

Proposed 10/09  
Implemented 11/09

**MILWAUKEE COUNTY, WI**  
**Weekly Average 2800 Calories Per Day**  
Revised 6/10, 1/12



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Week: 1

**THURSDAY                      FRIDAY                      SATURDAY                      SUNDAY                      MONDAY                      TUESDAY                      WEDNESDAY**

**Meal Name: Breakfast**

Hot Cereal	1 cup	Hot Cereal	1 cup	Hot Cereal	1 cup	Corn Flakes Cereal	1 cup	Hot Cereal	1 cup	Hot Cereal	1 cup	Corn Flakes Cereal	1 cup
Pancakes (2 fl oz each)	2 each	Streusel Coffeecake	1/60 cut	Creamy Country Gravy (1 oz ^)	8 ozw	Streusel Coffeecake	1/60 cut	Pancakes (2 fl oz each)	2 each	Streusel Coffeecake	1/60 cut	Creamy Country Gravy (1 oz ^)	8 ozw
Syrup	2 fl oz	Cottage Fries	1 cup	Bakery Biscuit	1/60 cut	Lyonnais Potatoes	1 cup	Syrup	2 fl oz	Cajun Potatoes	1 cup	Bakery Biscuit	1/60 cut
Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Lyonnais Potatoes	1 cup	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Cottage Fries	1 cup
Morning Beverage	1 cup	Morning Beverage	1 cup	Morning Beverage	1 cup	Morning Beverage	1 cup	Morning Beverage	1 cup	Morning Beverage	1 cup	Morning Beverage	1 cup

**Meal Name: Lunch**

Sloppy Joe Filling (2 oz ^)	3 ozw	T. Bologna	2 ozw	T. Ham & Pinto Beans (2 oz diced/ 3/4 c beans)	10 ozw	American Goulash (2 oz ^)	10 ozw	T. Salami	2 ozw	Sloppy Joe Filling (2 oz ^)	3 ozw	T. Hot Dogs (1.5 oz each)	2 each
Fresh Baked Hamburger Bun	2 ozw	Mustard	1/3 fl oz	Rice	1 cup	Mixed Vegetables	1/2 cup	Mustard	1/3 fl oz	Fresh Baked Hamburger Bun	2 ozw	Ketchup	1/3 fl oz
Lyonnais Potatoes	1 cup	White Bread	2 slice	Garden Salad	1/2 cup	Creamy Coleslaw	1/2 cup	Scalloped Macaroni w/ Herbs	1 cup	Pinto Beans	1 cup	White Bread	2 slice
Carrots	1/2 cup	AuGratin Potatoes	1 cup	LF Salad Dressing	1/2 fl oz	Southern Combread	1/60 cut	Garden Salad	1/2 cup	Garden Salad	1/2 cup	Cottage Fries	1 cup
Frosted Brownie	1/60 cut	Creamy Coleslaw	1/2 cup	Southern Combread	1/60 cut	Whipped Margarine	1/2 ozw	LF Salad Dressing	1/2 fl oz	LF Salad Dressing	1/2 fl oz	Pinto Beans	1 cup
Fruit Drink w/ Vitamins B12, C, D, E & Calcium	1 cup	Fruit (1 @ or 1/2 cup)	1 portion	Whipped Margarine	1/2 ozw	Fruit (1 @ or 1/2 cup)	1 portion	White Bread	2 slice	Fruit (1 @ or 1/2 cup)	1 portion	Fresh Baked Cookie	2 ozw
		Fruit Drink w/ Vitamins B12, C, D, E & Calcium	1 cup	Fresh Baked Cookie	2 ozw	Fruit Drink w/ Vitamins B12, C, D, E & Calcium	1 cup	Frosted Cake	1/60 cut	Fruit Drink w/ Vitamins B12, C, D, E & Calcium	1 cup	Fruit Drink w/ Vitamins B12, C, D, E & Calcium	1 cup
				Fruit Drink w/ Vitamins B12, C, D, E & Calcium	1 cup			Fruit Drink w/ Vitamins B12, C, D, E & Calcium	1 cup				

