

WEEK 1 DATE _____

(Add two (2) pieces of fresh fruit during the day)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Cheesy Egg Omelet #12730 includes: <ul style="list-style-type: none"> • Egg patty • American cheese • O'Brien potatoes 	Ranchero Breakfast Burrito #12735 includes: <ul style="list-style-type: none"> • Zesty egg wrap • Ranchero sauce • Sweet rice 	Huevos Rancheros #14803 includes: <ul style="list-style-type: none"> • Huevos rancheros • Green chili grits 	Cheesy Egg Omelet #12730 includes: <ul style="list-style-type: none"> • Egg patty • American cheese • O'Brien potatoes 	Turkey Ham & Egg Scramble #12716 includes: <ul style="list-style-type: none"> • Turkey ham patty • Scrambled eggs • Oatmeal 	Ranchero Breakfast Burrito #12735 includes: <ul style="list-style-type: none"> • Zesty egg wrap • Ranchero sauce • Sweet rice 	Huevos Rancheros #14803 includes: <ul style="list-style-type: none"> • Huevos rancheros • Green chili grits
	Chocolate Chip Muffin #10447 (Add 8oz. 1% Milk)	Chocolate Chip Muffin #10447 (Add 8oz. 1% Milk)	Banana Bread Muffin #10448 (Add 8oz. 1% Milk)	Apple Chunk Muffin #10437 (Add 8oz. 1% Milk)	Chocolate Chip Muffin #10447 (Add 8oz. 1% Milk)	Banana Bread Muffin #10448 (Add 8oz. 1% Milk)	Apple Chunk Muffin #10437 (Add 8oz. 1% Milk)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH	Turkey Chili #12700 includes: <ul style="list-style-type: none"> • Turkey chili • White rice • 4-way vegetable blend • Salad w/Ranch dressing 	Spaghetti w/Meat Sauce #12767 includes: <ul style="list-style-type: none"> • Spaghetti w/meat sauce • Parmesan cheese • Green beans • Salad w/Ranch dressing 	Sweet & Sour Chicken #12774 includes: <ul style="list-style-type: none"> • Chicken w/sweet & sour sauce • White rice • 4-way vegetable blend • Salad w/Ranch dressing 	Chicken Alfredo #12706 includes: <ul style="list-style-type: none"> • Chicken w/Alfredo sauce • Rotini noodles • Corn • Salad w/Ranch dressing 	Meat Loaf #12720 includes: <ul style="list-style-type: none"> • Beef meat loaf patty • Beef gravy • Green beans • Mashed potatoes • Salad w/Ranch dressing 	Chicken Patty #12764 includes: <ul style="list-style-type: none"> • Chicken patty • Ranchero sauce • White rice • Green beans • Salad w/Ranch dressing 	Grilled Ham & Cheese Sandwich #12721 includes: <ul style="list-style-type: none"> • Grilled ham & cheese sandwich • Tomato soup
	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DINNER	Meat Loaf #12720 includes: <ul style="list-style-type: none"> • Beef meat loaf patty • Beef gravy • Green beans • Mashed potatoes • Salad w/Ranch dressing 	Chicken Patty #12764 includes: <ul style="list-style-type: none"> • Chicken patty • Ranchero sauce • White rice • Green beans • Salad w/Ranch dressing 	Turkey Chili #12700 includes: <ul style="list-style-type: none"> • Turkey chili • White rice • 4-way vegetable blend • Salad w/Ranch dressing 	Grilled Ham & Cheese Sandwich #12721 includes: <ul style="list-style-type: none"> • Grilled ham & cheese sandwich • Tomato soup 	Macaroni & Cheese #12704 includes: <ul style="list-style-type: none"> • Macaroni w/cheese sauce • Green beans • Salad w/Ranch dressing 	Cheese Pizza Wrap #15210 includes: <ul style="list-style-type: none"> • Tortilla wrap w/ mozzarella cheese and marinara • Salad w/Ranch dressing 	Chicken Alfredo #12706 includes: <ul style="list-style-type: none"> • Chicken w/Alfredo sauce • Rotini noodles • Corn • Salad w/Ranch dressing
	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)

