

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>

<b>Creamy Chicken Casserole</b> #12786 includes: <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> #12703 includes: <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> #12727 includes: <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 Sandwich</b> #12721 includes: <ul style="list-style-type: none"> <li>• Grilled ham &amp; cheese sandwich</li> <li>• Tomato soup</li> </ul>	<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>Snickerdoodle Cookies</b> #10129  <b>Enriched Drink Mix</b> #15540 or #15542	<b>WG Dinner Roll</b> #10077  <b>Snickerdoodle Cookies</b> #10129  <b>Enriched Drink Mix</b> #15540 or #15542	<b>WG Dinner Roll</b> #10077  <b>Snickerdoodle Cookies</b> #10129  <b>Enriched Drink Mix</b> #15540 or #15542	<b>WG Bread Slices</b> #10075  <b>Chocolate Chip Cookies</b> #10132  <b>Enriched Drink Mix</b> #15540 or #15542	<b>WG Dinner Roll</b> #10077  <b>Chocolate Chip Cookies</b> #10132  <b>Enriched Drink Mix</b> #15540 or #15542	<b>WG Dinner Roll</b> #10077  <b>Chocolate Chip Cookies</b> #10132  <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 \_\_\_\_\_

<p><b>Breakfast Tray F</b> #14636PB includes:</p> <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>	<p><b>Breakfast Tray D</b> #14634PB includes:</p> <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>	<p><b>Breakfast Tray F</b> #14636PB includes:</p> <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>	<p><b>Breakfast Tray D</b> #14634PB includes:</p> <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>	<p><b>Breakfast Tray F</b> #14636PB includes:</p> <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>	<p><b>Breakfast Tray D</b> #14634PB includes:</p> <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>	<p><b>Breakfast Tray F</b> #14636PB includes:</p> <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>
---	--	---	--	---	--	---

<p><b>Sesame Ginger Beef</b> #12732 includes:</p> <ul style="list-style-type: none"> <li>• Sesame ginger beef</li> <li>• White rice</li> <li>• Vegetables</li> </ul>	<p><b>Spaghetti w/Meat Sauce</b> #12767 includes:</p> <ul style="list-style-type: none"> <li>• Spaghetti w/meat sauce</li> <li>• Green beans</li> </ul>	<p><b>Country Fried Chicken</b> #12772 includes:</p> <ul style="list-style-type: none"> <li>• Chicken &amp; beef patty w/gravy</li> <li>• Mashed potatoes</li> <li>• Diced carrots</li> </ul>	<p><b>Beef Goulash w/Macaroni</b> #12734 includes:</p> <ul style="list-style-type: none"> <li>• German style goulash w/ground beef</li> <li>• Macaroni</li> <li>• Green beans</li> </ul>	<p><b>Macaroni &amp; Cheese</b> #14801 includes:</p> <ul style="list-style-type: none"> <li>• Macaroni w/cheese sauce</li> <li>• Green beans</li> </ul>	<p><b>Vegetable Beef Stew</b> #12766 includes:</p> <ul style="list-style-type: none"> <li>• Vegetable stew w/beef</li> <li>• White rice</li> <li>• Diced carrots</li> </ul>
<p><b>WG Dinner Roll</b> #10077</p>	<p><b>WG Dinner Roll</b> #10077</p>	<p><b>WG Dinner Roll</b> #10077</p>	<p><b>WG Dinner Roll</b> #10077</p>	<p><b>WG Dinner Roll</b> #10077</p>	<p><b>WG Dinner Roll</b> #10077</p>
<p><b>Chocolate Chip Cookies</b> #10132</p>	<p><b>Snickerdoodle Cookies</b> #10129</p>	<p><b>Molasses Cookies</b> #10135</p>	<p><b>Molasses Cookies</b> #10135</p>	<p><b>Chocolate Chip Cookies</b> #10132</p>	<p><b>Snickerdoodle Cookies</b> #10129</p>
<p><b>Enriched Drink Mix</b> #15540 or #15542</p>	<p><b>Enriched Drink Mix</b> #15540 or #15542</p>	<p><b>Enriched Drink Mix</b> #15540 or #15542</p>	<p><b>Enriched Drink Mix</b> #15540 or #15542</p>	<p><b>Enriched Drink Mix</b> #15540 or #15542</p>	<p><b>Enriched Drink Mix</b> #15540 or #15542</p>

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DINNER</b>	<p><b>Peanut Butter &amp; Jelly Sandwich</b> #11956 includes:</p> <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>	<p><b>Turkey Bologna Sandwich</b> #11954 includes:</p> <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>	<p><b>Turkey Ham Sandwich</b> #11953 includes:</p> <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>	<p><b>Turkey Bologna Sandwich</b> #11954 includes:</p> <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>	<p><b>Peanut Butter &amp; Jelly Sandwich</b> #11956 includes:</p> <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>	<p><b>Turkey Ham Sandwich</b> #11953 includes:</p> <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>	<p><b>Turkey Bologna Sandwich</b> #11954 includes:</p> <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 \_\_\_\_\_

