



State of West Virginia
Department of Administration
Purchasing Division
2019 Washington Street East
Post Office Box 50130
Charleston, WV 25305-0130

Request for Quotation

RFQ NUMBER

COR61470

PAGE

1

ADDRESS CORRESPONDENCE TO ATTENTION OF:

TARA LYLE
304-558-2544

RFQ COPY

TYPE NAME/ADDRESS HERE

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DIVISION OF CORRECTIONS

617 LEON SULLIVAN WAY

CHARLESTON, WV

25301

304-558-8045

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DATE PRINTED	TERMS OF SALE	SHIP VIA	F.O.B.	FREIGHT TERMS
10/06/2011				

BID OPENING DATE: 10/19/2011 BID OPENING TIME 01:30PM

LINE	QUANTITY	UOP	CAT. NO.	ITEM NUMBER	UNIT PRICE	AMOUNT
ADDENDUM NO. 4						
1. QUESTIONS AND ANSWERS ARE ATTACHED.						
2. BID OPENING REMAINS 10/19/2011 AT 1:30 PM.						
3. ADDENDUM ACKNOWLEDGEMENT IS ATTACHED. THIS DOCUMENT SHOULD BE SIGNED AND RETURNED WITH YOUR BID. FAILURE TO SIGN AND RETURN MAY RESULT IN DISQUALIFICATION OF YOUR BID.						
END OF ADDENDUM NO. 4						
0001	1	LS		952-84		
INMATE FOOD SERVICE						
***** THIS IS THE END OF RFQ COR61470 ***** TOTAL:						

SEE REVERSE SIDE FOR TERMS AND CONDITIONS

SIGNATURE	TELEPHONE	DATE
TITLE	FEIN	ADDRESS CHANGES TO BE NOTED ABOVE

WHEN RESPONDING TO RFQ, INSERT NAME AND ADDRESS IN SPACE ABOVE LABELED 'VENDOR'

GENERAL TERMS & CONDITIONS REQUEST FOR QUOTATION (RFQ) AND REQUEST FOR PROPOSAL (RFP)

1. Awards will be made in the best interest of the State of West Virginia.
 2. The State may accept or reject in part, or in whole, any bid.
 3. Prior to any award, the apparent successful vendor must be properly registered with the Purchasing Division and have paid the required \$125 fee.
 4. All services performed or goods delivered under State Purchase Order/Contracts are to be continued for the term of the Purchase Order/Contracts, contingent upon funds being appropriated by the Legislature or otherwise being made available. In the event funds are not appropriated or otherwise available for these services or goods this Purchase Order/Contract becomes void and of no effect after June 30.
 5. Payment may only be made after the delivery and acceptance of goods or services.
 6. Interest may be paid for late payment in accordance with the *West Virginia Code*.
 7. Vendor preference will be granted upon written request in accordance with the *West Virginia Code*.
 8. The State of West Virginia is exempt from federal and state taxes and will not pay or reimburse such taxes.
 9. The Director of Purchasing may cancel any Purchase Order/Contract upon 30 days written notice to the seller.
 10. The laws of the State of West Virginia and the *Legislative Rules* of the Purchasing Division shall govern the purchasing process.
 11. Any reference to automatic renewal is hereby deleted. The Contract may be renewed only upon mutual written agreement of the parties.
 12. **BANKRUPTCY:** In the event the vendor/contractor files for bankruptcy protection, the State may deem this contract null and void, and terminate such contract without further order.
 13. **HIPAA BUSINESS ASSOCIATE ADDENDUM:** The West Virginia State Government HIPAA Business Associate Addendum (BAA), approved by the Attorney General, is available online at www.state.wv.us/admin/purchase/vrc/hipaa.htm and is hereby made part of the agreement. Provided that the Agency meets the definition of a Cover Entity (45 CFR §160.103) and will be disclosing Protected Health Information (45 CFR §160.103) to the vendor.
 14. **CONFIDENTIALITY:** The vendor agrees that he or she will not disclose to anyone, directly or indirectly, any such personally identifiable information or other confidential information gained from the agency, unless the individual who is the subject of the information consents to the disclosure in writing or the disclosure is made pursuant to the agency's policies, procedures, and rules. Vendor further agrees to comply with the Confidentiality Policies and Information Security Accountability Requirements, set forth in <http://www.state.wv.us/admin/purchase/privacy/noticeConfidentiality.pdf>.
 15. **LICENSING:** Vendors must be licensed and in good standing in accordance with any and all state and local laws and requirements by any state or local agency of West Virginia, including, but not limited to, the West Virginia Secretary of State's Office, the West Virginia Tax Department, and the West Virginia Insurance Commission. The vendor must provide all necessary releases to obtain information to enable the director or spending unit to verify that the vendor is licensed and in good standing with the above entities.
 16. **ANTITRUST:** In submitting a bid to any agency for the State of West Virginia, the bidder offers and agrees that if the bid is accepted the bidder will convey, sell, assign or transfer to the State of West Virginia all rights, title and interest in and to all causes of action it may now or hereafter acquire under the antitrust laws of the United States and the State of West Virginia for price fixing and/or unreasonable restraints of trade relating to the particular commodities or services purchased or acquired by the State of West Virginia. Such assignment shall be made and become effective at the time the purchasing agency tenders the initial payment to the bidder.
- I certify that this bid is made without prior understanding, agreement, or connection with any corporation, firm, limited liability company, partnership, or person or entity submitting a bid for the same material, supplies, equipment or services and is in all respects fair and without collusion or fraud. I further certify that I am authorized to sign the certification on behalf of the bidder or this bid.

INSTRUCTIONS TO BIDDERS

1. Use the quotation forms provided by the Purchasing Division. Complete all sections of the quotation form.
2. Items offered must be in compliance with the specifications. Any deviation from the specifications must be clearly indicated by the bidder. Alternates offered by the bidder as **EQUAL** to the specifications must be clearly defined. A bidder offering an alternate should attach complete specifications and literature to the bid. The Purchasing Division may waive minor deviations to specifications.
3. Unit prices shall prevail in case of discrepancy. All quotations are considered F.O.B. destination unless alternate shipping terms are clearly identified in the quotation.
4. All quotations must be delivered by the bidder to the office listed below prior to the date and time of the bid opening. Failure of the bidder to deliver the quotations on time will result in bid disqualifications: Department of Administration, Purchasing Division, 2019 Washington Street East, P.O. Box 50130, Charleston, WV 25305-0130
5. Communication during the solicitation, bid, evaluation or award periods, except through the Purchasing Division, is strictly prohibited (W.Va. C.S.R. §148-1-6.6).

COR61470
Addendum No. 4
Food Contract Facility Questions

1Q: How many medical diets are currently being served at all the facilities?

1A: Four Hundred Twenty Four (424) Total

2Q: What all different types of medical diets are currently being served at the different facilities?

2A: Diabetes, Broken Jaw, High Fiber, Cardiac, Renal, 2800 Calorie, 2200 Calorie, Healthy Heart, Gastric Soft, Carb Control, Mechanical Soft, Double Portions, High Protein, Fish Allergy, Onion Allergy, Carnation Instant Breakfast Supplement, Liquid, and No Milk.

3Q: How many different types of religious diets are currently being served at all the facilities?

3A: Fifty-Three (53) Total Religious Diets

4Q: What different types of religious diets are currently being served at the different facilities?

4A: Muslims, Rastafarian, Christian, Catholic, and Seven Day Adventist

5Q: What is the participation rate for cafeteria service at the facilities?

5A: 63.58% (3,262/5,130)

6Q: What is the participation rate for the officers' dining in all the facilities?

6A: 215 total officers

7Q: How many kitchen workers are currently working in all the facilities?

7A: Inmates - 316

Staff - 25

8Q: What is the current amount of product use of soup and salad/dressing used on the free flow bar on a weekly basis by all the facilities?

8A: Soup - 491 ½ gallons

Salad - 37 cases

Dressing - 100 gallons

9Q: The "Staff" to Supervise and provide security is either the "Contractor Staff" or the "WVDOC staff"?

9A: Contractor - 10%

WVDOC - 90%

10Q: Do all the work release centers require scanners at their facilities?

10A: No

11Q: Charleston Work Release Center is currently at a level of 66 beds in there facility, but they will be moving in a few months. Will there population total increase or decrease after the move?

11A: Increase to approximately 120 inmates

12Q: The required 40 hour orientation training (page 19-20,#6), if the incumbent employees are hired, do they have to go through the orientation again as a ASC Employee?

12A: No

13Q: Would it be possible for the office assistant at Mt. Olive to be a centralized position with some accounting responsibility?

13A: No

14Q: What is the overall inmate participation rate for B-L-D at all the facilities?

14A: Breakfast - 3,347

Lunch - 3,677

Dinner - 3,894

15Q: How many therapeutic diets are currently being served in all the facilities?

15A: 1

16Q: What different types of therapeutic diets are being served in all the facilities?

16A: Bland and full liquid

17Q: How many sack lunches are required for all the facilities for the following?

17A: Breakfast - 5

Lunch - 410

Dinner - 85

Bedtime snacks - 21 (diabetic)

18Q: What is offered on the free flow bar at all the facilities?

18A: Water, Salad Mix & Dressing, Fruit, Beans, Rice, Cereal, Vegetables and Drinks

19Q: What is the amount of staff at all the facilities?

19A: 1,572

20Q: What is the approximant number of staff that eats at each meal at all the facilities?

20A: Breakfast – 50

Lunch - 110

Dinner - 65

21Q: Do the inmates actually drink the coffee that is provided at the meal times?

21A: Yes.

22Q: What percentage of coffee that is sent out at all the facilities is being consumed by the inmates?

22A: 100%

23Q: Does anyone at the facilities object if coffee was done away with entirely, and only available in the commissary for those with onsite stores?

23A: Yes.

24Q: Would all the facilities to be acceptable if we would go to 50% Apple Juice instead?

24A: Yes.

25Q: Aramark currently serves 100% Orange Juice during the months of December through February. Is there any good reason to continue with this practice?

25A: Yes.

26Q: Pg 12, Para 9f- The WVDOC is responsible for all equipment working properly in each facility. In the event that paper products (disposable tray, etc.) must be used due to equipment malfunctions, who will bear the cost of the paper products?

26A: The vendor is responsible for disposables.

27Q: Pg 17 Para 3- In the event that glassware, metalware, silverware, feeding trays are not sufficient supplies to support operations at any given facility, who is responsible for the purchase of disposables to support operations?

27A: The vendor is responsible for all disposables.

28Q: Pg 21- There is a CPI freeze initiated by the Governors Office for the past three years, what is the process to receive CPI increases to offset continuing raising product/ associated costs?

28A: Any reference to a price increase in the original specifications is hereby deleted. The price will remain firm throughout the life of the contract.

29Q: General- Pg3 of the RFQ and Pg 21 states two different contract lengths. What is the term of this contract?

29A: The term of the contract is one year, with four (4) one-year renewable options.

30Q: Is the use of a credit card the only acceptable payment method for the WVDOC to pay for inmate meals and other associated invoices?

30A: Yes, at the present time, however this could change in the future.

31Q: Can we submit an alternate bid that includes a free-flow bar at appropriate facilities that could support a free-flow bar?

31A: Yes, please feel free to submit alternate bids, as long as it is responsive to the specifications.

- 32Q: Pg 13 Item 18- Can you please define" Verifiable electronically or mechanically controlled inmate and staff serving line access control equipment"?
- 32A: Some type of verifiable count with equipment not subject to tamper and is capable of being tested for confirmation.
- 33Q: Can we offer a "brunch type" option for breakfast and lunch on the weekends?
- 33A: Yes. If it is mutually agreed, and prior consent and approval of the Warden or his/her designee obtained.
- 34Q: In the event that the dish machine does not meet the correct temperature requirements, does the WVDOC purchase the use of Sanitizers?
- 34A: This shall be the successful vendor's responsibility.
- 35Q: Pg 20 #1- What does the term "As Needed" mean when referring to Dietitians Quarterly Visits?
- 35A: According to facility need, condition, or situation.
- 36Q: Pg 20 #5- State, "A complete list of special diets will be made available". Can we receive a copy of this?
- 36A: Our special diets could generally be classified into two major categories, (1) non-pork, and (2) non-flesh. The non-flesh diet is what we make to comply with the strictest diet.

The degree of preparation needed may vary at each facility. At MOCC, for example, the religious special diets are prepared in a separate area using utensils and serving items that are just for particular items. The idea is to avoid cross contamination of foods. We attempt to follow the diet that is the strictest. In that, way we address all the concerns of most beliefs. That diet is the Hare Krishna diet. The successful vendor shall provide a diet that does not substantially impair the sincerely held religious beliefs of an inmate without a compelling government interest and is the least restrictive alternative.

See attachment D for additional information.

**** No additional questions will be accepted on this RFQ.**

**** The bid opening is scheduled for 10/19/2011 at 1:30 pm.**

ATTACHMENT A

NOTE: Detailed provisions in RFQ, Section: Menu, for detailed specific variances to the attached menus.