**Meal Name: Dinner**

Savory Stroganoff (2 oz ^)	6 ozw	Crispy Chicken Pattie	3 ozw	Roast Turkey	2 ozw	Glazed BBQ Pattie	3 ozw	Rofini w/ Italian Sauce (2 oz ^)	10 ozw	Meatballs (1/2 oz each)	4 each	Noodles & Gravy Casserole (2 oz ^)	10 ozw
Noodles	1 cup	Northern Beans	1 cup	Gravy	2 fl oz	Noodles	1 cup	Garden Salad	1/2 cup	Rice	1 cup	Garden Salad	1/2 cup
Mixed Vegetables	1/2 cup	Cottage Fries	1 cup	Mashed Potatoes	1 cup	Carrots	1/2 cup	LF Salad Dressing	1/2 fl oz	Gravy	2 fl oz	LF Salad Dressing	1/2 fl oz
Garden Salad	1/2 cup	Bakery Biscuit	1/60 cut	Green Beans	1/2 cup	Fresh Baked Roll	2 ozw	Green Beans	1/2 cup	Creamy Coleslaw	1/2 cup	Carrots	1/2 cup
LF Salad Dressing	1/2 fl oz	Whipped Margarine	1/2 ozw	Fresh Baked Roll	2 ozw	Whipped Margarine	1/2 ozw	Southern Combread	1/60 cut	Fresh Baked Roll	2 ozw	Southern Combread	1/60 cut
Southern Combread	1/60 cut	Frosted Cake	1/60 cut	Whipped Margarine	1/2 ozw	Fresh Baked Cookie	2 ozw	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw
Whipped Margarine	1/2 ozw	Sweetened Iced Tea	1 cup	Frosted Cake	1/60 cut	Sweetened Iced Tea	1 cup	Fresh Baked Cookie	2 ozw	Fresh Baked Cookie	2 ozw	Frosted Cake	1/60 cut
Fresh Baked Cookie	2 ozw			Sweetened Iced Tea	1 cup			Sweetened Iced Tea	1 cup	Sweetened Iced Tea	1 cup	Sweetened Iced Tea	1 cup
Sweetened Iced Tea	1 cup												

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and combination items made from scratch are based upon approximate cooked weight measurements. Weights on cookies, bread, rolls, and breadsticks made from mix or scratch are prior to baking. Pancakes made from mix or scratch are batter volume measurement prior to cooking. Side dishes are volume measurements. All combination dishes are made with soy unless otherwise indicated. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used.

\*This item is made with a combination of soy and mechanically separated poultry used in accordance with USDA standards.

**NUTRITION STATEMENT:** This menu meets the nutritional guidelines of the American Correctional Association which are based upon the current DRI's for males and females 19 to 50 years as established by the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included.

FLM QUARTERLY MENU REVIEW (initial/date) Q1 \_\_\_\_\_ Q2 \_\_\_\_\_ Q3 \_\_\_\_\_ Q4 \_\_\_\_\_

In accordance with ACA Standard (ref. 3-ALDF-4C-04) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings.

Reviewed: 11/13

ARAMARK Dietitian's Signature:

*Jamie R. D. L. W.*  
Lang, RD, LDN #983059

Client's Signature:

*Kenneth J.*

Date:

11/13/13

FLM Signature:

*Billy*

Date: 11-12-13

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Implemented 11/09

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**Week: THURSDAY 2 FRIDAY SATURDAY SUNDAY MONDAY TUESDAY WEDNESDAY**

**Meal Name: Breakfast**

Hot Cereal 1 cup	Hot Cereal 1 cup	Hot Cereal 1 cup	Dry Cereal 1 cup	Hot Cereal 1 cup	Hot Cereal 1 cup	Dry Cereal 1 cup
Streusel Coffeecake 1/60 cut	Bakery Muffin 1/60 cut	Cottage Fries 1 cup	Pancakes (2 fl oz each) 2 each	Creamy Country Gravy (1 oz *) 8 ozw	Lyonnaise Potatoes 1 cup	Breakfast Sausage 1 ozw
Lyonnaise Potatoes 1 cup	Cottage Fries 1 cup	Streusel Coffeecake 1/60 cut	Syrup 2 fl oz	Bakery Biscuit 1/60 cut	Bakery Muffin 1/60 cut	Streusel Coffeecake 1/60 cut
Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw	Lyonnaise Potatoes 1 cup	Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw
Morning Beverage 1 cup	Morning Beverage 1 cup	Morning Beverage 1 cup	Morning Beverage 1 cup	Morning Beverage 1 cup	Morning Beverage 1 cup	Morning Beverage 1 cup