<p><b>Breakfast Tray F</b> #14636PB includes:</p> <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>	<p><b>Breakfast Tray D</b> #14634PB includes:</p> <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>	<p><b>Breakfast Tray F</b> #14636PB includes:</p> <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>	<p><b>Breakfast Tray D</b> #14634PB includes:</p> <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>	<p><b>Breakfast Tray F</b> #14636PB includes:</p> <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>	<p><b>Breakfast Tray D</b> #14634PB includes:</p> <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>	<p><b>Breakfast Tray F</b> #14636PB includes:</p> <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>
---	--	---	--	---	--	---

<p><b>Chili Con Carne</b> #12719 includes:</p> <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> <p><b>WG Dinner Roll</b> #10077</p> <p><b>Snickerdoodle Cookies</b> #10129</p> <p><b>Enriched Drink Mix</b> #15540 or #15542</p>	<p><b>Crunchy Cornmeal Pollack</b> #12176 includes:</p> <ul style="list-style-type: none"> <li>• Pollack patty</li> <li>• White rice</li> <li>• Vegetable</li> </ul> <p><b>WG Dinner Roll</b> #10077</p> <p><b>Molasses Cookies</b> #10135</p> <p><b>Enriched Drink Mix</b> #15540 or #15542</p>	<p><b>Creamy Tuna Casserole</b> #12726 includes:</p> <ul style="list-style-type: none"> <li>• Tuna casserole</li> <li>• White rice</li> <li>• Vegetables</li> </ul> <p><b>WG Dinner Roll</b> #10077</p> <p><b>Snickerdoodle Cookies</b> #10129</p> <p><b>Enriched Drink Mix</b> #15540 or #15542</p>	<p><b>Creamy Chicken Alfredo</b> #12706 includes:</p> <ul style="list-style-type: none"> <li>• Chicken alfredo</li> <li>• Rotini</li> <li>• Corn</li> </ul> <p><b>WG Dinner Roll</b> #10077</p> <p><b>Chocolate Chip Cookies</b> #10132</p> <p><b>Enriched Drink Mix</b> #15540 or #15542</p>	<p><b>Salisbury Steak</b> #12768 includes:</p> <ul style="list-style-type: none"> <li>• Beef Salisbury steak w/gravy</li> <li>• Mashed potatoes</li> <li>• Vegetables</li> </ul> <p><b>WG Dinner Roll</b> #10077</p> <p><b>Snickerdoodle Cookies</b> #10129</p> <p><b>Enriched Drink Mix</b> #15540 or #15542</p>	<p><b>BBQ Chicken Patty</b> #12757 includes:</p> <ul style="list-style-type: none"> <li>• Chicken patty w/bbq sauce</li> <li>• White rice</li> <li>• Pinto beans</li> </ul> <p><b>WG Dinner Roll</b> #10077</p> <p><b>Snickerdoodle Cookies</b> #10129</p> <p><b>Enriched Drink Mix</b> #15540 or #15542</p>
---	--	--	---	---	--

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DINNER</b>	<p><b>Peanut Butter &amp; Jelly Sandwich</b> #11956 includes:</p> <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>	<p><b>Turkey Ham Sandwich</b> #11953 includes:</p> <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>	<p><b>Turkey Bologna Sandwich</b> #11954 includes:</p> <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>	<p><b>Turkey Ham Sandwich</b> #11953 includes:</p> <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>	<p><b>Peanut Butter &amp; Jelly Sandwich</b> #11956 includes:</p> <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>	<p><b>Turkey Bologna Sandwich</b> #11954 includes:</p> <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>	<p><b>Turkey Ham Sandwich</b> #11953 includes:</p> <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 \_\_\_\_\_

<p><b>Breakfast Tray D</b> #14634PB includes:</p> <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>	<p><b>Breakfast Tray F</b> #14636PB includes:</p> <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>	<p><b>Breakfast Tray D</b> #14634PB includes:</p> <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>	<p><b>Breakfast Tray F</b> #14636PB includes:</p> <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>	<p><b>Breakfast Tray D</b> #14634PB includes:</p> <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>	<p><b>Breakfast Tray F</b> #14636PB includes:</p> <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>	<p><b>Breakfast Tray D</b> #14634PB includes:</p> <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>
--	---	--	---	--	---	--