WEEK ONE
All facilities except ACC and LCC

BREAKFAST			LUNCH		DINNER	
M O N D A Y	* 50% Fruit Juice Drink	8 oz	Fruit	1@ or 1 c	Country Fried Beef Pattie or	4 oz
	* Farina	1 c	* Vegetarian Soup(11/1-3/31)	1 c	Baked Turkey Pattie	3 oz
	Beef Sausage	2 oz	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	* Gravy	1/4 c
	Pancakes(Mix-6ozv total)	3 @	Beef & Noodles (3 oz ground beef)	8 oz	Whipped Potatoes	3/4 c
	* Syrup	1 ½ oz	Pinto Beans	3/4 c	* Mixed Greens	1/2 c
	* Bread	2 sl	* Biscuit 1/60	1 @	* Coleslaw	1/2 c
	* Margarine	1/3 oz	* Margarine	1/2 oz	* Bread	2 sl
	* Coffee or Tea	12 oz	Cookies (Mix-2 oz total)	2@	* Margarine	1/2 oz
	* Salt & Pepper Pkts.	1 @	* Fruit Drink w/C	8 oz	Fruit Crisp	1/2 c
	Sugar/ Sugar Sub	2 pkts	* Sweetened Tea	8 oz	* Coffee (11/1-3/31)	8 oz
			Salt & Pepper Pkt	1 @	* 2 % Milk	8 oz
			Veg Sub: Vegetarian Beans	1 c	Salt & Pepper Pkt	1 @
					Veg Sub: Mac & Cheese	1 c

T U E S D A Y	* 50% Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Pork Ham OR	3 oz
	* Ready to Eat Cereal	1 c	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	Baked Fish Fillet	3 oz
	Scrambled Egg	4 oz	Breaded Chicken Pattie (3 oz meat)	4 oz	Scalloped Potatoes	3/4 c
	* Bread	2 sl	* Mayo-type Dressing	1/2 oz	* Mixed Vegetables	½ c
	* Jelly	1 oz	½ c Rice & ½ Pinto Beans	1 c	* Cole Slaw	½ c
	* Margarine	1/3 oz	Hamburger Bun	1 @	* Bread	2 sl
	* 2% Milk	8 oz	Rice & Pinto Beans (1/2 c each)	1c	* Margarine	½ oz
	* Coffee or Tea	12 oz	* Corn	½ c / 1/2 oz	Applesauce	½ c
	Salt & Pepper Pkts.	1 @	* Biscuit 1/60	1@	* Coffee (11/1-3/31)	8 oz
	Sugar/Sugar Sub	2 pkts	* Margarine	½ oz	* 2% Milk	8 oz
			Iced Cake 1/60 or Fruit	1@	Salt & Pepper Pkt	1 @
			* Fruit Drink w/C	8 oz	Veg Sub: Mac,Cheese,	
			* Sweetened Tea	8 oz	& Tomato (3 oz soy)	8 oz
			Salt & Pepper Pkt	1 @		
			Veg Sub: Vegetarian Beans	1 c		

W E D N E S D A Y	* 50 % Fruit Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Fried Chicken Quarter	1 @
	* Oatmeal	1 c	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	* Gravy	¼ c
	Fried Eggs	2 @	Fried/Baked Beef Pattie	3 oz	Whipped Potatoes	3/4 c
	* Bread	2 sl	Cheese	1 oz	* Corn	½ c
	* Jelly	1 oz	Hamburger Bun	1 @	* Green Salad	1/2 c
	* Margarine	1/3 oz	* Mustard/* Catsup	1/2/oz @	* Dressing	1/2 oz
	* 2% Milk	8 oz	Tomato/Onion	1 sl @	Iced Cake 1/60 or Fruit	1 @
	* Coffee or Tea	12 oz	French Fries or Rice	3/4 c	* Coffee (11/1-3/31)	8 oz
	Salt & Pepper Pkts.	1 @	* Biscuit 1/60	1 @	* 2 % Milk	8 oz
	Sugar/ Sugar Sub	2 pkts	* Margarine	½ oz	Salt & Pepper Pkt	1 @
			Fresh Fruit	1 ea	Veg Sub: Mac & Cheese	1 c
			* Fruit Drink w/C	8 oz		
			* Sweetened Tea	8 oz		
			Salt & Pepper Pkt	1 @		
			Veg Sub: Soy Pattie	3 oz		

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK ONE
All facilities except ACC and LCC

BREAKFAST			LUNCH		DINNER
T H U R S D A Y	* 50 % Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Meat/Cheese Pizza 1 sq
	* Ready to Eat Cereal	1 c	* Tossed Salad/ Dressing (4/1-10/31)	½ c - ½ oz	(cut 4x6; 3 oz meat/ch)
	Beef Gravy (2 oz ground beef)	6 oz	Roast Beef on	3 oz	Pasta w/Marinara Sauce ¾ c
	Biscuits 1/60	2 @	Hamburger Bun	1 @	* Green Beans ½ c
	* Bread	1 sl	* Mustard	½ oz	* Cole Slaw ½ c
	* Jelly	1 oz	Potato Salad	¾ c	* Bread 2 sl
	* Margarine	1/3 oz	* Biscuit 1/60	1 @	* Margarine ½ oz
	* 2 % Milk	8 oz	* Margarine	½ oz	Iced Cake 1/60 or Fruit 1 @
	* Coffee or Tea	12 oz	Cookies (Mix-2 oz total) or Fruit	2 @ or 1 @	* Coffee (11/1-3/31) 8 oz
	Salt & Pepper Pkts.	1 @	* Fruit Punch w/Vit C	8 oz	* 2% Milk 8 oz
	Sugar/ Sugar Sub	2 pkts	* Sweetened Tea	8 oz	Salt & Pepper Pkt. 1@
			Salt & Pepper Pkt	1 @	Veg Sub: Cheese Pizza 1 sq
			Veg Sub: Vegetarian Beans	1 c	

F R I D A Y	* 50 % Fruit Juice Drink	8 oz	Fruit	1@ or 1 c	Chili con Carne / Beans 8 oz
	* Oatmeal	1 c	* Vegetarian Soup(11/1-3/31)	1 c	(3 oz beef)
	Pork Sausage Pattie	2 oz	* Tossed Salad/ Dressing (4/1-10/31)	1/2c/ 1/2 oz	Seasoned Rice ¾ c
	Pancakes (Mix-6 ozv total)	3@	Fried/Baked Fish Fillet	3 oz	* Carrots ½ c
	* Jelly	1 oz	* Tarter Sauce	1/2 oz	* Tossed Salad 1/2 c
	* Syrup	1 1/2 oz	Macaroni & Cheese	¾ c	* Dressing 1/2 oz
	* Bread	1 sl	* Bread	2 sl	* Bread 2 sl
	* Margarine	1/3 oz	* Margarine	1/2 oz	* Margarine 1/2 oz
	* 2% Milk	8 oz	* Fruit Drink w/C	8 oz	Iced Cake 1/60 1@
	* Coffee or Tea	12 oz	* Sweetened Tea	8 oz	* Coffee (11/1-3/31) 8 oz
	Salt & Pepper Pkt	1@	Salt & Pepper Pkt	1@	* 2 % Milk 8 oz
	Sugar/Sugar Sub	2 pkts	Veg Sub: Vegetarian Beans	1c	Salt & Pepper Pkt 1@
					Veg Sub: Soy Chili (3 oz sov) 8 oz

S A T U R D A Y	* 50 % Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Meat Sauce (3oz gr beef) 6 oz
	* Grits	¾ c	* Tossed Salad/ Dressing (4/1-10/31)	½ c - ½ oz	Steamed Pasta ¾ c
	Scrambled Eggs	4 oz	Turkey	2 oz	* Peas ½ c
	* Bread	2 sl	Cheese	1 oz	* Lettuce Salad ½c
	* Jelly	1 oz	* Mayo-type Salad Dressing	½ oz	* Dressing 1/2 oz
	* Margarine	1/3 oz	Lettuce/Tomato	1 sl ea	* Garlic Bread 2 sl
	* 2% Milk	8 oz	Augratin Potatoes	¾ c	* Margarine 1/2 oz
	* Coffee or Tea	12 oz	* Bread	2 sl	Iced Cake 1/60 or Fruit 1@
	Salt & Pepper Pkts.	1@	* Margarine	½ oz	* Coffee (11/1-3/31) 8oz
	Sugar/ Sugar Sub	2 pkts	Cookies (Mix-2oz total) or Fruit	2@ or 1@	* 2% Milk 8 oz
			Salt & Pepper Pkt	1 ea	Salt & Pepper Pkt 1@
			* Fruit Drink w/C	8 oz	Veg Sub: Soy,Pasta & Sauce 8 oz
			* Sweetened Tea	8 oz	(3 oz sov)
			Veg Sub: Vegetarian Beans	1 c	
			Salt & Pepper Pkt	1@	
			Veg Sub: Vegetarian Beans	1c	

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK ONE
All facilities except ACC and LCC

BREAKFAST		LUNCH		DINNER
S U N D A Y	* 50 % Fruit Juice Drink 8 oz	* Vegetarian Soup(11/1-3/31) 1 c	Beef, Macaroni, Tomatoes 8 oz	
	* Ready to Eat Cereal 1 c	* Tossed Salad/ Dressing (4/1-10/31) ½ c - ½ oz	(3oz gr beef)	
	Pork Sausage Gravy 6 oz	Fried/Baked Salisbury Pattie 3 oz	* Peas ½ c	
	(2 oz meat)	BBQ Sauce ¼ c	* Tossed Salad 1/2 c	
	Biscuits 1/60 2@	Rice O'Brein 3/4 c	* Dressing 1/2 oz	
	* Bread 1 sl	* Bread 2 sl	* Bread 2 sl	
	* Jelly 1 oz	* Margarine ½ oz	* Margarine 1/2 oz	
	* Margarine 1/3 oz	Cookies (Mix-2oz total) or Fruit 2@ or 1@	Salt & Pepper Pkt 1 ea	
	* 2 % Milk 8 oz	* Fruit Drink w/C 8 oz	Iced Cake 1/60 or Fruit 1@	
	* Coffee or Tea 12 oz	* Sweetened Tea 8 oz	* Coffee (11/1-3/31) 8 oz	
	Salt & Pepper Pkt 1@	Salt & Pepper Pkt 1@	* 2% Milk 8 oz	
	Sugar/ Sugar Sub 2 pkts	Veg Sub: Vegetarian Beans 1 c	Salt & Pepper Pkt 1@	
			Veg Sub: Soy, Mac & Tomatoes 8 oz	
			(3 oz soy)	

WEEK TWO
All facilities except ACC and LCC

ATTACHMENT A 12

	BREAKFAST	LUNCH	DINNER
M O N D A Y	* 50% Fruit Juice Drink 8 oz	Fruit 1@ or 1c	Fried/Baked Meatloaf 3 oz
	* Farina 1 c	* Vegetarian Soup(11/1-3/31) 1 c	* Brown Gravy ¼ c
	Beef Sausage 2 oz	* Tossed Salad/Dressing (4/1-10/31) ½ c - ½ oz	Steamed Rice ¾ c
	Pancakes (Mix- 6ozv total) 3@	Pork Ham or Turkey 2 oz	* Steamed Cabbage ½ c
	* Syrup 1 ½ oz	Cheese 1 oz	* Tossed Salad 1/2 c
	* Bread 2 sl	* Mustard 1/2 oz	* Dressing 1/2 oz
	* Margarine 1/3 oz	Lettuce/Tomato 1 sl @	* Bread 2 sl
	* 2 % Milk 8 oz	Lyonnais Potatoes ¾ c	* Margarine 1/2 oz
	* Coffee or Tea 12 oz	* Bread 2 sl	Pudding 1/2 c
	Salt/Pepper Pkts 1@	* Margarine 1/2 oz	* Coffee (11/1-3/31) 8 oz
	Sugar/Sugar Sub 2 pkts	Iced Cake 1/60 or Fruit 1@	* 2% Milk 8 oz
		* Fruit Drink w/C 8 oz	Salt & Pepper Pkt 1@
		* Sweetened Tea 8 oz	Veg Sub: Mac & Cheese 1 c
		Salt & Pepper Pkt 1@	
		Veg Sub: Vegetarian Beans 1 c	

T U E S D A Y	* 50% Fruit Juice Drink 8 oz	* Vegetarian Soup(11/1-3/31) 1 c	Meat Sauce (3oz gr beef) 6 oz
	* Ready to Eat Cereal 1 c	* Tossed Salad/Dressing (4/1-10/31) ½ c - ½ oz	- Steamed Pasta ¾ c
	Scrambled Egg 4 oz	Burrito 5 oz	* Mixed Vegetables ½ c
	* Bread 2 sl	Refried Beans ¾ c	* Tossed Salad ½ c
	* Jelly 1 oz	* Spanish Rice ¾ c	* Dressing 1/2 oz
	* Margarine 1/3 oz	* Bread 2 sl	* Bread 2 sl
	* 2% Milk 8 oz	* Margarine ½ oz	* Margarine 1/2 oz
	* Coffee or Tea 12 oz	Cookies (Mix-2oz total) or Fruit 2@ or 1@	Applesauce 1/2 c
	Salt/Pepper Pkts 1@	* Fruit Punch w/C 8 oz	* Coffee (11/1-3/31) 8 oz
	Sugar/Sugar Sub 2 pkts	* Sweetened Tea 8 oz	* 2 % Milk 8 oz
		Salt & Pepper Pkt 1@	Salt & Pepper Pkt 1 @
		Veg Sub: Vegetarian Beans 1 c	Veg Sub: Soy,Pasta & Sauce 8 oz
			(3 oz soy)

W E D N E S D A Y	* 50% Fruit Juice Drink 8 oz	Fruit 1@ or 1 c	Taco Meat (3 oz grd Beef) 4 oz
	* Oatmeal 1 c	* Vegetarian Soup(11/1-3/31) 1 c	Shredded Cheese 1/2 oz
	Fried Eggs 2 @	* Tossed Salad/Dressing (4/1-10/31) ½ c - ½ oz	Refried Beans ¾ c
	* Bread 2 sl	Fried/Baked Beef Pattie 3 oz	Shredded Lettuce 1/2 c
	* Jelly 1 oz	Cheese 1 oz	Tortillas 2@
	* Margarine 1/3 oz	Hamburger Bun 1 @	* Bread 2 sl
	* 2% Milk 8 oz	* Mustard/ * Catsup 1/2 oz @	* Margarine 1/2 oz
	* Coffee or Tea 12 oz	Tomato/Onion 1 sl @	Iced Cake 1/60 or Fruit 1@
	Salt/Pepper Pkts 1@	Potato Salad ¾ c	* Coffee (11/1-3/31) 8 oz
	Sugar/Sugar Sub 2 pkts	* Biscuit 1/60 1 @	* 2 % Milk 8 oz
		* Margarine ½ oz	Salt & Pepper Pkt 1@
		Cookies (Mix-2oz total) or Fruit 2@ or 1 @	Veg Sub: Soy Taco Meat (3oz) 4 oz
		* Fruit Punch w/C 8 oz	
		* Sweetened Tea 8 oz	
		Salt & Pepper Pkt 1 @	
		Veg Sub: Vegetarian Beans 1 c	

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK TWO

ATTACHMENT A 13

All facilities except ACC and LCC

	BREAKFAST		LUNCH		DINNER	
T H U R S D A Y	* 50% Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Pork Ham or Fish Fillet	3 oz
	* Ready to Eat Cereal	1 c	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	* Pinto Beans	¾ c
	Beef Gravy (2 oz grd beef)	6 oz	Fried or Oven Baked Chicken Qtr	1 @	* Corn	1/2 c
	Biscuit 1/60	2 @	* Gravy	1/4 c	* Tossed Salad/Dressing	1/2c / 1/2 oz
	* Bread	1 sl	Whipped Potatoes	¾ c	* Bread	2 sl
	* Jelly	1 oz	* Cornbread 1/60	1@	* Margarine	1/2 oz
	* Margarine	1/3 oz	* Margarine	1/2 oz	Iced Cake 1/60 or Fruit	1@
	* 2% Milk	8 oz	Cookies (Mix-2oz total) or Fruit	2@ or 1@	* Coffee (11/1-3/31)	8 oz
	* Coffee or Tea	12 oz	* Fruit Drink w/C	8 oz	* 2 % Milk	8 oz
	Salt/Pepper Pkts	1 @	* Sweetened Tea	8 oz	Salt & Pepper Pkt	1 @
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 @	Veg Sub: Mac & Cheese	1 c
			Veg Sub: Vegetarian Beans	1 c		