**Meal Name: Lunch**

T. Bologna 2 ozw	Hearty Spanish Rice (2 oz *) 10 ozw	Crispy Chicken Pattie 3 ozw	Roast Turkey 2 ozw	T. Salami 2 ozw	T. Ham 2 ozw	Turkey Trio Salad (2 oz diced) 3 ozw
Mustard 1/3 fl oz	Pinto Beans 1 cup	Cottage Fries 1 cup	Noodles 1 cup	White Bread 2 slice	Macaroni & Cheese 1 cup	White Bread 2 slice
Baked Beans 1 cup	Garden Salad 1/2 cup	Creamy Coleslaw 1/2 cup	Gravy 2 fl oz	Mustard 1/3 fl oz	Garden Salad 1/2 cup	BBQ Pinto Beans 1 cup
White Bread 2 slice	LF Salad Dressing 1/2 fl oz	Fresh Baked Roll 2 ozw	Garden Salad 1/2 cup	Northern Beans 1 cup	LF Salad Dressing 1/2 fl oz	Creamy Coleslaw 1/2 cup
Creamy Coleslaw 1/2 cup	Southern Combread 1/60 cut	Whipped Margarine 1/2 ozw	LF Salad Dressing 1/2 fl oz	Creamy Coleslaw 1/2 cup	Southern Combread 1/60 cut	Fresh Baked Cookie 2 ozw
Fruit (1@ or 1/2 cup) 1 portion	Fresh Baked Cookie 2 ozw	Frosted Cake 1/60 cut	Southern Combread 1/60 cut	Frosted Brownie 1/60 cut	Whipped Margarine 1/2 ozw	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup
Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Whipped Margarine 1/2 ozw	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Fruit (1@ or 1/2 cup) 1 portion	
			Fruit (1@ or 1/2 cup) 1 portion		Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	
			Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup			

**Meal Name: Dinner**

Chili con Carne w/ Beans (2 oz*) 10 ozw	Charbroiled Beef Pattie 3 ozw	Noodles & Gravy Casserole (2 oz *) 10 ozw	Baked Meatloaf 3 ozw	American Goulash (2 oz) 10 ozw	Crispy Chicken Pattie 3 ozw	Noodles & Red Sauce (2 oz *) 10 ozw
Rice 1 cup	Noodles 1 cup	Pinto Beans 1 cup	Rice 1 cup	Garden Salad 1/2 cup	Gravy 2 fl oz	Carrots 1/2 cup
Garden Salad 1/2 cup	Gravy 2 fl oz	Garden Salad 1/2 cup	Gravy 2 fl oz	LF Salad Dressing 1/2 fl oz	Noodles 1 cup	Garden Salad 1/2 cup
LF Salad Dressing 1/2 fl oz	Mixed Vegetables 1/2 cup	LF Salad Dressing 1/2 fl oz	Carrots 1/2 cup	Mixed Vegetables 1/2 cup	Creamy Coleslaw 1/2 cup	LF Salad Dressing 1/2 fl oz
Southern Combread 1/60 cut	Fresh Baked Roll 2 ozw	Southern Combread 1/60 cut	Fresh Baked Roll 2 ozw	Southern Combread 1/60 cut	Bakery Biscuit 1/60 cut	Fresh Baked Roll 2 ozw
Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw	Whipped Margarine 1/60 cut	Whipped Margarine 1/2 ozw
Fresh Baked Cookie 2 ozw	Frosted Brownie 1/60 cut	Frosted Cake 1/60 cut	Fresh Baked Cookie 2 ozw	Fresh Baked Cookie 2 ozw	Frosted Cake 1/60 cut	Frosted Cake 1/60 cut
Sweetened Iced Tea 1 cup	Sweetened Iced Tea 1 cup	Sweetened Iced Tea 1 cup	Sweetened Iced Tea 1 cup	Sweetened Iced Tea 1 cup	Sweetened Iced Tea 1 cup	Sweetened Iced Tea 1 cup

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\*This item is made with a combination of soy and mechanically separated poultry used in accordance with USDA standards.  
**NUTRITION STATEMENT:** This menu meets the nutritional guidelines of the American Correctional Association which are based upon the current DRI's for males and females 19 to 50 years as established by the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included.