<p><b>Beef Filling</b> #12776 includes:</p> <ul style="list-style-type: none"> <li>• Beef filling</li> <li>• White rice</li> <li>• Cajun black beans</li> </ul> <p><b>WG Dinner Roll</b> #10077</p> <p><b>Molasses Cookies</b> #10135</p> <p><b>Enriched Drink Mix</b> #15540 or #15542</p>	<p><b>Lasagna</b> #12756 includes:</p> <ul style="list-style-type: none"> <li>• Lasagna</li> <li>• Mozzarella cheese</li> <li>• Green beans</li> </ul> <p><b>WG Dinner Roll</b> #10077</p> <p><b>Snickerdoodle Cookies</b> #10129</p> <p><b>Enriched Drink Mix</b> #15540 or #15542</p>	<p><b>Chicken Link w/Pasta Marinara</b> #12758 includes:</p> <ul style="list-style-type: none"> <li>• Chicken sausage link</li> <li>• Rotini w/marinara sauce</li> <li>• 4-way vegetable blend</li> </ul> <p><b>WG Dinner Roll</b> #10077</p> <p><b>Snickerdoodle Cookies</b> #10129</p> <p><b>Enriched Drink Mix</b> #15540 or #15542</p>	<p><b>Tamale Pie</b> #12724 includes:</p> <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> <p><b>WG Dinner Roll</b> #10077</p> <p><b>Chocolate Chip Cookies</b> #10132</p> <p><b>Enriched Drink Mix</b> #15540 or #15542</p>	<p><b>Brown Gravy w/Beef</b> #12713 includes:</p> <ul style="list-style-type: none"> <li>• Brown gravy &amp; beef</li> <li>• Mashed potatoes</li> <li>• Diced carrots</li> </ul> <p><b>WG Dinner Roll</b> #10077</p> <p><b>Snickerdoodle Cookies</b> #10129</p> <p><b>Enriched Drink Mix</b> #15540 or #15542</p>	<p><b>Chicken Burrito</b> #12701 includes:</p> <ul style="list-style-type: none"> <li>• Chicken burrito w/enchilada sauce</li> <li>• White rice</li> <li>• Black beans</li> </ul> <p><b>WG Dinner Roll</b> #10077</p> <p><b>Snickerdoodle Cookies</b> #10129</p> <p><b>Enriched Drink Mix</b> #15540 or #15542</p>
---	---	--	---	---	--

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DINNER</b>	<p><b>Peanut Butter &amp; Jelly Sandwich</b> #11956 includes:</p> <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>	<p><b>Turkey Bologna Sandwich</b> #11954 includes:</p> <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>	<p><b>Turkey Ham Sandwich</b> #11953 includes:</p> <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>	<p><b>Turkey Bologna Sandwich</b> #11954 includes:</p> <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>	<p><b>Peanut Butter &amp; Jelly Sandwich</b> #11956 includes:</p> <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>	<p><b>Turkey Ham Sandwich</b> #11953 includes:</p> <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>	<p><b>Turkey Bologna Sandwich</b> #11954 includes:</p> <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	2,685	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:

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

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	2,814	96	105	26	0	396	151	1,820	2,526	229	46	31
(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	2,537	84	92	24	0	383	188	1,721	2,897	211	34	23
(Day 21) Sat	2,484	84	79	20	0	349	124	1,607	2,733	194	49	22
<b>TOTAL NUTRITION</b>	<b>18,320</b>	<b>616</b>	<b>639</b>	<b>171</b>	<b>0</b>	<b>2,630</b>	<b>1,141</b>	<b>12,282</b>	<b>19,966</b>	<b>1,520</b>	<b>278</b>	<b>175</b>
<b>DAILY AVERAGE*</b>	<b>2,617</b>	<b>88</b>	<b>91</b>	<b>24</b>	<b>0</b>	<b>376</b>	<b>163</b>	<b>1,752</b>	<b>2,852</b>	<b>217</b>	<b>40</b>	<b>25</b>

\*Daily values used:

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

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	2,581	76	83	23	0	372	111	1,704	2,377	189	30	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	2,581	91	86	23	0	346	202	1,816	2,942	268	22	26
<b>TOTAL NUTRITION</b>	<b>18,997</b>	<b>631</b>	<b>629</b>	<b>184</b>	<b>0</b>	<b>2,681</b>	<b>1,143</b>	<b>12,873</b>	<b>20,527</b>	<b>1,904</b>	<b>235</b>	<b>191</b>
<b>DAILY AVERAGE*</b>	<b>2,714</b>	<b>90</b>	<b>90</b>	<b>26</b>	<b>0</b>	<b>383</b>	<b>163</b>	<b>1,839</b>	<b>2,932</b>	<b>2272</b>	<b>34</b>	<b>27</b>

\*Daily values used:

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

For people with disabilities, this document is available on request in other formats. To submit a request, please email [DOCPublications@doc.wa.gov](mailto:DOCPublications@doc.wa.gov).