F R I D A Y	* 50% Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Sloppy Joe (3oz grd beef)	4 oz
	* Oatmeal	1 c	Fruit	1 @ or 1c	Hamburger Bun	1 @
	Pork Sausage Pattie	2 oz	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	Baked Potato	1@
	Pancakes(Mix-6ozv total)	3 @	Grilled Cheese Sandwiches	2 @	* Green Beans & Carrots	1/2 c
	* Syrup	1 1/2 oz	(3 oz cheese)		* Tossed Salad	1/2 c
	* Bread	1 sl	Seasoned Noodles	¾ c	* Dressing	1/2 oz
	* Margarine	1/3 oz	* Bread	4 sl	* Biscuit 1/60	1@
	* 2% Milk	8 oz	* Margarine	1/2 oz	* Margarine	1/2 oz
	* Coffee or Tea	12 oz	* Fruit Drink w/C	8 oz	Cookies (Mix-2oz total) or Fruit	2@ or 1@
	Salt/Pepper Pkts	1 @	* Sweetened Tea	8 oz	* Coffee (11/1-3/31)	8 oz
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 @	* 2% Milk	8 oz
			Veg Sub: Grilled Cheese	3oz/ 4sl	Salt & Pepper Pkt	1 @

					Veg Sub: Soy Sloppy Joe	4 oz
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S A T U R D A Y	* 50% Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Beef Stew (3oz beef)	8 oz
	* Grits	3 oz	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	* Steamed Rice	¾ c
	Scrambled Eggs	4 oz	Breaded Fish Pattie Or	4 oz	* Carrots	1/2 c
	* Bread	2 sl	Baked Fish Fillet	4 oz	* Tossed Salad	1/2 c
	* Jelly	1 oz	* Tarter Sauce	1/2 oz	* Dressing	1/2 oz
	* Margarine	1/3 oz	* Green Beans	1/2c / 1/2 oz	* Garlic Bread	1/2 oz
	* 2 % Milk	8 oz	* Bread	2 sl	Margarine	1/2 oz
	* Coffee or Tea	12 oz	* Margarine	1/2 oz	Iced Cake 1/60 or Fruit	1 @
	Salt/Pepper Pkts	1 @	* Gelatin	1/2 c	* Coffee (11/1-3/31)	8 oz
	Sugar/Sugar Sub	2 pkts	* Fruit Drink w/C	8 oz	* 2% Milk	8 oz
			* Sweetened Tea	8 oz	Salt & Pepper Pkt	1 @
			Salt & Pepper Pkt	1 @	Veg Sub: Stew w/Soy (3oz)	8 oz

			Veg Sub: Vegetarian Beans	1 c		
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Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK TWO

ATTACHMENT A 14

All facilities except ACC and LCC

BREAKFAST		LUNCH		DINNER	
S U N D A Y	* 50% Fruit Juice Drink 8 oz	* Vegetarian Soup(11/1-3/31) 1c		Country Fried Beef Pattie Or 4oz	
	* Ready to Eat Cereal 1 c	* Tossed Salad/Dressing (4/1-10/31) ½ c - ½ oz		Rice & Pinto Beans 1/2 c / 1c	
	Pork Sausage Gravy 6 oz	Chili Con Carne w/Beans 8oz		Mashed Potatoes 3/4c	
	(2 oz meat)	(3 oz meat)		* Gravy 1/4c	
	Biscuits 1/60 2@	Steamed Rice 3/4 c		Tomato/Onion Salad 1/2c	
	* Bread 1 sl	* Cornbread 1/60 1@		* Cornbread 1/60 1@	
	* Jelly 1 oz	* Margarine 1/2 oz		* Margarine 1/2 oz	
	* Margarine 1/3 oz	Pudding 1/2c / 1/2 oz		Gelatin 1/2 c	
	* 2 % Milk 8 oz	* Fruit Drink w/C 8 oz		* Coffee (11/1-3/31) 8 oz	
	* Coffee or Tea 12 oz	* Sweetened Tea 8 oz		* 2% Milk 8 oz	
	Salt/Pepper Pkts 1@	Salt & Pepper Pkt 1@		Salt & Pepper Pkt 1@	
	Sugar/Sugar Sub 2 pkts	Veg Sub: Soy Chilli (3oz) 1c		Veg Sub: Vegetarian Beans 1 c	

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK THREE
All facilities except ACC and LCC

ATTACHMENT A 15

	BREAKFAST		LUNCH		DINNER	
M O N D A Y	* 50 % Fruit Juice Drink	8 oz	Fruit	1 @ or 1 c	Meat & Spanish Rice	
	* Farina	1 c	* Vegetarian Soup (11/1-3/31)	1 c	Spanish Rice	8oz
	Beef Sausage	2 oz	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	(3 oz ground beef)	
	Pancakes (Mix-6ozv total)	3 @	BBQ Beef (3 oz meat)	4 oz	Refried Beans	3/4 c
	* Syrup	1 1/2 oz	Hamburger Bun	1@	* Green Beans	1/2 c
	* Bread	2 sl	French Fries or Rice	3/4 c	* Shredded Lettuce	1/2 c
	* Margarine	1/3 oz	* Catsup	1/2 oz	* Bread	2 sl
	* 2 % Milk	8 oz	* Biscuit 1/60	1 @	* Margarine	1/2 oz
	* Coffee or Tea	12 oz	* Margarine	1/2 oz	Iced Cake 1/60 or Fruit	1 @
	Salt & Pepper Pkt	1@	Pudding	1/2 c	* Coffee (11/1-3/31)	8 oz
	Sugar/ Sugar Sub	2 pkts	* Fruit Drink w/C	8 oz	* 2% Milk	8 oz
			* Sweetened Tea	8 oz	Salt & Pepper Pkt	1 @
			Salt & Pepper Pkt	1 @	Veg Sub: Soy & Spanish Rice	8 oz
			Veg Sub: Vegetarian Beans	1 c	(3 oz Soy)	

T U E S D A Y	* 50 % Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Roast Beef	3 oz
	* Ready to Eat Cereal	1 c	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	Brown Gravy	1/4 c
	Scrambled Eggs	4 oz	Breaded Chicken Pattie (3oz meat)	4 oz	Augratin Potatoes	3/4 c
	* Bread	2 sl	* Gravy	1/4 c	* Mixed Vegetables	1/2 c
	* Jelly	1 oz	Macaroni Salad	3/4 c	* Coleslaw	1/2 c
	* Margarine	1/3 oz	* Bread	2 sl	* Bread	2 sl
	* 2 % Milk	8 oz	* Margarine	1/2 oz	* Margarine	1/2 oz
	* Coffee or Tea	12 oz	Browine 1/60 or Fruit	1 @	Cookies (Mix-2oz total) or Fruit	2 @ or 1 @
	Salt & Pepper Pkt	1 @	* Fruit Drink w/C	8 oz	* Coffee (11/1-3/31)	8 oz
	Sugar/Sugar Sub	2 pkts	* Sweetened Tea	8 oz	* 2% Milk	8 oz
			Salt & Pepper Pkt	1 @	Salt & Pepper Pkt	1 @
			Veg Sub: Soy Pattie	3 oz	Veg Sub: Mac & Cheese	1 c

W E D N E S D A Y	* 50 % Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Meatballs (beef)	3 oz
	* Oatmeal	1 c	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	BBQ Sauce	1/4 c
	Fried Eggs	2 @	Fried/Baked Beef Pattie	3 oz	Steamed Rice	3/4 c
	* Bread	2 sl	Cheese	1 oz	* Mixed Greens	1/2 c
	* Jelly	1 oz	Hamburger Bun	1 @	* Tossed Salad	1/2 c
	* Margarine	1/3 oz	* Mustard / * Catsup	1/2 oz	* Dressing	1/2 oz
	* 2 % Milk	8 oz	Tomato/Onion	1 sl @	* Bread	2 sl
	* Coffee or Tea	12 oz	French Fries	3/4 c	* Margarine	1/2 oz
	Salt & Pepper Pkt	1 @	* Biscuit 1/60	1 @	Cookies (Mix-2oz total) or Fruit	2 @ or 1 @
	Sugar/Sugar Sub	2 pkts	* Margarine	1/2 oz	* Coffee (11/1-3/31)	8 oz
			Cookies (Mix-2oz total) or Fruit	2 @ or 1 @	* 2% Milk	8 oz
			* Fruit Drink w/C	8 oz	Salt & Pepper Pkt	1 @
			* Sweetened Tea	8 oz	Veg Sub: Soy Meatballs	3 oz
			Salt & Pepper Pkt	1 @		
			Veg Sub: Soy Pattie	3 oz		

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK THREE
All facilities except ACC and LCC

ATTACHMENT A 16

	BREAKFAST	LUNCH	DINNER
T H U R S D A Y	* 50 % Fruit Juice Drink 8 oz	* Vegetarian Soup(11/1-3/31) 1 c	Ground Beef Stew 8 oz
	* Ready to Eat Cereal 1 c	* Tossed Salad/Dressing (4/1-10/31) ½ c - ½ oz	(3 oz ground beef)
	Beef Gravy (2 oz ground beef) 6 oz	Bologna 2 oz	Rice 3/4 c
	Biscuits 1/60 2 @	Cheese 1 oz	* Peas 1/2 c
	* Bread 1 sl	* Mustard 1/2 oz	* Carrot Salad 1/2 c
	* Jelly 1 oz	Lettuce/Tomato 1 sl	* Bread 2 sl
	* Margarine 1/3 oz	Potato Salad 3/4 c	* Margarine 1/2 oz
	* 2 % Milk 8 oz	* Bread 2 sl	Iced Cake 1/60 or Fruit 1@
	* Coffee or Tea 12 oz	* Margarine 1/2 oz	* Coffee (11/1-3/31) 8 oz
	Salt & Pepper Pkt 1 @	Fresh Fruit 1 @	* 2% Milk 8 oz
	Sugar/Sugar Sub 2 pkts	* Fruit Drink w/C 8 oz	Salt & Pepper Pkt 1 @
		* Sweetened Tea 8 oz	Veg Sub: Stew w/soy (3oz) 8 oz
		Salt & Pepper Pkt 1 @	
		Veg Sub: Vegetarian Beans 1 c	

F R I D A Y	* 50 % Fruit Juice Drink 8 oz	* Vegetarian Soup(11/1-3/31) 1 c	Beef Cube Steak 3 oz
	* Oatmeal 1 c	* Tossed Salad/Dressing (4/1-10/31) ½ c - ½ oz	* Brown Gravy 2 oz
	Pork Sausage Pattie 2 oz	Fried/Baked Fish Fillet 3 oz	Mashed Potatoes 3/4 c
	Pancakes (Mix-6ozv total) 3 @	* Tarter Sauce 1/2 oz	* Mixed Vegetables 1/2 c
	* Syrup 1 1/2 oz	Macaroni & Cheese 3/4 c	* Tossed Salad 1/2 c
	* Bread 1 sl	* Bread 2 sl	* Dressing 1/2 oz
	* Margarine 1/3 oz	* Margarine 1/2 oz	* Bread 2 sl
	* 2 % Milk 8 oz	Iced Cake 1/60 or Fruit 1@	* Margarine 1/2 oz
	* Coffee or Tea 12 oz	* Fruit Drink w/C 8 oz	Coffee (11/1-3/31) 1/2 c
	Salt & Pepper Pkt 1 @	* Sweetened Tea 8 oz	* 2% Milk 8 oz
	Sugar/Sugar Sub 2 pkts	Salt & Pepper Pkt 1 @	Salt & Pepper Pkt 1 @
		Veg Sub: Vegetarian Beans 1 c	Veg Sub: Mac & Cheese

S A T U R D A Y	* 50 % Fruit Juice Drink 8 oz	* Vegetarian Soup(11/1-3/31) 1 c	Meat Sauce (3 oz beef) 6 oz
	* Grits 3 oz	* Tossed Salad/Dressing (4/1-10/31) ½ c - ½ oz	Steamed Pasta 3/4 c
	Scrambled Eggs 4 oz	Roast Beef 2 oz	* Carrots 1/2 c
	* Bread 2 sl	Cheese 1 oz	* Garden Salad 1/2 c
	* Jelly 1 oz	* Mayo-Type Salad Dressing 1/2 oz	* Dressing 1/2 oz
	* Margarine 1/3 oz	Lettuce/Tomato 1 sl	* Bread 2 sl
	* 2% Milk 8 oz	French Fries 3/4 c	* Margarine 1/2 oz
	* Coffee or Tea 12 oz	* Catsup 1/2 oz	Iced Cake 1/60 or Fruit 1 @
	Salt & Pepper Pkt 1 @	* Bread 2 sl	* Coffee (11/1-3/31) 8 oz
	Sugar/Sugar Sub 2 pkts	* Margarine 1/2 oz	* 2% Milk 8 oz
		Fruit 1 @	Salt & Pepper Pkt 1 @
		* Fruit Drink w/C 8 oz	Veg Sub: Soy,Pasta & Sauce 8 oz
		* Sweetened Tea 8 oz	(3oz Soy)
		Salt & Pepper Pkt 1 @	
		Veg Sub: Vegetarian Beans 1 c	

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK THREE
All facilities except ACC and LCC

ATTACHMENT A 17

All facilities except ACC and ECC						
BREAKFAST			LUNCH		DINNER	
S U N D A Y	* 50 % Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Taco Meat (3oz grd beef)	4 oz
	* Ready to Eat Cereal	1 c	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	Shredded Cheese	1/2 oz
	Pork Sausage Gravy	6 oz	Turkey Franks	2 @	Steamed Rice	3/4 c
	(2 oz meat)		Hot Dog Buns	2 @	* Shredded Lettuce	1/2 c
	Biscuits 1/60	2 @	* Catsup/ * Mustard	1/2 oz	Tortillas	2 @
	* Bread	1 sl	Oven Stripped Potatoes	3/4 c	* Bread	2 sl
	* Jelly	1 oz	* Biscuits 1/60	1 @	* Margarine	1/2 oz
	* Margarine	1/3 oz	* Margarine	1/2 oz	Iced Cake 1/60 or Fruit	1 @
	* 2% Milk	8 oz	Iced Cake 1/60 or Fruit	1 @	* Coffee (11/1-3/31)	8 oz
	* Coffee or Tea	12 oz	* Fruit Drink w/C	8 oz	* 2% Milk	8 oz
	Salt & Pepper Pkt	1 @	* Sweetened Tea	8 oz	Salt & Pepper Pkt	1 @
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 @	Veg Sub: Soy Taco Meat (3oz)	4 oz
			Veg Sub: Vegetarian Beans	1 c		