FLM QUARTERLY MENU REVIEW (initial/date) Q1 \_\_\_\_\_ Q2 \_\_\_\_\_ Q3 \_\_\_\_\_ Q4 \_\_\_\_\_  
In accordance with ACA Standard (ref. 3-ALDF-4C-04) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings.

Reviewed: 11/13 ARAMARK Dietitian's Signature: Jamie R. Lown Lang, RD, LDN #983059  
Client's Signature: [Signature] Date: 11/13/13  
FLM Signature: [Signature] Date: 11/12/13



**MILWAUKEE COUNTY, WI**  
**Weekly Average 2800 Calories Per Day**  
 Revised 6/10, 1/12

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**Week: 3**  
**THURSDAY FRIDAY SATURDAY SUNDAY MONDAY TUESDAY WEDNESDAY**

**Meal Name: Breakfast**

Hot Cereal 1 cup	Corn Flakes Cereal 1 cup	Hot Cereal 1 cup	Hot Cereal 1 cup	Hot Cereal 1 cup	Hot Cereal 1 cup	Hot Cereal 1 cup	Corn Flakes Cereal 1 cup
Pancakes (2 fl oz each) 2 each	Creamy Country Gravy (1 oz ^) 8 ozw	Streusel Coffeecake 1/60 cut	Breakfast Sausage 1 ozw	Lyonnaise Potatoes 1 cup	Pancakes (2 fl oz each) 2 each	Syrup 2 fl oz	Cottage Fries 1 cup
Syrup 2 fl oz	Cottage Fries 1 cup	Hard Cooked Egg 1 each	Cottage Fries 1 cup	Bakery Muffin 1/60 cut	Syrup 2 fl oz	Whipped Margarine 1/2 ozw	Creamy Country Gravy (1 oz ^) 8 ozw
Whipped Margarine 1/2 ozw	Bakery Biscuit 1/60 cut	Whipped Margarine 1/2 ozw	Bakery Biscuit 1/60 cut	Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw	Bakery Biscuit 1/60 cut
Morning Beverage 1 cup	Morning Beverage 1 cup	Morning Beverage 1 cup	Whipped Margarine 1/2 ozw	Morning Beverage 1 cup	Morning Beverage 1 cup	Morning Beverage 1 cup	Morning Beverage 1 cup
			Morning Beverage 1 cup				

**Meal Name: Lunch**

T. Ham & White Beans (2 oz diced) 10 ozw	T. Hot Dogs (1.5 oz each) 2 each	T. Ham 2 ozw	Tex-Mex Taco Filling (2 oz ^) 4 ozw	T. Salami 2 ozw	Savory Stroganoff (2 oz ^) 6 ozw	American Goulash (2 oz ^) 10 ozw
Carrots 1/2 cup	Baked Beans 1 cup	AuGratin Potatoes 1 cup	Cheese Sauce 1 fl oz	Mustard 1/3 fl oz	Noodles 1 cup	Pinto Beans 1 cup
Garden Salad 1/2 cup	Carrots 1/2 cup	Mixed Vegetables 1/2 cup	Corn Tortilla 6" 2 each	White Bread 2 slice	Garden Salad 1/2 cup	Garden Salad 1/2 cup
LF Salad Dressing 1/2 fl oz	Ketchup 1/3 fl oz	Garden Salad 1/2 cup	Rice 1 cup	Northern Beans 1 cup	LF Salad Dressing 1/2 fl oz	LF Salad Dressing 1/2 fl oz
Southern Combread 1/60 cut	White Bread 2 slice	LF Salad Dressing 1/2 fl oz	Refried Pinto Beans 1/2 cup	Creamy Coleslaw 1/2 cup	Carrots 1/2 cup	Southern Combread 1/60 cut
Whipped Margarine 1/2 ozw	Frosted Cake 1/60 cut	Southern Combread 1/60 cut	Garden Salad 1/2 cup	Fresh Baked Cookie 2 ozw	White Bread 2 slice	Whipped Margarine 1/2 ozw
Fruit (1@ or 1/2 cup) 1 portion	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Whipped Margarine 1/2 ozw	Fresh Baked Cookie 2 ozw	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Whipped Margarine 1/2 ozw	Fresh Baked Cookie 2 ozw
Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup		Fruit (1@ or 1/2 cup) 1 portion	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup		Fruit (1@ or 1/2 cup) 1 portion	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup
		Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup			Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	

