Sliced turkey ham</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Original Sunchips</li> <li>• WG chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Bologna Sandwich</b> #11954 includes: <ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Cheddar Sunchips</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Peanut Butter &amp; Jelly Sandwich</b> #11956 includes: <ul style="list-style-type: none"> <li>• Peanut butter packets</li> <li>• Grape jelly packets</li> <li>• WG bread slices</li> <li>• Chocolate brownies</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Ham Sandwich</b> #11953 includes: <ul style="list-style-type: none"> <li>• Sliced turkey ham</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Original Sunchips</li> <li>• WG chocolate chip cookies</li> <li>• Enriched raspberry lemon drink</li> </ul>	<b>Turkey Bologna Sandwich</b> #11954 includes: <ul style="list-style-type: none"> <li>• Sliced turkey bologna</li> <li>• American cheese</li> <li>• WG bread slices</li> <li>• Mustard packets</li> <li>• Salad dressing packet</li> <li>• Cheddar Sunchips</li> <li>• Pumpkin muffin</li> <li>• Enriched raspberry lemon drink</li> </ul>



WASHINGTON STATE  
CORRECTIONAL INDUSTRIES

DATE \_\_\_\_\_

**WEEKLY TOTALS**

WEEK 1	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	2,734	95	83	22	0	427	192	1,966	3,052	269	30	24
(Day 2) Mon	2,883	103	102	21	1	452	106	1,579	3,101	217	38	34
(Day 3) Tue	2,921	96	103	38	0	405	301	2,6157	2,278	242	39	24
(Day 4) Wed	2,893	86	97	21	1	391	194	1,579	2,324	236	29	23
(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>19,970</b>	<b>644</b>	<b>662</b>	<b>166</b>	<b>5</b>	<b>2,946</b>	<b>1,277</b>	<b>12,673</b>	<b>19,412</b>	<b>1,702</b>	<b>242</b>	<b>185</b>
<b>DAILY AVERAGE*</b>	<b>2,853</b>	<b>92</b>	<b>95</b>	<b>24</b>	<b>1</b>	<b>421</b>	<b>182</b>	<b>1,810</b>	<b>2,773</b>	<b>243</b>	<b>35</b>	<b>26</b>

\*Daily values used:

2,500	53	81	25	0	412	300	1,100	2,400	75	25	18
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WEEK 2	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:

2,500	53	81	25	0	412	300	1,100	2,400	75	25	18
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WEEK 3	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	2,841	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:

2,500	53	81	25	0	412	300	1,100	2,400	75	25	18
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WEEK 4	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	2,478	73	78	22	0	351	197	1,441	2,090	132	21	22
(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	2,602	69	83	24	0	319	173	1,533	2,162	304	41	23
(Day 26) Thu	2,570	87	76	25	0	397	144	1,732	3,001	286	35	26
(Day 27) Fri	2,487	88	75	24	0	361	149	1,745	2,343	204	41	26
(Day 28) Sat	2,416	75	83	24	0	360	103	1,683	2,448	202	31	26
<b>TOTAL NUTRITION</b>	<b>18,662</b>	<b>598</b>	<b>601</b>	<b>177</b>	<b>0</b>	<b>2,668</b>	<b>1,061</b>	<b>11,754</b>	<b>19,022</b>	<b>1,687</b>	<b>253</b>	<b>186</b>
<b>DAILY AVERAGE*</b>	<b>2,669</b>	<b>85</b>	<b>86</b>	<b>25</b>	<b>0</b>	<b>381</b>	<b>152</b>	<b>1,679</b>	<b>2,717</b>	<b>241</b>	<b>36</b>	<b>27</b>

\*Daily values used:

2,500	53	81	25	0	412	300	1,100	2,400	75	25	18
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