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK FOUR

ATTACHMENT A 18

All of the Facilities except ACC and LCC

	BREAKFAST	LUNCH	DINNER
M O N D A Y	* 50 % Fruit Juice Drink 8 oz	Fruit 1 @ or 1 c	Fried or Baked Meatloaf 3 oz
	* Farina 1 c	* Vegetarian Soup(11/1-3/31) 1 c	* Gravy 1/4 c
	Beef Sausage 2 oz	Tossed Salad/Dressing (4/1-10/31) 1/2 c - 1/2 oz	Whipped Potatoes 3/4 c
	Pancakes (Mix-6ozv total) 3 @	Meat Sauce (3oz ground beef) 6 oz	* Green Beans 1/2 c
	* Syrup 1 1/2 oz	Spaghetti 3/4 c	* Carrot Salad 1/2 c
	* Bread 2 sl	* Carrots 1/2 c	* Bread 2 sl
	* Margarine 1/3 oz	* Garlic Bread 2 sl	* Margarine 1/2 oz
	* 2 % Milk 8 oz	* Margarine 1/2 oz	Iced Cake 1/60 or Fruit 1 @
	* Coffee or Tea 12 oz	Pudding 1/2 c	* Coffee (11/1-3/31) 8 oz
	Salt & Pepper Pkts. 1 @	* Fruit Drink w/C 8 oz	* 2% Milk 8 oz
	Sugar/Sugar Sub 2 pkts	* Sweetened Tea 8 oz	Salt & Pepper Pkt 1@
		Salt & Pepper pkt 1 @	Veg Sub: Vegetarian Beans 1 c
		Veg Sub: Soy Pasta/Sauce 8 oz	

T U E S D A Y	* 50 % Fruit Juice Drink 8 oz	* Vegetarian Soup(11/1-3/31) 1 c	Fried Chicken or Baked 1 @
	* Ready to Eat Cereal 1 c	* Tossed Salad/Dressing (4/1-10/31) 1/2 c - 1/2 oz	Chicken Quarters
	Scrambled Egg 4 oz	Pork Ham 2 oz	Gravy 1/4 c
	* Bread 2 sl	Cheese 1 oz	Steamed Rice 3/4 c
	* Jelly 1 oz	Lettuce/Tomato 1 sl @	* Green Peas 1/2 c
	* Margarine 1/3 oz	* Mustard 1/2 oz	* Garden Salad 1/2c
	* 2% Milk 8 oz	Pinto Beans 3/4 c	* Dressing 1/2 oz
	* Coffee or Tea 12 oz	* Bread 2 sl	* Cornbread 1/60 1 @
	Salt & Pepper Pkts. 1 ea	* Margarine 1/2 oz	* Margarine 1/2 oz
	Sugar/Sugar Sub 2 pkts	* Gelatin 1/2 c	Applesause 1/2 c
		* Fruit Drink w/C 8 oz	* Coffee (11/1-3/31) 8 oz
		* Sweetened Tea 8 oz	* 2% Milk 8 oz
		Salt & Pepper pkt 1 @	Salt & Pepper Pkt 1 @
		Veg Sub: Grilled Cheese 3oz/ 4 si	Veg Sub: Mac & Cheese 1 c

W E D N E S D A Y	* 50 % Fruit Juice Drink 8 oz	* Vegetarian Soup(11/1-3/31) 1 c	Meat/Cheese Pizza 1 SQ
	* Oatmeal 1 c	* Tossed Salad/Dressing (4/1-10/31) 1/2 c - 1/2 oz	(4 X 6 CUT)
	Fried Eggs 2@	Fried/Baked Beef Pattie 3 oz	3 oz Meat & Cheese)
	* Bread 2 sl	Cheese 1 oz	Pasta w/Sauce 3/4 c.
	* Jelly 1 oz	Hamburger Bun 1 @	* Corn 1/2 c
	* Margarine 1/3 oz	* Mustard/ * Catsup 1/2 oz	* Tossed Salad 1/2c
	* 2% Milk 8 oz	Tomato/Onion 1 sl	* Dressing 1/s 0z
	* Coffee or Tea 12 oz	Potato Wedges 3/4 c	* Bread 2 sl
	Salt & Pepper Pkts. 1 ea	* Biscuit 1/60 1 @	* Margarine 1/2 oz
	Sugar/Sugar Sub 2 pkts	* Margarine 1/2 oz	Cookies (Mix-2oz total) or Fruit 2 @ or 1@
		Iced Cake 1/60 or Fruit 1 @	* Coffee (11/1-3/31) 8 oz
		* Fruit Drink w/C 8 oz	* 2% Milk 8 oz
		* Sweetened Tea 8 oz	Salt & Pepper Pkt 1 @
		* Salt & Pepper Pkt 1 @	Veg Sub: Soy,Pasta & Sauce 8 oz
		Veg Sub - Soy Pattie 3 oz	(3oz Soy)

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK FOUR

ATTACHMENT A 19

All of the Facilities except ACC and LCC

All of the Facilities except ACC and LCC									
BREAKFAST			LUNCH			DINNER			
T H U R S D A Y	* 50 % Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Fried or Baked				
	* Ready to Eat Cereal	1 c	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	Salisbury Beef Pattie 3 oz				
	Beef Gravy (2oz grd beef)	6 oz	Breaded Chicken Pattie	4 oz	* Brown Gravy 1/4 c				
	Biscuits 1/60	2@	(Meat 3 oz)		Baked Potato 1@				
	* Bread	1 sl	* Country Gravy	1/4 c	* Green Beans/Carrots ½ c				
	* Jelly	1 oz	AuGratin Noodles	3/4 c	* Tossed Salad/Dressing ½c-½oz				
	* Margarine	1/3 oz	* Bread	2 sl	* Bread 2 sl				
	* 2% Milk	8 oz	* Margarine	½ oz	* Margarine ½ oz				
	* Coffee or Tea	12 oz	Cookies (Mix-2oz total) or Fruit 2 @ or 1 @		Pudding 1/2 c				
	Salt & Pepper Pkts.	1 @	* Fruit Drink w/C	8 oz	* Coffee (11/1-3/31) 8 oz				
	Sugar/Sugar Sub	2 pkts	* Sweetened Tea	8 oz	* 2% Milk 8 oz				
			Salt & Pepper Pkt	1 @	Salt & Pepper Pkt 1@				
		Veg Sub - Vegetarian Beans	1 c	Veg Sub: Soy Pattie 3 oz					
F R I D A Y	* 50 % Fruit Juice Drink	8 oz	Fruit	1 @ or 1 c	Roast Beef 3 oz				
	* Oatmeal	1 c	* Vegetarian Soup(11/1-3/31)	1 c	* Gravy 1/4 c				
	Pork Sausage Pattie	2 oz	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	Mashed Potatoes 3/4 c				
	Pancakes (Mix-6ozv total)	3 @	Breaded Fish Portion/Fillet	4 oz	* Mixed Vegetables ½ c				
	* Syrup	1 ½ oz	* Tartar Sauce	½ oz	* Tomato/Onion Salad ½ c				
	* Bread	1 sl	Seasoned Rice	3/4 c	* Cornbread 1/60 1@				
	* Margarine	1/3 oz	* Bread	2 sl	* Margarine ½ oz				
	* 2% Milk	8 oz	* Margarine	½ oz	Iced Cake 1/60 or Fruit 1@				
	* Coffee or Tea	12 oz	* Fruit Drink w/C	8 oz	* Coffee (11/1-3/31) 8 oz				
	Salt & Pepper Pkts.	1 ea	* Sweetened Tea	8 oz	* 2% Milk 8 oz				
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 @	Salt & Pepper Pkt 1@				
			Veg Sub: Mac & Cheese	1 c	Veg Sub - Vegetarian Beans 1 c				
S A T U R D A Y	* 50 % Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	* Meat Sauce 6 oz				
	* Grits	3 oz	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	Steamed Spaghetti 3/4 c				
	Scrambled Eggs	4 oz	Grilled Cheese Sandwiches	2 @	* Peas ½ c				
	* Bread	2 sl	(3oz cheese,4 sl bread,1/2oz marg)		* Carrots 1/2 c				
	* Jelly	1 oz	Potato Salad	3/4c	* Green Salad/Dressing ½c-½oz				
	* Margarine	1/3 oz	Cookies (Mix-2oz total) or Fruit	2 @	* Garlic Bread 2 sl				
	* 2% Milk	8 oz	* Fruit Drink w/C	8 oz	* Margarine ½ oz				
	* Coffee or Tea	12 oz	* Sweetened Tea	8 oz	Pudding 1/2 c				
	Salt & Pepper Pkts.	1 ea	Salt & Pepper Pkt	1 @	Salt & Pepper Pkt 1 ea				
	Sugar/Sugar Sub	2 pkts	Veg Sub: None		* Coffee (11/1-3/31) 1 c				
					* 2% Milk 8 oz				
					Veg Sub: Soy,Pasta & Sauce 8 oz (3oz soy)				

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK FOUR

ATTACHMENT A 20

All of the Facilities except ACC and LCC

BREAKFAST		LUNCH		DINNER	
S U N D A Y	* 50 % Fruit Juice Drink 8 oz	* Vegetarian Soup(11/1-3/31) 1 c		Sliced Turkey Breast 3 oz	
	* Ready to Eat Cereal 1 c	* Tossed Salad/Dressing (4/1-10/31) ½ c - ½ oz		Stuffing ¾ c	
	Pork Sausage Gravy 6 oz	Chili con Carne/Beans 8 oz		Mashed Potatoes ¾ c	
	(2oz meat)	(3 oz Beef)			
	Biscuits 1/60 2 @	* Steamed Rice ¾ c		* Gravy ¼ c	
	* Bread 1 sl	* Cornbread 1/60 1 @		* Carrots ½ c	
	* Jelly 1 oz	* Margarine ½ oz		* Cornbread 1/60 1@	
	* Margarine 1/3 oz	* Gelatin ½ c / ½ oz		* Margarine ½ oz	
	* 2% Milk 8 oz	* Fruit Drink w/C 8 oz		Iced Cake 1/60 or Fruit 1@	
	* Coffee or Tea 12 oz	* Sweetened Tea 8 oz		* Coffee (11/1-3/31) 8 oz	
	Salt & Pepper Pkts. 1 ea	Salt & Pepper Pkt 1@		* 2% Milk 8 oz	
	Sugar/Sugar Sub 2 pkts	Veg Sub Soy Chili (3ozSoy) 8 oz		Salt & Pepper Pkt 1 @	
				Veg Sub - Vegetarian Beans 1 c	

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK FIVE
All of the Facilities except ACC and LCC

ATTACHMENT A 21

M O N D A Y	BREAKFAST		LUNCH		DINNER	
	* 50 % Fruit Juice Drink	8 oz	Fruit	1ea or 1 c	Pork Ham	3 oz
	* Farina	1 c	* Vegetarian Soup(11/1-3/31)	1 c	OR Fish Fillet	3 oz
	Beef Sausage	2 oz	* Salad / Dressing(4/1-10/31)	½ c - ½ oz	Pinto Beans	¾ c
	Pancakes (Mix- 6ozv total)	3 @	Pork Pattie or Turkey Bologna	3 oz	* Corn	1/2 c
	* Syrup	1 ½ oz	Cheese	1 oz	* Tossed Salad/Dressing	½ c-½ oz
	* Margarine	1/3 oz	French Fries	¾ c	* Bread	2 sl
	* 2% Milk	8 oz	* Mustard/ * Catsup	1/2 oz	* Margarine	½ oz
	* Coffee or Tea	12 oz	* Bread	2 sl	Iced Cake 1/60 or Fruit	1@
	* Bread	1 sl	* Margarine	½ oz	Salt & Pepper Pkt	1 ea
	Salt & Pepper Pkts.	1 ea	Iced Cake 1/60 or Fruit	1@	* Coffee (11/1-3/31)	8 oz
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 ea	* 2% Milk	8 oz
			* Fruit Punch w/C	8 oz	Veg Sub: Soy Pattie	3oz
			* Sweetened Tea	8 oz		
			Veg Sub / Veg Beans	1c		

T U E S D A Y	* 50 % Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Taco Meat (3 oz gr beef)	4 oz
	* Ready to Eat Cereal	1 c	* Salad / Dressing(4/1-10/31)	½ c - ½ oz	Shredded Cheese	1/2 oz
	Scrambled Egg	4 oz	Turkey Sausage	3 oz	Refried Beans	¾ c
	* Bread	2 sl	Peppers	1 oz	Shredded Lettuce	1/2 c
	* Jelly	1 oz	Steamed Rice	¾ c	Tortillas	2 @
	* Margarine	1/3 oz	* Bread	2 sl	Iced Cake 1/60 or Fruit	1 @
	* 2% Milk	8 oz	* Margarine	½ oz	Salt & Pepper Pkt	1 ea
	* Coffee or Tea	12 oz	Brownie 1/60	1@	* Coffee (11/1-3/31)	8 oz
	Salt & Pepper Pkts.	1 ea	Salt & Pepper Pkt	1 ea	* 2% Milk	8 oz
	Sugar/Sugar Sub	2 pkts	* Fruit Punch w/C	8 oz	* Bread	2 sl
			* Sweetened Tea	8 oz	* Margarine	1/2 oz
			Veg. Sub. Soy Meatball	3 oz	Veg Sub: Soy Taco Meat	4 oz
					(3 oz)	

W E D N E S D A Y	* 50 % Fruit Juice Drink	8 oz	Fruit	1 ea or 1 c	Ground Beef Stew	8 oz
	* Oatmeal	1 c	* Vegetarian Soup(11/1-3/31)	1 c	(3 oz gr beef)	
	Fried Eggs	2@	* Salad / Dressing(4/1-10/31)	½ c - ½ oz	Rice	¾ c
	* Bread	2 sl	Fried/Baked Beef Pattie	3 oz	* Green Peas	½ c
	* Jelly	1 oz	Hamburger Bun	1 ea	* Carrot Salad	1/2 c
	* Margarine	1/3 oz	* Mustard / * Catsup	½ oz	* Bread	2 sl
	* 2% Milk	8 oz	Cheese	1 oz	* Margarine	½ oz
	* Coffee or Tea	12 oz	French Fries	¾ c	Iced Cake 1/60 or Fruit	1 @
	Salt & Pepper Pkts.	1 ea	Cookies (Mix-2oz total)	2 ea	Salt & Pepper Pkt	1 ea
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 ea	* Coffee (11/1-3/31)	8 oz
			* Fruit Punch w/C	8 oz	* 2% Milk	8 oz
			* Sweetened Tea	8 oz	Veg Sub / Veg Beans	1 c
			Veg Sub - Veg. Beans	3 oz		

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK FIVE
All of the Facilities except ACC and LCC