**Meal Name: Dinner**

Meatballs (1/2 oz each) 4 each	Hearty Spanish Rice (2 oz ^) 10 ozw	Chili con Carne w/ Beans (2 oz ^) 10 ozw	Meatballs (1/2 oz each) 4 each	Rotini w/ Italian Sauce (2 oz ^) 10 ozw	Roast Turkey 2 ozw	Glazed BBQ Pattie 3 ozw
Rice 1 cup	Refried Pinto Beans 1/2 cup	Rice 1 cup	Noodles 1 cup	Green Beans 1/2 cup	Mashed Potatoes 1 cup	Noodles 1 cup
Onion Gravy 2 fl oz	Garden Salad 1/2 cup	Creamy Coleslaw 1/2 cup	BBQ Sauce 1 fl oz	Garden Salad 1/2 cup	Gravy 2 fl oz	Mixed Vegetables 1/2 cup
Mixed Vegetables 1/2 cup	LF Salad Dressing 1/2 fl oz	Southern Combread 1/60 cut	Mixed Vegetables 1/2 cup	LF Salad Dressing 1/2 fl oz	Green Beans 1/2 cup	Fresh Baked Roll 2 ozw
Fresh Baked Roll 2 ozw	Southern Combread 1/60 cut	Whipped Margarine 1/2 ozw	Southern Combread 1/2 cup	Fresh Baked Roll 2 ozw	Fresh Baked Roll 2 ozw	Whipped Margarine 1/2 ozw
Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw	Frosted Cake 1/60 cut	Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw	Frosted Brownie 1/60 cut
Fresh Baked Cookie 2 ozw	Fresh Baked Cookie 2 ozw	Sweetened Iced Tea 1 cup	Frosted Brownie 1/60 cut	Frosted Cake 1/60 cut	Frosted Cake 1/60 cut	Sweetened Iced Tea 1 cup
Sweetened Iced Tea 1 cup	Sweetened Iced Tea 1 cup		Sweetened Iced Tea 1 cup	Sweetened Iced Tea 1 cup	Sweetened Iced Tea 1 cup	

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Reviewed: 11/13

ARAMARK Dietitian's Signature:

*Jiang, RD, LDN*  
 Jiang, RD, LDN #983059

Client's Signature:

*[Handwritten Signature]*

Date:

11/13/13

FLM Signature:

*[Handwritten Signature]*

Date: 11-12-13

Proposed 10/09  
Implemented 11/09

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**Weekly Average 2800 Calories Per Day**  
Revised 6/10, 1/12



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**Week: 4**  
**THURSDAY FRIDAY SATURDAY SUNDAY MONDAY TUESDAY WEDNESDAY**

**Meal Name: Breakfast**

Hot Cereal 1 cup	Hot Cereal 1 cup	Hot Cereal 1 cup	Corn Flakes Cereal 1 cup	Hot Cereal 1 cup	Hot Cereal 1 cup	Corn Flakes Cereal 1 cup
Cottage Fries 1 cup	Cottage Fries 1 cup	Streusel Coffeecake 1/60 cut	Creamy Country Gravy (1 oz ^) 8 ozw	Pancakes (2 fl oz each) 2 each	Breakfast Sausage 1 ozw	Creamy Country Gravy (1 oz ^) 8 ozw
Bakery Muffin 1/60 cut	Creamy Country Gravy (1 oz ^) 8 ozw	Lyonnais Potatoes 1 cup	Bakery Biscuit 1/60 cut	Syrup 2 fl oz	Lyonnais Potatoes 1 cup	Bakery Biscuit 1/60 cut
Whipped Margarine 1/2 ozw	Bakery Biscuit 1/60 cut	Whipped Margarine 1/2 ozw	Cottage Fries 1 cup	Whipped Margarine 1/2 ozw	Bakery Biscuit 1/60 cut	Morning Beverage 1 cup
Morning Beverage 1 cup	Morning Beverage 1 cup	Morning Beverage 1 cup	Whipped Margarine 1/2 ozw	Morning Beverage 1 cup	Whipped Margarine 1/2 ozw	
			Morning Beverage 1 cup		Morning Beverage 1 cup	