WEEK 2 DATE _____

(Add two (2) pieces of fresh fruit during the day)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Cheesy Egg Omelet #12730 includes: <ul style="list-style-type: none"> • Egg patty • American cheese • O'Brien potatoes 	Ranchero Breakfast Burrito #12735 includes: <ul style="list-style-type: none"> • Zesty egg wrap • Ranchero sauce • Sweet rice 	Huevos Rancheros #14803 includes: <ul style="list-style-type: none"> • Huevos rancheros • Green chili grits 	Turkey Ham & Egg Scramble #12716 includes: <ul style="list-style-type: none"> • Turkey ham patty • Scrambled eggs • Oatmeal 	Cheesy Egg Omelet #12730 includes: <ul style="list-style-type: none"> • Egg patty • American cheese • O'Brien potatoes 	Huevos Rancheros #14803 includes: <ul style="list-style-type: none"> • Huevos rancheros • Green chili grits 	Turkey Ham & Egg Scramble #12716 includes: <ul style="list-style-type: none"> • Turkey ham patty • Scrambled eggs • Oatmeal
	Banana Bread Muffin #10448 (Add 8oz. 1% Milk)	Chocolate Chip Muffin #10447 (Add 8oz. 1% Milk)	Apple Chunk Muffin #10437 (Add 8oz. 1% Milk)	Chocolate Chip Muffin #10447 (Add 8oz. 1% Milk)	Banana Bread Muffin #10448 (Add 8oz. 1% Milk)	Chocolate Chip Muffin #10447 (Add 8oz. 1% Milk)	Chocolate Chip Muffin #10447 (Add 8oz. 1% Milk)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH	Grilled Ham & Cheese Sandwich #12721 includes: <ul style="list-style-type: none"> • Grilled ham & cheese sandwich • Tomato soup 	Sweet & Sour Chicken #12774 includes: <ul style="list-style-type: none"> • Chicken w/sweet & sour sauce • White rice • 4-way vegetable blend • Salad w/Ranch dressing 	Macaroni & Cheese #12704 includes: <ul style="list-style-type: none"> • Macaroni w/cheese sauce • Green beans • Salad w/Ranch dressing 	Turkey Chili #12700 includes: <ul style="list-style-type: none"> • Turkey chili • White rice • 4-way vegetable blend • Salad w/Ranch dressing 	Cheese Pizza Wrap #15210 includes: <ul style="list-style-type: none"> • Tortilla wrap w/ mozzarella cheese and marinara • Salad w/Ranch dressing 	Spaghetti w/Meat Sauce #12767 includes: <ul style="list-style-type: none"> • Spaghetti w/meat sauce • Parmesan cheese • Green beans 	Chicken Alfredo #12706 includes: <ul style="list-style-type: none"> • Chicken w/Alfredo sauce • Rotini noodles • Corn • Salad w/Ranch dressing
	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DINNER	Macaroni & Cheese #12704 includes: <ul style="list-style-type: none"> • Macaroni w/cheese sauce • Green beans 	Chicken Alfredo #12706 includes: <ul style="list-style-type: none"> • Chicken w/Alfredo sauce • Rotini noodles • Corn • Salad w/Ranch dressing 	Spaghetti w/Meat Sauce #12767 includes: <ul style="list-style-type: none"> • Spaghetti w/meat sauce • Parmesan cheese • Green beans 	Grilled Ham & Cheese Sandwich #12721 includes: <ul style="list-style-type: none"> • Grilled ham & cheese sandwich • Tomato soup 	Sweet & Sour Chicken #12774 includes: <ul style="list-style-type: none"> • Chicken w/sweet & sour sauce • White rice • 4-way vegetable blend • Salad w/Ranch dressing 	Chicken Patty #12764 includes: <ul style="list-style-type: none"> • Chicken patty • Ranchero sauce • White rice • Green beans • Salad w/Ranch dressing 	Meat Loaf #12720 includes: <ul style="list-style-type: none"> • Beef meat loaf patty • Beef gravy • Green beans • Mashed potatoes • Salad w/Ranch dressing
	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)	WG Dinner Roll #10077 (Add 8oz. 1% Milk)



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	2,741	90	90	28	0	377	458	1,306	2,818	231	31	22
(Day 2) Mon	2,353	82	94	27	0	260	491	1,410	2,658	197	29	19
(Day 3) Tue	2,513	95	78	17	0	346	378	1,239	2,775	214	35	20
(Day 4) Wed	2,555	97	82	21	0	372	298	1,336	2,960	228	33	22
(Day 5) Thu	2,766	107	102	28	0	344	318	1,264	2,444	163	31	22
(Day 6) Fri	2,474	94	86	21	0	373	342	1,114	3,179	139	36	28
(Day 7) Sat	2,941	117	93	25	0	379	363	1,396	2,544	202	39	29
TOTAL NUTRITION	18,343	682	625	167	0	2,451	2,648	9,065	19,378	1,374	250	162
DAILY AVERAGE*	2,620	97	89	24	0	350	378	1,295	2,768	196	36	23

*Daily values used:

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

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	3,064	116	76	18	0	437	408	1,020	2,911	191	32	20
(Day 9) Mon	2,749	97	104	35	0	407	287	1,241	2,993	175	50	29
(Day 10) Tue	2,725	106	96	29	0	369	251	1,575	2,417	210	39	28
(Day 11) Wed	2,460	79	105	27	0	287	489	1,404	2,399	191	23	25
(Day 12) Thu	2,640	94	77	31	0	394	452	1,317	3,278	141	44	27
(Day 13) Fri	2,500	77	96	25	0	297	418	1,264	3,165	261	19	16
(Day 14) Sat	2,464	109	90	19	0	386	283	1,523	2,133	176	32	22
TOTAL NUTRITION	18,602	678	644	184	0	2,577	2,588	9,344	19,296	1,345	262	167
DAILY AVERAGE*	2,657	97	87	26	0	368	370	1,335	2,757	192	37	24

*Daily values used:

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

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