ATTACHMENT A 22

BREAKFAST			LUNCH		DINNER	
T H U R S D A Y	* 50 % Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Fried or Baked Meatloaf	3 oz
	* Ready to Eat Cereal	1 c	* Salad / Dressing(4/1-10/31)	½ c - ½ oz	* Gravy	1/4 c
	Beef Gravy (2oz grd beef)	6 oz	Breaded Chicken Pattie	4 oz	Whipped Potatoes	3/4 c
	Hot Biscuits 1/60	2 @	(3oz meat)		* Green Beans	1/2 c
	* Jelly	1 oz	* Gravy	1/4 c	* Carrot Salad	1/2 c
	* Margarine	1/3 oz	* Navy Beans	3/4 c	* Mixed Greens	½ c
	* 2% Milk	8 oz	* Cornbread 1/60	1@	* Bread	2 sl
	* Coffee or Tea	12 oz	* Margarine	½ oz	* Margarine	½ oz
	* Bread	1 sl	Fresh Fruit	1@	Iced Cake 1/60 or Fruit	1@
	Salt & Pepper Pkts.	1 ea	Salt & Pepper pkt	1 ea	Salt & Pepper Pkt	1 ea
	Sugar/Sugar Sub	2 pkts	* Fruit Punch w/C	8 oz	* Coffee (11/1-3/31)	8 oz
			* Sweetened Tea	8 oz	* 2% Milk	8 oz
		Veg Sub - Vegetarian Beans	1 c	Veg Sub: Soy Pattie	3 oz	
F R I D A Y	* 50 % Fruit Juice Drink	8 oz	Fruit	1 ea or 1 c	Fried Chicken Quarter	1@
	* Oatmeal	1 c	* Vegetarian Soup(11/1-3/31)	1 c	or Baked Chicken	
	PorkSausage Pattie	2 oz	* Salad / Dressing(4/1-10/31)	½ c - ½ oz	* Gravy	1/4 c
	Pancakes (Mix- 6ozv total)	3 @	Burrito	5 oz	Steamed Rice	3/4 c
	* Syrup	1 ½ oz	Pinto Beans	1/2 c	* Tossed Salad/Dressing	½ c-½ oz
	* Margarine	1/3 oz	Spanish Rice	3/4 c	* Green Peas	½ c
	* 2% Milk	8 oz	* Bread	2 sl	* Bread	2 sl
	* Coffee or Tea	12 oz	* Margarine	½ oz	* Margarine	½ oz
	* Bread	1 ea	Brownie 1/60	1@	Cookies (Mix-2oz total) or Fruit	2@ or 1@
	Salt & Pepper Pkts.	1 ea	Salt & Pepper Pkt	1 ea	Salt & Pepper Pkt	1 ea
	Sugar/Sugar Sub	2 pkts	* Fruit Punch w/C	8 oz	* Coffee (11/1-3/31)	8 oz
			* Sweetened Tea	8 oz	* 2% Milk	8 oz
				Veg Sub: Mac & Cheese	1 c	
S A T U R D A Y	* 50 % Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Fried/Baked Fish Fillet	3 oz
	* Grits	1 c	* Salad / Dressing(4/1-10/31)	½ c - ½ oz	* Tartar Sauce	½ oz
	Scrambled Eggs	4 oz	Meat Hoagie	1@	Fried Potatoes	3/4 c
	* Bread	2 sl	Meat / Cheese	3oz / 1oz	* Seasoned Greens	1/2 c
	* Jelly	1 oz	Lettuce/Tomato	1 sl ea	* Creamy Coleslaw	1/2 c
	* Margarine	1/3 oz	Potato Salad	3/4c	* Cornbread 1/60	1/2 oz
	* 2% Milk	8 oz	Hoagie Roll	1 ea	Iced Cake 1/60	1@
	* Coffee or Tea	12 oz	* Mustard	1/2 oz	* Margarine	1/2 oz
	Salt & Pepper Pkts.	1 ea	Cookies (Mix-2oz total) or Fruit	2@ or 1@	Salt & Pepper Pkt	1 ea
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 c	* Fruit Punch w/C	8 oz
			* Fruit Punch w/C	8 oz	* Sweetened Tea	8 oz
			* Sweetened Tea	8 oz	Veg Sub - Soy Pattie	1 c
			Veg Sub - Vegetarian Beans	1 c	* Coffee (11/1-3/31)	8 oz
					* 2% Milk	8 oz

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK FIVE
All of the Facilities except ACC and LCC

ATTACHMENT A 23

BREAKFAST			LUNCH			DINNER		
S U N D A Y	* 50 % Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c		Sloppy Joe	4 oz	
	* Ready to Eat Cereal	1 c	* Salad / Dressing(4/1-10/31)	½ c - ½ oz		(3oz gr beef)		
	Pork Sausage Gravy	6 oz	Chili Dogs	2 ea		Bun	1@	
	* Biscuits 1/60	2 ea	Coney Sauce	3 oz		Baked Potato	1@	
	* Jelly	1 oz	Hotdog Buns	2 ea		* Green Beans/Carrots	1/2 c	
	* Margarine	1/3 oz	Iced Cake 1/60	1@		* Tossed Salad/Dressing	½ c-½ oz	
	* 2% Milk	8 oz	Salt & Pepper Pkt	1 ea		* Biscuit 1/60	1@	
	* Coffee or Tea	12 oz	* Fruit Punch w/C	8 oz		* Margarine	½ oz	
	* Bread	1 sl	* Sweetened Tea	8 oz		Cookies (Mix-2oz total) or Fruit	2@ or 1@	
	Salt & Pepper Pkts.	1@	Veg Sub - Soy Chilli (3oz Soy)	1 c		Salt & Pepper Pkt	1 ea	
	Sugar/Sugar Sub	2 pkts	Hotdogs	2@		* Coffee (11/1-3/31)	8 oz	
						* 2% Milk	8 oz	
						Veg Sub: Soy Sloppy Joe	4 oz	

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

ATTACHMENT A 2

NOTE: Detailed provisions in RFQ, Section: Menu, for detailed specific variances to the attached menus.

WEEK ONE

All of the facilities except ACC and LCC

BREAKFAST			LUNCH		DINNER	
M O N D A Y	Fruit or Fruit Juice	8 oz	Fruit	1ea or 1 c	Country Fried Beef Pattie	4 oz
	Farina	1 c	Vegetarian Soup(11/1-3/31)	1 c	Meat OR	3 oz
	Beef Sausage	2 oz	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Baked Turkey Pattie	3 oz
	(3) Pancakes	7.5 oz	Beef & Noodles (3 oz gr beef)	8 oz	Gravy	¼ c
	Syrup	1 ½ oz	Pinto Beans	¾ c	Whipped Potatoes	¾ c
	Margarine	1/3 oz	Biscuit	1 ea / 1/60	Mixed Greens	½ c
	2% Milk	8 oz	Margarine	½ oz	Cole Slaw	½ c
	Coffee or Tea	12 oz	Cookies	2 ea	Bread	2 sl
	Bread	2 sl	Salt & Pepper Pkt	1 ea	Margarine	½ oz
	Salt & Pepper Pkts.	1 ea	Fruit Punch w/Vit C	1 c	Fruit Crisp	½ c
			Sweetened Tea	1 c	Salt & Pepper Pkt	1 ea
			Veg Sub: Vegetarian Beans	1 c	Coffee (11/1-3/31)	1 c
					2 % Milk	8 oz
					Veg Sub: Mac & Cheese	1 c

T U E S D A Y	Juice Drink	8 oz	Vegetarian Soup(11/1-3/31)	1 c	Pork Ham OR	
	Ready to Eat Cereal	1 c	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Baked Fish Fillet	3 oz
	Scrambled Egg	4 oz	Breaded Chicken Pattie	4 oz	Scalloped Potatoes	¾ c
	Bread	2 sl	(Meat 3 oz/Breading 1 oz)		Mixed Vegetables	½ c
	Jelly	1 oz	½ c Rice & ½ Pinto Beans	1 c	Cole Slaw	½ c
	Margarine	1/3 oz	Burger Bun	1 ea	Bread	2 sl
	2% Milk	8 oz	Mayo-type Salad Dressing	½ oz	Margarine	½ oz
	Coffee or Tea	12 oz	Corn	½ c	Applesauce	½ c
	Salt & Pepper Pkts.	1 ea	Biscuit	1/60	Salt & Pepper Pkt	1 ea
			Margarine	½ oz	Coffee (11/1-3/31)	1 c
			Cake/Icing or Fruit	1/60 or 1svg	2% Milk	8 oz
			Salt & Pepper Pkt	1 ea	Veg Sub: Mac, Cheese,	
			Fruit Punch w/Vit C	1 c	& Tomato (3 oz meat)	8 oz
			Sweetened Tea	1 c		
			Veg Sub: Vegetarian Beans	1 c		

W E D N E S D A Y	Juice Drink	8 oz	Vegetarian Soup(11/1-3/31)	1 c	Fried Chicken	1 qtr
	Oatmeal	1 c	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Gravy	¼ c
	Fried Eggs	2	Fried/Baked Beef Pattie	1ea/4 oz	Whipped Potatoes	¾ c
	Bread	2 sl	Hamburger Bun	1 ea	Corn	½ c
	Jelly	1 oz	Mustard	½ oz	Green Salad / Dressing	½ c-½ oz
	Margarine	1/3 oz	Catsup	½ oz	Cornbread	1 ea
	2% Milk	8 oz	French Fries or Rice	¾ c	Margarine	½ oz
	Coffee or Tea	12 oz	Tomato/Onion	1 sl each	Cake/Icing or Fruit	1/60/1svg
	Salt & Pepper Pkts.	1 ea	Biscuit	1/60	Salt & Pepper Pkt	1 ea
			Margarine	½ oz	Coffee (11/1-3/31)	1 c
			Fresh Fruit	1 ea	2 % Milk	8 oz
			Salt & Pepper Pkt	1 ea	Veg Sub: Mac & Cheese	1 c
			Fruit Punch w/Vit C	1 c		
			Sweetened Tea	1 c		
			Veg Sub: Soy Pattie	3 oz		

WEEK ONE

All of the facilities except ACC and LCC

BREAKFAST		LUNCH		DINNER	
S U N D A Y	Juice Drink	8 oz	Vegetarian Soup(11/1-3/31)	1 c	Beef, Macaroni, Tomatoes 8 oz
	Ready to Eat Cereal	1 c	Salad / Dressing(4/1-10/31)	½ c - ½ oz	(3oz gr beef)
	Pork Sausage Gravy	6 oz	Fried/Baked Salisbury Pattie	3 oz	Green Peas ½ c
	Biscuits	2 ea	BBQ Sauce	¼ c	Tossed Salad/Dressing ½c-½oz
	Jelly	1 oz	Rice O'Brian	¾ c	Bread 2 sl
	Margarine	1/3 oz	Bread	2 sl	Margarine ½ oz
	2% Milk	8 oz	Margarine	½ oz	Cake/Icing or Fruit 1/60/1svg
	Coffee or Tea	12 oz	Cookies or Fruit	2 ea/1 svg	Salt & Pepper Pkt 1 ea
	Bread	1 sl	Salt & Pepper Pkt	1 ea	Coffee (11/1-3/31) 1 c
	Salt & Pepper Pkts.	1 ea	Fruit Punch w/Vit C	1 c	2% Milk 8 oz
			Sweetened Tea	1 c	Veg Sub: Soy, Macaroni & 8 oz
			Veg Sub: Vegetarian Beans	1 c	Tomatoes (3oz soy)

WEEK TWO
All of the facilities except ACC and LCC

BREAKFAST			LUNCH		DINNER	
M O N D A Y	Juice Drink	8 oz	Fruit	1ea or 1 c	Fried/Baked Meatloaf	3 oz
	Farina	1 c	Vegetarian Soup(11/1-3/31)	1 c	Brown Gravy	¼ c
	Beef Sausage	2 oz	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Steamed Rice	¾ c
	(3) Pancakes	7.5 oz	Pork Ham or Turkey	2 oz	Steamed Cabbage	½ c
	Syrup	1 ½ oz	Cheese	1 oz	Tossed Salad / Dressing	½c-½oz
	Margarine	1/3 oz	Lyonnais Potatoes	¾ c	Bread	2 sl
	2% Milk	8 oz	Lettuce/Tomato	1 sl ea	Margarine	½ oz
	Coffee or Tea	12 oz	Bread	2 sl	Pudding	½ c
	Bread	2 sl	Margarine	½ oz	Salt & Pepper Pkt	1 ea
	Salt/Pepper Pkts	1 ea	Cake/Icing or Fruit	1/60 / 1svg	Coffee (11/1-3/31)	1 c
			Salt & Pepper Pkt	1 ea	2% Milk	8 oz
			Fruit Punch w/Vit C	1 c	Veg Sub: Mac & Cheese	1 c
			Sweetened Tea	1 c		
			Veg Sub: Vegetarian Beans	1c		

T U E S D A Y	Juice Drink	8 oz	Vegetarian Soup(11/1-3/31)	1 c	Steamed Pasta with	¾ c
	Ready to Eat Cereal	1 c	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Meat Sauce (3oz gr beef)	8 oz
	Scrambled Egg	4 oz	Burrito	5 oz	Mixed Vegetables	½ c
	Bread	2 sl	Refried Beans	¾ c	Tossed Salad / Dressing	½c-½oz
	Jelly	1 oz	Spanish Rice	¾ c	Bread	2 sl
	Margarine	1/3 oz	Bread	2 sl	Margarine	½ oz
	2% Milk	8 oz	Margarine	½ oz	Applesauce	½ c
	Coffee or Tea	12 oz	Cookies or Fruit	2 ea /1 svg	Salt & Pepper Pkt	1 ea
	Salt/Pepper Pkts	1 ea	Salt & Pepper Pkt	1 ea	Coffee (11/1-3/31)	1 c
			Fruit Punch w/Vit C	1 c	2 % Milk	8 oz
			Sweetened Tea	1 c	Veg Sub: Soy, Pasta &	8 oz
			Veg Sub: Vegetarian Beans	1 c	Sauce (3 oz soy)	