**Meal Name: Lunch**

T. Hot Dogs (1.5 oz each) 2 each	T. Bologna 2 ozw	Chili con Carne w/ Beans (2 oz ^) 10 ozw	T. Ham 2 ozw	Farmhouse Stew (2 oz ^) 10 ozw	T. Hot Dogs (1.5 oz each) 2 each	T. Salami 2 ozw
Ketchup 1/3 fl oz	White Bread 2 slice	Rice 1 cup	Macaroni & Cheese 1 cup	Rice 1 cup	Ketchup 1/3 fl oz	White Bread 2 slice
White Bread 2 slice	Ranch Pinto Beans 1 cup	Garden Salad 1/2 cup	Garden Salad 1/2 cup	Mixed Vegetables 1/2 cup	White Bread 2 slice	Mustard 1/3 fl oz
Baked Beans 1 cup	Garden Salad 1/2 cup	LF Salad Dressing 1/2 fl oz	LF Salad Dressing 1/2 fl oz	Fresh Baked Roll 2 ozw	Cottage Fries 1 cup	Pinto Beans 1 cup
Creamy Coleslaw 1/2 cup	LF Salad Dressing 1/2 fl oz	Southern Combread 1/60 cut	Southern Combread 1/60 cut	Whipped Margarine 1/2 ozw	BBQ Pinto Beans 1 cup	Garden Salad 1/2 cup
Frosted Cake 1/60 cut	Mustard 1/3 fl oz	Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw	Fruit (1@ or 1/2 cup) 1 portion	Frosted Cake 1/60 cut	LF Salad Dressing 1/2 fl oz
Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Frosted Cake 1/60 cut	Fruit (1@ or 1/2 cup) 1 portion	Fudge Brownie 1/60 cut	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Frosted Cake 1/60 cut
	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup			Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup

**Meal Name: Dinner**

Baked Meatloaf 3 ozw	Crispy Chicken Pattie 3 ozw	Roast Turkey 2 ozw	Hearty Spanish Rice (2 oz ^) 10 ozw	Charbroiled Beef Pattie 3 ozw	Meatballs (1/2 oz each) 4 each	Rotini w/ Red Sauce (2 oz ^) 10 ozw
Gravy 2 fl oz	Noodles w/ Tomato Sauce 1 cup	Mashed Potatoes 1 cup	Pinto Beans 1 cup	Gravy 2 fl oz	Rice 1 cup	Garden Salad 1/2 cup
Cajun Potatoes 1 cup	Creamy Coleslaw 1/2 cup	Gravy 2 fl oz	Creamy Coleslaw 1/2 cup	Scalloped Potatoes 1 cup	Gravy 2 fl oz	LF Salad Dressing 1/2 fl oz
Carrots 1/2 cup	Fresh Baked Roll 2 ozw	Carrots 1/2 cup	Whipped Margarine 1/2 ozw	Garden Salad 1/2 cup	Creamy Coleslaw 1/2 cup	Green Beans 1/2 cup
Fresh Baked Roll 2 ozw	Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw	Fresh Baked Roll 2 ozw	LF Salad Dressing 1/2 fl oz	Fresh Baked Roll 2 ozw	Fresh Baked Roll 2 ozw
Whipped Margarine 1/2 ozw	Fruit (1@ or 1/2 cup) 1 portion	Fresh Baked Roll 2 ozw	Fresh Baked Cookie 2 ozw	Southern Combread 1/60 cut	Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw
Fresh Baked Cookie 2 ozw	Sweetened Iced Tea 1 cup	Frosted Cake 1/60 cut	Sweetened Iced Tea 1 cup	Whipped Margarine 1/2 ozw	Fresh Baked Cookie 2 ozw	Fresh Baked Cookie 2 ozw
Sweetened Iced Tea 1 cup		Sweetened Iced Tea 1 cup		Frosted Cake 1/60 cut	Sweetened Iced Tea 1 cup	Sweetened Iced Tea 1 cup
				Sweetened Iced Tea 1 cup		

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ARAMARK Dietitian's Signature: \_\_\_\_\_

*Jana R. D. LDN*  
Lang, RD, LDN #983059

Client's Signature: \_\_\_\_\_

Date: 11/12/13 FLM Signature: \_\_\_\_\_

Date: 11-12-13