W E D N E S D A Y	Juice Drink	8 oz	Fruit	1 ea or 1 c	Taco Meat (3oz gr beef)	4 oz
	Oatmeal	1 c	Vegetarian Soup(11/1-3/31)	1 c	Shredded Cheese	½ oz
	Fried Eggs	2	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Refried Beans	¾ c
	Bread	2 sl	Fried/Baked Beef Pattie	1ea/4 oz	Shredded Lettuce	½ c
	Jelly	1 oz	Hamburger Bun	1 ea	Tortillas	2 ea
	Margarine	1/3 oz	Mustard	½ oz	Bread	2 sl
	2% Milk	8 oz	Catsup	½ oz	Margarine	½ oz
	Coffee or Tea	12 oz	Potato Salad	¾ c	Cake/Icing or Fruit	1/60/1svg
	Salt/Pepper Pkts	1 ea	Tomato/Onion	1 sl ea	Salt & Pepper Pkt	1 ea
			Biscuit	1/60	Coffee (11/1-3/31)	1 c
			Margarine	½ oz	2% Milk	8 oz
			Cookies or Fruit	2 ea /1 svg	Veg Sub: Soy Taco Meat	4 oz
			Salt & Pepper Pkt	1 ea	(3oz soy)	
			Fruit Punch w/Vit C	1 c		
			Sweetened Tea	1 c		
			Veg Sub: Vegetarian Beans	1 c		

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK TWO

ATTACHMENT A2 29

All of the facilities except ACC and LCC

BREAKFAST			LUNCH		DINNER	
T H U R S D A Y	Juice Drink	8 oz	Vegetarian Soup(11/1-3/31)	1 c	Pork Ham or Fish Fillet	3 oz
	Ready to Eat Cereal	1 c	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Pinto Beans	¾ c
	Beef Gravy	6 oz	Fried Chicken OR	1 qtr	Corn	½ c
	Hot Biscuits	2 ea	Oven Baked Chicken	1 qtr	Tossed Salad/Dressing	½ c-½ oz
	Jelly	1 oz	Gravy	¼ c	Bread	2 sl
	Margarine	1/3 oz	Whipped Potatoes	¾ c	Margarine	½ oz
	2% Milk	8 oz	Cornbread	1/60	Cake/Icing or Fruit	1/60/1svg
	Coffee or Tea	12 oz	Margarine	½ oz	Salt & Pepper Pkt	1 ea
	Bread	1 sl	Cookie or Fruit	2 ea /1svg	Coffee (11/1-3/31)	1c
	Salt/Pepper Pkts	1 ea	Fruit Punch w/Vit C	1 c	2% Milk	8 oz
			Sweetened Tea	1 c	Veg Sub: Mac & Cheese	1 c
			Salt/Pepper Pkts	1 ea		
			Veg Sub: Vegetarian Beans	1 c		

F R I D A Y	Juice Drink	8 oz	Fruit	1 ea or 1 c	Sloppy Joe	4 oz
	Oatmeal	1 c	Vegetarian Soup(11/1-3/31)	1 c	(3 oz gr beef)	
	Sausage Pattie	2 oz	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Bun	1 ea
	Pancakes (3 each)	7.5 oz	Grilled Cheese Sandwiches	2 ea	Baked Potato	1 ea
	Syrup	1 ½ oz	Seasoned Noodles	¾ c	Green Beans/Carrots	½ c
	Margarine	1/3 oz	Bread	4 sl	Tossed Salad/Dressing	½c-½oz
	2% Milk	8 oz	Margarine	½ oz	Biscuit	1/60
	Coffee or Tea	12 oz	Salt & Pepper Pkt	1 ea	Margarine	½ oz
	Bread	1 ea	Fruit Punch w/Vit C	1 c	Cookies or Fruit	2 ea/1svg
	Salt/Pepper Pkts	1 ea	Sweetened Tea	1 c	Salt & Pepper Pkt	1 ea
			Veg Sub: Grld Cheese Sand	3 oz / 4 sl	Coffee (11/1-3/31)	1 c
					2 % Milk	8 oz
					Veg Sub: Soy Sloppy Joe	4 oz

S A T U R D A Y	Juice Drink	8 oz	Vegetarian Soup(11/1-3/31)	1 c	Beef Stew (3oz beef)	4 oz
	Grits	1 c	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Steamed Rice	¾ c
	Scrambled Eggs	4 oz	Breaded Fish Pattie OR	4 oz	Carrots	½ c
	Bread	2 sl	Baked Fish Fillet		Tossed Salad/Dressing	½c-½oz
	Jelly	1 oz	Tartar Sauce	½ oz	Garlic Bread	2 sl
	Margarine	1/3 oz	Green Beans	½ c	Margarine	½ oz
	2% Milk	8 oz	Bread	2 sl	Cake/Icing or Fruit	1/60/1svg
	Coffee or Tea	12 oz	Margarine	½ oz	Salt & Pepper Pkt	1 ea
	Salt/Pepper Pkts	1 ea	Gelatin Dessert	½ c	Coffee (11/1-3/31)	1 c
			Salt & Pepper Pkt	1 ea	2% Milk	8 oz
			Fruit Punch w/Vit C	1 c	Veg Sub: Stew w/Soy	8 oz
			Sweetened Tea	1 c	(3 oz soy)	
			Veg Sub: Vegetarian Beans	1 c		

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK TWO

All of the facilities except ACC and LCC

All of the facilities except ACC and LCC						
BREAKFAST			LUNCH		DINNER	
S U N D A Y	Juice Drink	8 oz	Vegetarian Soup(11/1-3/31)	1 c	Country Fried Beef Pattie OR	4 oz
	Ready to Eat Cereal	1 c	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Rice & Pinto Beans	1/2c&1c
	Pork Sausage Gravy	6 oz	Chili con Carne/Beans	8 oz	Mashed Potatoes	3/4 c
	Biscuits	2 ea	Steamed Rice	3/4 c	Gravy	¼ c
	Jelly	1 oz	Cornbread	1/60	Tomato/Onion Salad	½ c
	Margarine	1/3 oz	Margarine	½ oz	Cornbread	1/60
	2% Milk	8 oz	Pudding	½ c	Margarine	½ oz
	Coffee or Tea	12 oz	Salt & Pepper Pkt	1 ea	Gelatin Dessert	½ c
	Bread	1 sl	Fruit Punch w/Vit C	1 c	Salt & Pepper Pkt	1 ea
	Salt/Pepper Pkts	1 ea	Sweetened Tea	1 c	Coffee (11/1-3/31)	1 c
			Veg Sub: Soy Chili (3oz)	8 oz	2% Milk	8 oz
					Veg Sub: Vegetarian Beans	1 c

WEEK THREE

ATTACHMENT A2 31

All of the Facilities except ACC and LCC

BREAKFAST			LUNCH		DINNER	
M O N D A Y	Juice Drink	8 oz	Fruit	1ea or 1 c	Ground Beef &	8 oz
	Farina	1 c	Vegetarian Soup(11/1-3/31)	1 c	Spanish Rice	3 oz
	Beef Sausage	2 oz	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Refried Beans	¾ c
	(3) Pancakes	7.5 oz	BBQ Beef	4 oz	Green Beans	½ c
	Syrup	1 ½ oz	Burger Bun	1 ea	Shredded Lettuce	½ c
	Margarine	1/3 oz	French Fries or Rice	½ c	Bread	2 sl
	2% Milk	8 oz	Catsup	½ oz	Margarine	½ oz
	Coffee or Tea	12 oz	Biscuit	1/60	Cake/Icing or Fruit	1/60/1svg
	Bread	2 sl	Margarine	½ oz	Salt & Pepper Pkt	1 ea
	Salt & Pepper Pkts.	1 ea	Pudding	½ c	Coffee (11/1-3/31)	1 c
			Salt & Pepper Pkts.	1 ea	2% Milk	8 oz
			Fruit Punch w/Vit C	1 c	Veg Sub: Soy & Spanish	8 oz

T U E S D A Y	Juice Drink	8 oz	Vegetarian Soup(11/1-3/31)	1 c	Roast Beef	3 oz
	Ready to Eat Cereal	1 c	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Brown Gravy	¼ c
	Scrambled Egg	4 oz	Breaded Chicken Pattie	4 oz	AuGratin Potatoes	¾ c
	Bread	2 sl	(Meat 3 oz/Breading 1 oz)		Mixed Vegetables	½ c
	Jelly	1 oz	Gravy	¼ c	Cole Slaw	½ c
	Margarine	1/3 oz	Macaroni Salad	¾ c	Bread	2 sl
	2% Milk	8 oz	Bread	2 sl	Margarine	½ oz
	Coffee or Tea	12 oz	Margarine	½ oz	Cookies or Fruit	2 ea/1svg
	Salt & Pepper Pkts.	1 ea	Brownie or Fruit	1 ea /1 svg	Salt & Pepper Pkt	1 ea
			Salt & Pepper Pkt	1 ea	Coffee (11/1-3/31)	1 c
			Fruit Punch w/Vit C	1 c	2% Milk	8 oz
			Sweetened Tea	1 c	Veg Sub: Mac & Cheese	1 c

W E D N E S D A Y	Juice Drink	8 oz	Vegetarian Soup(11/1-3/31)	1 c	Meatballs	3 oz
	Oatmeal	1 c	Salad / Dressing(4/1-10/31)	½ c - ½ oz	BBQ Sauce	¼ c
	Fried Eggs	2	Fried/Baked Beef Pattie	1ea/4 oz	Steamed Rice	¾ c
	Bread	2 sl	Hamburger Bun	1 ea	Mixed Greens	½ c
	Jelly	1 oz	Mustard	½ oz	Tossed Salad / Dressing	½c-½oz
	Margarine	1/3 oz	Catsup	½ oz	Bread	2 sl
	2% Milk	8 oz	French Fries	¾ c	Margarine	½ oz
	Coffee or Tea	12 oz	Tomato/Onion	1 sl each	Cookies or Fruit	2 ea/1svg
	Salt & Pepper Pkts.	1 ea	Biscuit	1/60	Salt & Pepper Pkt	1 ea
			Margarine	½ oz	Coffee (11/1-3/31)	1 c
			Cookies or Fruit	2 ea /1 svg	2% Milk	8 oz
			Salt & Pepper Pkt	1 ea	Veg Sub: Soy Meatballs	3 oz

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK THREE

ATTACHMENT A2 32

All of the Facilities except ACC and LCC

BREAKFAST			LUNCH		DINNER	
T H U R S D A Y	Juice Drink	8 oz	Vegetarian Soup(11/1-3/31)	1 c	Ground Beef Stew	8 oz
	Ready to Eat Cereal	1 c	Salad / Dressing(4/1-10/31)	½ c - ½ oz	(3oz gr beef)	
	Beef Gravy	6 oz	Bologna	1 ea	Rice	¾ c
	Hot Biscuits	2 ea	Cheese	1 oz	Green Peas	½ c
	Jelly	1 oz	Lettuce/Tomato	1 sl ea	Carrot Salad	½ c
	Margarine	1/3 oz	Potato Salad	¾ c	Bread	2 sl
	2% Milk	8 oz	Bread	2 sl	Margarine	½ oz
	Coffee or Tea	12 oz	Margarine	½ oz	Cake/Icing or Fruit	1/60/1svg
	Bread	1 sl	Fresh Fruit	1 ea	Salt & Pepper Pkt	1 ea
	Salt & Pepper Pkts.	1 ea	Salt & Pepper Pkt	1 ea	Coffee (11/1-3/31)	1 c
			Fruit Punch w/Vit C	1 c	2% Milk	8 oz
			Sweetened Tea	1 c	Veg Sub: Stew w/Soy	8 oz
			Veg Sub: Vegetarian Beans	1 c	(3oz soy)	

F R I D A Y	Juice Drink	8 oz	Vegetarian Soup(11/1-3/31)	1 c	Beef Cube Steak	3 oz
	Oatmeal	1 c	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Brown Gravy	¼ c
	Sausage Pattie	2 oz	Fried/Baked Fish Fillet	3 oz	Mashed Potatoes	¾ c
	Pancakes (3 each)	7.5 oz	Tartar Sauce	½ oz	Mixed Vegetables	½ c
	Syrup	1 ½ oz	Macaroni & Cheese	¾ c	Tossed Salad / Dressing	½c-½oz
	Margarine	1/3 oz	Bread	2 sl	Bread	2 sl
	2% Milk	8 oz	Margarine	½ oz	Margarine	½ oz
	Coffee or Tea	12 oz	Cake/Icing or Fruit	1/60/1svg	Pudding	½ c
	Bread	1 ea	Salt & Pepper Pkt	1 ea	Salt & Pepper Pkt	1 ea
	Salt & Pepper Pkts.	1 ea	Fruit Punch w/Vit C	1 c	Coffee (11/1-3/31)	1 c
			Sweetened Tea	1 c	2% Milk	8 oz
			Veg Sub: Vegetarian Beans	1 c	Veg Sub: Mac & Cheese	1 c

S A T U R D A Y	Juice Drink	8 oz	Vegetarian Soup(11/1-3/31)	1 c	Steamed Pasta with	1 c
	Grits	1 c	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Meat Sauce	6 oz
	Scrambled Eggs	4 oz	Roast Beef	2 oz	Carrots	½ c
	Bread	2 sl	Cheese	1 oz	Garden Salad / Dressing	½c-½oz
	Jelly	1 oz	French Fries	¾ c	Bread	2 sl
	Margarine	1/3 oz	Lettuce/Tomato	1 sl ea	Margarine	½ oz
	2% Milk	8 oz	Bread	2 sl	Cake/Icing or Fruit	1/60/1svg
	Coffee or Tea	12 oz	Margarine	½ oz	Salt & Pepper Pkt	1 ea
	Salt & Pepper Pkts.	1 ea	Fruit	1 svg	Coffee (11/1-3/31)	1 c
			Salt & Pepper Pkt	1 ea	2% Milk	8 oz
			Fruit Punch w/Vit C	1 c	Veg Sub: Soy, Pasta &	8 oz
			Sweetened Tea	1 c	Sauce (3oz)	
			Veg Sub: Vegetarian Beans	1 c		

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK THREE

ATTACHMENT A2 33

All of the Facilities except ACC and LCC

BREAKFAST			LUNCH		DINNER	
S U N D A Y	Juice Drink	8 oz	Vegetarian Soup(11/1-3/31)	1 c	Taco Meat (3oz gr beef)	4 oz
	Ready to Eat Cereal	1 c	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Shredded Cheese	½ oz
	Pork Sausage Gravy	6 oz	Turkey Franks 10/1	2 ea	Steamed Rice	¾ c
	Biscuits	2 ea	Hot Dog Buns	2 ea	Shredded Lettuce	½ c
	Jelly	1 oz	Catsup	½ oz	Tortillas	2 ea
	Margarine	1/3 oz	Mustard	½ oz	Bread	2 sl
	2% Milk	8 oz	Oven Stripped Potatoes	¾ c	Margarine	½ oz
	Coffee or Tea	12 oz	Biscuit	1/60	Cake/Icing or Fruit	1/60/1svg
	Bread	1 sl	Margarine	½ oz	Salt & Pepper Pkt	1 ea
	Salt & Pepper Pkts.	1 ea	Cake/Icing or Fruit	1/60/1 svg	Coffee (11/1-3/31)	1 c
			Salt & Pepper Pkt	1 ea	2% Milk	8 oz
			Fruit Punch w/Vit C	1 c	Veg Sub: Soy Taco Meat	4 oz
			Sweetened Tea	1 c	(3oz soy)	
			Veg Sub: Vegetarian Beans	1 c		

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK FOUR

ATTACHMENT A2 34

All of the Facilities except ACC and LCC

BREAKFAST			LUNCH		DINNER	
M O N D A Y	Juice Drink	8 oz	Fruit	1ea or 1 c	Fried or Baked Meatloaf	3 oz
	Farina	1 c	Vegetarian Soup(11/1-3/31)	1 c	Gravy	1/4 c
	Beef Sausage	2 oz	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Whipped Potatoes	3/4 c
	(3) Pancakes	7.5 oz	Spaghetti	3/4 c	Green Beans	1/2 c
	Syrup	1 ½ oz	Meat Sauce (ground beef)	3 oz	Carrot Salad	1/2 c
	Margarine	1/3 oz	Carrots	1/2 c	Bread	2 sl
	2% Milk	8 oz	Garlic Bread	2 sl	Margarine	½ oz
	Coffee or Tea	12 oz	Margarine	½ oz	Cake/Icing or Fruit	1/60/1svg
	Bread	2 sl	Pudding	1/2 c	Salt & Pepper Pkt	1 ea
	Salt & Pepper Pkts.	1 ea	Salt & Pepper Pkt	1 ea	Coffee (11/1-3/31)	1 c
			Fruit Punch w/Vit C	1 c	2% Milk	8 oz
			Sweetened Tea	1 c		
			Veg Sub: Soy Pasta/Sauce	8 oz		

T U E S D A Y	Juice Drink	8 oz	Vegetarian Soup(11/1-3/31)	1 c	Fried Chicken or	1 QTR
	Ready to Eat Cereal	1 c	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Baked Chicken	1 QTR
	Scrambled Egg	4 oz	Pork Ham	2 oz	Gravy	1/4 c
	Bread	2 sl	Slice Cheese	1 oz	Steamed Rice	3/4 c
	Jelly	1 oz	Mustard	1/2 oz	Green Peas	½ c
	Margarine	1/3 oz	Pinto Beans	3/4 c	Garden Salad/Dressing	½c-½oz
	2% Milk	8 oz	Lettuce/Tomato	1/1 each	Cornbread	1 EA
	Coffee or Tea	12 oz	Bread	2 sl	Margarine	½ oz
	Salt & Pepper Pkts.	1 ea	Gelatin Dessert	½ c	Applesauce	½ c
			Margarine	½ oz	Salt & Pepper Pkt	1 ea
			Salt & Pepper Pkt	1 ea	Coffee (11/1-3/31)	1 c
			Fruit Punch w/Vit C	1 c	2% Milk	8 oz
			Sweetened Tea	1 c		

W E D N E S D A Y	Juice Drink	8 oz	Vegetarian Soup(11/1-3/31)	1 c	Meat/Cheese Pizza	1 SQ
	Oatmeal	1 c	Salad / Dressing(4/1-10/31)	½ c - ½ oz	(4 X 6 CUT)	
	Fried Eggs	2	Fried/Baked Beef Pattie	1ea/4 oz	3 oz Meat & Cheese)	
	Bread	2 sl	Hamburger Bun	1 ea	Pasta w/Marinara	3/4 c.
	Jelly	1 oz	Mustard	½ oz	Corn	½ c
	Margarine	1/3 oz	Catsup	½ oz	Tossed Salad/Dressing	½c-½oz
	2% Milk	8 oz	Home Potato Wedge	3/4 c	Bread	2 SL
	Coffee or Tea	12 oz	Tomato/Onion	1 sl each	Margarine	½ oz
	Salt & Pepper Pkts.	1 ea	Biscuit	1/60	Cookies or Fruit	2ea/1svg
			Margarine	½ oz	Salt & Pepper Pkt	1 ea
			Cake/Icing or Fruit	1/60/1svg	Coffee (11/1-3/31)	1 c
			Salt & Pepper Pkt	1 ea	2% Milk	8 oz
			Fruit Punch w/Vit C	1 c		
			Sweetened Tea	1 c		
			Veg Sub - Soy Pattie	3 oz		

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK FOUR

ATTACHMENT A2 35

All of the Facilities except ACC and LCC

BREAKFAST			LUNCH		DINNER	
T H U R S D A Y	Juice Drink	8 oz	Vegetarian Soup(11/1-3/31)	1 c	Fried or Baked	
	Ready to Eat Cereal	1 c	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Salisbury Beef Pattie	3 oz
	Beef Gravy	6 oz	Breaded Chicken Pattie	4 oz	Brown Gravy	1/4 c
	Hot Biscuits	2 ea	(Meat 3 oz/Breading 1oz)		Baked Potato	1
	Jelly	1 oz	Country Gravy	1/4 c	Green Beans/Carrots	½ c
	Margarine	1/3 oz	AuGratin Noodles	3/4 c	Tossed Salad/Dressing	½c-½oz
	2% Milk	8 oz	Bread	2 sl	Bread	2 sl
	Coffee or Tea	12 oz	Margarine	½ oz	Margarine	½ oz
	Bread	1 sl	Cookie or Fruit	2 ea /1svg	Pudding	1/2 c
	Salt & Pepper Pkts.	1 ea	Salt & Pepper Pkts.	1 ea	Salt & Pepper Pkt	1 ea
			Fruit Punch w/Vit C	1 c	Coffee (11/1-3/31)	1c
			Sweetened Tea	1 c	2% Milk	8 oz
			Veg Sub - Vegetarian Beans	1 c		
F R I D A Y	Juice Drink	8 oz	Fruit	1 ea or 1 c	Roast Beef	3 oz
	Oatmeal	1 c	Vegetarian Soup(11/1-3/31)	1 c	Gravy	1/4 c
	Sausage Pattie	2 oz	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Mashed Potatoes	3/4 c
	Pancakes (3 each)	7.5 oz	Breaded Fish Portion/Fillet	4 oz	Mixed Vegetables	½ c
	Syrup	1 ½ oz	Tartar Sauce	½ oz	Tomato/Onion Salad	½ c
	Margarine	1/3 oz	Seasoned Rice	3/4 c	Cornbread	1 ea
	2% Milk	8 oz	Bread	2 sl	Margarine	½ oz
	Coffee or Tea	12 oz	Margarine	½ oz	Cake/Icing or Fruit	1/60/1svg
	Bread	1 ea	Salt & Pepper Pkt	1 ea	Salt & Pepper Pkt	1 ea
	Salt & Pepper Pkts.	1 ea	Fruit Punch w/Vit C	1 c	Coffee (11/1-3/31)	1c
			Sweetened Tea	1 c	2% Milk	8 oz
			Veg Sub - Vegetarian Beans	1 c		
S A T U R D A Y	Juice Drink	8 oz	Vegetarian Soup(11/1-3/31)	1 c	Steamed Spaghetti	3/4 c
	Grits	1 c	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Meat Sauce	6 oz
	Scrambled Eggs	4 oz	Grilled Cheese Sandwiches	2 EA	Peas	½ c
	Bread	2 sl	Potato Salad	3/4 c	Carrots	1/2 c
	Jelly	1 oz	Cookies	2 ea	Green Salad/Dressing	½c-½oz
	Margarine	1/3 oz	Salt & Pepper Pkt	1 c	Garlic Bread	2 sl
	2% Milk	8 oz	Fruit Punch w/Vit C	1 c	Margarine	½ oz
	Coffee or Tea	12 oz	Sweetened Tea	1 c	Pudding	1/2 c
	Salt & Pepper Pkts.	1 ea	Veg Sub: None		Salt & Pepper Pkt	1 ea
					Coffee (11/1-3/31)	1 c
					2% Milk	8 oz

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK FOUR

ATTACHMENT A2 36

All of the Facilities except ACC and LCC

BREAKFAST			LUNCH		DINNER	
S U N D A Y	Juice Drink	8 oz	Vegetarian Soup(11/1-3/31)	1 c	Sliced Turkey Breast	3 oz
	Ready to Eat Cereal	1 c	Salad / Dressing(4/1-10/31)	½ c - ½ oz	Stuffing	¾ c
	Pork Sausage Gravy	6 oz	Chili con Carne/Beans	8 oz	Mashed Potatoes	¾ c
	Biscuits	2 ea	(3 oz Beef)		Gravy	¼ c
	Jelly	1 oz	Steamed Rice	¾ c	Carrots	½ c
	Margarine	1/3 oz	Cornbread	1/60	Cornbread	1 ea
	2% Milk	8 oz	Margarine	½ oz	Margarine	½ oz
	Coffee or Tea	12 oz	Gelatin Dessert	½ c	Cake/Icing or Fruit	1/60/1svg
	Bread	1 sl	Salt & Pepper Pkt	1 ea	Salt & Pepper Pkt	1 ea
	Salt & Pepper Pkts.	1 ea	Fruit Punch w/Vit C	1 c	Coffee (11/1-3/31)	1 c
			Sweetened Tea	1 c	2% Milk	8 oz
			Veg Sub Soy Chili (3ozSoy)	8 oz		

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK FIVE

ATTACHMENT A2 37

All of the Facilities except ACC and LCC

	BREAKFAST	LUNCH	DINNER
M O N D A Y	Juice Drink 8 oz	Fruit 1ea or 1 c	Pork Ham 3 oz
	Farina 1 c	Vegetarian Soup(11/1-3/31) 1 c	OR Fish Fillet 3 oz
	Beef Sausage 2 oz	Salad / Dressing(4/1-10/31) ½ c - ½ oz	Pinto Beans ¾ c
	(3) Pancakes 7.5 oz	Pork Pattie or Turkey Bologna 3 oz	Corn 1/2 c
	Syrup 1 ½ oz	Cheese 1 oz	Tossed Salad/Dressing ½ c-½ oz
	Margarine 1/3 oz	French Fries ¾ c	Bread 2 sl
	2% Milk 8 oz	Mustard 1/2 oz	Margarine ½ oz
	Coffee or Tea 12 oz	Bread 2 sl	Cake/Icing or Fruit 1 svg
	Bread	Margarine ½ oz	Salt & Pepper Pkt 1 ea
	Salt & Pepper Pkts. 1 ea	Cake/Icing 1/60/1svg	Coffee (11/1-3/31) 1 c
		Salt & Pepper Pkt 1 ea	2% Milk 8 oz
		Fruit Punch w/Vit C 1 c	
		Sweetened Tea 1 c	
		Veg Sub / Veg Beans 1c	

T U E S D A Y	Juice Drink 8 oz	Vegetarian Soup(11/1-3/31) 1 c	Taco Meat (3 oz gr beef) 4 oz
	Ready to Eat Cereal 1 c	Salad / Dressing(4/1-10/31) ½ c - ½ oz	Shredded Cheese 1/2 oz
	Scrambled Egg 4 oz	Turkey Sausage & Peppers 4 oz	Refried Beans ¾ c
	Bread 2 sl	(3 oz Meat)	Shredded Lettuce 1/2 c
	Jelly 1 oz	Steamed Rice ¾ c	Tortillas 2 ea
	Margarine 1/3 oz	Bread 2 sl	Cake/Icing or Fruit 1 svg
	2% Milk 8 oz	Margarine ½ oz	Salt & Pepper Pkt 1 ea
	Coffee or Tea 12 oz	Brownie 1/60/1svg	Coffee (11/1-3/31) 1 c
	Salt & Pepper Pkts. 1 ea	Salt & Pepper Pkt 1 ea	2% Milk 8 oz
		Fruit Punch w/Vit C 1 c	
		Sweetened Tea 1 c	
		Veg. Sub. Soy Meatball 3 oz	

W E D N E S D A Y	Juice Drink 8 oz	Fruit 1 ea or 1 c	Ground Beef Stew 8 oz
	Oatmeal 1 c	Vegetarian Soup(11/1-3/31) 1 c	(3 oz gr beef)
	Fried Eggs 2	Salad / Dressing(4/1-10/31) ½ c - ½ oz	Rice ¾ c
	Bread 2 sl	Fried/Baked Beef Pattie 1ea/4 oz	Green Peas ½ c
	Jelly 1 oz	Hamburger Bun 1 ea	Carrot Salad 1/2 c
	Margarine 1/3 oz	Mustard ½ oz	Bread 2 sl
	2% Milk 8 oz	Catsup ½ oz	Margarine ½ oz
	Coffee or Tea 12 oz	French Fries 1 c	Cake/Icing or Fruit 1/60
	Salt & Pepper Pkts. 1 ea	Cookies 2 ea	Salt & Pepper Pkt 1 ea
		Salt & Pepper Pkt 1 ea	Coffee (11/1-3/31) 1 c
		Fruit Punch w/Vit C 1 c	2% Milk 8 oz
		Sweetened Tea 1 c	
		Veg Sub - Veg. Beans 1 c	

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

All of the Facilities except ACC and LCC

	BREAKFAST	LUNCH	DINNER
T H U R S D A Y	Juice Drink 8 oz	Vegetarian Soup(11/1-3/31) 1 c	Fried or Baked Meatloaf 3 oz
	Ready to Eat Cereal 1 c	Salad / Dressing(4/1-10/31) ½ c - ½ oz	Gravy 1/4 c
	Beef Gravy 6 oz	Breaded Chicken Pattie 4 oz	Whipped Potatoes 3/4 c
	Hot Biscuits 2 ea	(Meat 3oz/Breading 1oz) 1 ea	Green Beans 1/2 c
	Jelly 1 oz	Gravy 1/4 c	Carrot Salad 1/2 c
	Margarine 1/3 oz	Navy Beans 3/4 c	Mixed Greens ½ c
	2% Milk 8 oz	Cornbread 1/60/1svg	Bread 2 sl
	Coffee or Tea 12 oz	Margarine ½ oz	Margarine ½ oz
	Bread 1 sl	Fresh Fruit 1	Cake/Icing or Fruit 1 svg
	Salt & Pepper Pkts. 1 ea	Salt & Pepper pkt 1 ea	Salt & Pepper Pkt 1 ea
		Fruit Punch w/Vit C 1 c	Coffee (11/1-3/31) 1 c
		Sweetened Tea 1 c	2% Milk 8 oz
		Veg Sub - Vegetarian Beans 1 c	

F R I D A Y	Juice Drink 8 oz	Fruit 1 ea or 1 c	Fried Chicken 1qrt
	Oatmeal 1 c	Vegetarian Soup(11/1-3/31) 1 c	or Baked Chicken
	Sausage Pattie 2 oz	Salad / Dressing(4/1-10/31) ½ c - ½ oz	Gravy 1/4 c
	Pancakes (3 each) 7.5 oz	Burrito 5 oz	Steamed Rice 3/4 c
	Syrup 1 ½ oz	Pinto Beans 1/2 c	Tossed Salad/Dressing ½ c-½ oz
	Margarine 1/3 oz	Spanish Rice 3/4 c	Green Peas ½ c
	2% Milk 8 oz	Bread 2 sl	Bread 2 sl
	Coffee or Tea 12 oz	Margarine ½ oz	Margarine ½ oz
	Bread 1 ea	Brownie 1/60/1svg	Cookies or Fruit 2 ea/1svg
	Salt & Pepper Pkts. 1 ea	Salt & Pepper Pkt 1 ea	Salt & Pepper Pkt 1 ea
		Fruit Punch w/Vit C 1 c	Coffee (11/1-3/31) 1c
		Sweetened Tea 1 c	2% Milk 8 oz

S A T U R D A Y	Juice Drink 8 oz	Vegetarian Soup(11/1-3/31) 1 c	Fried/Baked Fish Fillet 3 oz
	Grits 1 c	Salad / Dressing(4/1-10/31) ½ c - ½ oz	Tartar Sauce ½ oz
	Scrambled Eggs 4 oz	Meat Hoagie 2 oz meat	Fried Potatoes 3/4 c
	Bread 2 sl	Cheese ½ oz	Seasoned Greens 1/2 c
	Jelly 1 oz	Lettuce/Tomato 1 sl ea	Creamy Coleslaw ½ oz
	Margarine 1/3 oz	Potato Salad 1/2 c	Cornbread 1/60/1 ea
	2% Milk 8 oz	Hoagie Roll 1 ea	Cake/Icing 1/60/1 ea
	Coffee or Tea 12 oz	Mustard 1/2 oz	Margarine 1 c
	Salt & Pepper Pkts. 1 ea	Cookies/Fruit 1 ea/1svg	Salt & Pepper Pkt 1 ea
		Salt & Pepper Pkt 1 c	Fruit Punch w/Vit C 1 c
		Fruit Punch w/Vit C 1 c	Sweetened Tea 1 c
		Sweetened Tea 1 c	Veg Sub - Vegetarian Beans 1 c
		Veg Sub - Vegetarian Beans	Coffee (11/1-3/31) 1 c
			2% Milk 8 oz

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK FIVE

ATTACHMENT A2 39

All of the Facilities except ACC and LCC

	BREAKFAST	LUNCH	DINNER
S U N D A Y	Juice Drink 8 oz	Vegetarian Soup(11/1-3/31) 1 c	Sloppy Joe 4 oz
	Ready to Eat Cereal 1 c	Salad / Dressing(4/1-10/31) ½ c - ½ oz	(3oz gr beef)
	Pork Sausage Gravy 6 oz	Chili Dogs 2 ea	Bun 1
	Biscuits 2 ea	Coney Sauce 3 oz	Baked Potato 1
	Jelly 1 oz	Hotdog Buns 2 ea	Green Beans/Carrots 1/2 c
	Margarine 1/3 oz	Cake/Icing 1/60/1svg	Tossed Salad/Dressing ½ c-½ oz
	2% Milk 8 oz	Salt & Pepper Pkt 1 ea	Biscuit 1/60
	Coffee or Tea 12 oz	Fruit Punch w/Vit C 1 c	Margarine ½ oz
	Bread 1 sl	Sweetened Tea 1 c	Cookies or Fruit 2ea/1svg
	Salt & Pepper Pkts. 1 ea	Veg Sub - Vegetarian Beans 1 c	Salt & Pepper Pkt 1 ea
			Coffee (11/1-3/31) 1 c
			2% Milk 8 oz

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

ATTACHMENT B

NOTE: Detailed provisions in RFQ, Section: Menu, for detailed specific variances to the

WEEK ONE
LCC

BREAKFAST			LUNCH		DINNER	
M O N D A Y	* 50% Fruit Juice Drink	8 oz	Fruit	1@ or 1 c	Country Fried Beef Pattie or	4 oz
	* Farina	1 c	* Vegetarian Soup(11/1-3/31)	1 c	Baked Turkey Pattie	3 oz
	Beef Sausage	2 oz	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	* Gravy	1/4 c
	Pancakes(Mix-6ozv total)	3 @	Beef & Noodles (3 oz ground beef)	8 oz	Whipped Potatoes	3/4 c
	* Syrup	1 ½ oz	Pinto Beans	3/4 c	* Mixed Greens	1/2 c
	* Bread	2 sl	* Biscuit 1/60	1 @	* Coleslaw	1/2 c
	* Margarine	1/3 oz	* Margarine	1/2 oz	* Bread	2 sl
	* Coffee or Tea	12 oz	Cookies (Mix-2 oz total)	2@	* Margarine	1/2 oz
	* Salt & Pepper Pkts.	1 @	* Fruit Drink w/C	8 oz	Fruit Crisp	1/2 c
	Sugar/ Sugar Sub	2 pkts	* Sweetened Tea	8 oz	* Coffee (11/1-3/31)	8 oz
			Salt & Pepper Pkt	1 @	* 2 % Milk	8 oz
			Veg Sub: Vegetarian Beans	1 c	Salt & Pepper Pkt	1 @
				Veg Sub: Mac & Cheese	1 c	

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK ONE
LCC

BREAKFAST			LUNCH		DINNER	
T H U R S D A Y	* 50 % Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Meat/Cheese Pizza	1 sq
	* Ready to Eat Cereal	1 c	* Tossed Salad/ Dressing (4/1-10/31)	½ c - ½ oz	(cut 4x6; 3 oz meat/ch)	
	Beef Gravy (2 oz ground beef)	6 oz	Roast Beef on	3 oz	Pasta w/Marinara Sauce	¾ c
	Biscuits 1/60	2 @	Hamburger Bun	1 @	* Green Beans	½ c
	* Bread	1 sl	* Mustard	½ oz	* Cole Slaw	½ c
	* Jelly	1 oz	Potato Salad	¾ c	* Bread	2 sl
	* Margarine	1/3 oz	* Biscuit 1/60	1 @	* Margarine	½ oz
	* 2 % Milk	8 oz	* Margarine	½ oz	Iced Cake 1/60 or Fruit	1 @
	* Coffee or Tea	12 oz	Cookies (Mix-2 oz total) or Fruit	2 @ or 1 @	* Coffee (11/1-3/31)	8 oz
	Salt & Pepper Pkts.	1 @	* Fruit Punch w/Vit C	8 oz	* 2% Milk	8 oz
	Sugar/ Sugar Sub	2 pkts	* Sweetened Tea	8 oz	Salt & Pepper Pkt.	1@
			Salt & Pepper Pkt	1 @	Veg Sub: Cheese Pizza	1 sq
		Veg Sub: Vegetarian Beans	1 c			
F R I D A Y	* 50 % Fruit Juice Drink	8 oz	Fruit	1@ or 1 c	Chili con Carne / Beans	8 oz
	* Oatmeal	1 c	* Vegetarian Soup(11/1-3/31)	1 c	(3 oz beef)	
	Pork Sausage Pattie	2 oz	* Tossed Salad/ Dressing (4/1-10/31)	1/2c/ 1/2 oz	Seasoned Rice	¾ c
	Pancakes (Mix-6 ozv total)	3@	Fried/Baked Fish Fillet	3 oz	* Carrots	½ c
	* Jelly	1 oz	* Tarter Sauce	1/2 oz	* Tossed Salad	1/2 c
	* Syrup	1 1/2 oz	Macaroni & Cheese	¾ c	* Dressing	1/2 oz
	* Bread	1 sl	* Bread	2 sl	* Bread	2 sl
	* Margarine	1/3 oz	* Margarine	1/2 oz	* Margarine	1/2 oz
	* 2% Milk	8 oz	* Fruit Drink w/C	8 oz	Iced Cake 1/60	1@
	* Coffee or Tea	12 oz	* Sweetened Tea	8 oz	* Coffee (11/1-3/31)	8 oz
	Salt & Pepper Pkt	1@	Salt & Pepper Pkt	1@	* 2 % Milk	8 oz
	Sugar/Sugar Sub	2 pkts	Veg Sub: Vegetarian Beans	1c	Salt & Pepper Pkt	1@
				Veg Sub: Soy Chili (3 oz sov)	8 oz	
S A T U R D A Y	* 50 % Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Meat Sauce (3oz gr beef)	6 oz
	* Grits	¾ c	* Tossed Salad/ Dressing (4/1-10/31)	½ c - ½ oz	Steamed Pasta	¾ c
	Scrambled Eggs	4 oz	Turkey	2 oz	* Peas	½ c
	* Bread	2 sl	Cheese	1 oz	* Lettuce Salad	½c
	* Jelly	1 oz	* Mayo-type Salad Dressing	½ oz	* Dressing	1/2 oz
	* Margarine	1/3 oz	Lettuce/Tomato	1 sl ea	* Garlic Bread	2 sl
	* 2% Milk	8 oz	Augratin Potatoes	¾ c	* Margarine	1/2 oz
	* Coffee or Tea	12 oz	* Bread	2 sl	Iced Cake 1/60 or Fruit	1@
	Salt & Pepper Pkts.	1@	* Margarine	½ oz	* Coffee (11/1-3/31)	8oz
	Sugar/ Sugar Sub	2 pkts	Cookies (Mix-2oz total) or Fruit	2@ or 1@	* 2% Milk	8 oz
			Salt & Pepper Pkt	1 ea	Salt & Pepper Pkt	1@
			* Fruit Drink w/C	8 oz	Veg Sub: Soy,Pasta & Sauce	8 oz
		* Sweetened Tea	8 oz	(3 oz sov)		
		Veg Sub: Vegetarian Beans	1 c			
		Salt & Pepper Pkt	1@			
		Veg Sub: Vegetarian Beans	1c			

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK ONE
LCC

BREAKFAST	LUNCH	DINNER
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S U N D A Y	* 50 % Fruit Juice Drink 8 oz	* Vegetarian Soup(11/1-3/31) 1 c	Beef, Macaroni, Tomatoes 8 oz
	* Ready to Eat Cereal 1 c	* Tossed Salad/ Dressing (4/1-10/31) ½ c - ½ oz	(3oz gr beef)
	Pork Sausage Gravy 6 oz	Fried/Baked Salisbury Pattie 3 oz	* Peas ½ c
	(2 oz meat)	BBQ Sauce ¼ c	* Tossed Salad 1/2 c
	Biscuits 1/60 2@	Rice O'Brein 3/4 c	* Dressing 1/2 oz
	* Bread 1 sl	* Bread 2 sl	* Bread 2 sl
	* Jelly 1 oz	* Margarine ½ oz	* Margarine 1/2 oz
	* Margarine 1/3 oz	Cookies (Mix-2oz total) or Fruit 2@ or 1@	Salt & Pepper Pkt 1 ea
	* 2 % Milk 8 oz	* Fruit Drink w/C 8 oz	Iced Cake 1/60 or Fruit 1@
	* Coffee or Tea 12 oz	* Sweetened Tea 8 oz	* Coffee (11/1-3/31) 8 oz
	Salt & Pepper Pkt 1@	Salt & Pepper Pkt 1@	* 2% Milk 8 oz
	Sugar/ Sugar Sub 2 pkts	Veg Sub: Vegetarian Beans 1 c	Salt & Pepper Pkt 1@
			Veg Sub: Soy, Mac & Tomatoes 8 oz
			(3 oz soy)

WEEK TWO

ATTACHMENT B 44

LCC

BREAKFAST

LUNCH

DINNER

M O N D A Y	* 50% Fruit Juice Drink	8 oz	Fruit	1@ or 1c	Fried/Baked Meatloaf	3 oz
	* Farina	1 c	* Vegetarian Soup(11/1-3/31)	1 c	* Brown Gravy	¼ c
	Beef Sausage	2 oz	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	Steamed Rice	¾ c
	Pancakes (Mix- 6ozv total)	3@	Pork Ham or Turkey	2 oz	* Steamed Cabbage	½ c
	* Syrup	1 ½ oz	Cheese	1 oz	* Tossed Salad	1/2 c
	* Bread	2 sl	* Mustard	1/2 oz	* Dressing	1/2 oz
	* Margarine	1/3 oz	Lettuce/Tomato	1 sl @	* Bread	2 sl
	* 2 % Milk	8 oz	Lyonnaise Potatoes	¾ c	* Margarine	1/2 oz
	* Coffee or Tea	12 oz	* Bread	2 sl	Pudding	1/2 c
	Salt/Pepper Pkts	1@	* Margarine	1/2 oz	* Coffee (11/1-3/31)	8 oz
	Sugar/Sugar Sub	2 pkts	Iced Cake 1/60 or Fruit	1@	* 2% Milk	8 oz
			* Fruit Drink w/C	8 oz	Salt & Pepper Pkt	1@
			* Sweetened Tea	8 oz	Veg Sub: Mac & Cheese	1 c

T U E S D A Y	* 50% Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Meat Sauce (3oz gr beef)	6 oz
	* Ready to Eat Cereal	1 c	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	Steamed Pasta	¾ c
	Scrambled Egg	4 oz	Burrito	5 oz	* Mixed Vegetables	½ c
	* Bread	2 sl	Refried Beans	¾ c	* Tossed Salad	½ c
	* Jelly	1 oz	* Spanish Rice	¾ c	* Dressing	1/2 oz
	* Margarine	1/3 oz	* Bread	2 sl	* Bread	2 sl
	* 2% Milk	8 oz	* Margarine	½ oz	* Margarine	1/2 oz
	* Coffee or Tea	12 oz	Cookies (Mix-2oz total) or Fruit	2@ or 1@	Applesauce	1/2 c
	Salt/Pepper Pkts	1@	* Fruit Punch w/C	8 oz	* Coffee (11/1-3/31)	8 oz
	Sugar/Sugar Sub	2 pkts	* Sweetened Tea	8 oz	* 2 % Milk	8 oz
			Salt & Pepper Pkt	1@	Salt & Pepper Pkt	1 @
			Veg Sub: Vegetarian Beans	1 c	Veg Sub: Soy,Pasta & Sauce	8 oz
					(3 oz soy)	

W E D N E S D A Y	* 50% Fruit Juice Drink	8 oz	Fruit	1@ or 1c	Taco Meat (3 oz grd Beef)	4 oz
	* Oatmeal	1 c	* Vegetarian Soup(11/1-3/31)	1 c	Shredded Cheese	1/2 oz
	Fried Eggs	2 @	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	Refried Beans	¾ c
	* Bread	2 sl	Fried/Baked Beef Pattie	3 oz	Shredded Lettuce	1/2 c
	* Jelly	1 oz	Cheese	1 oz	Tortillas	2@
	* Margarine	1/3 oz	Hamburger Bun	1 @	* Bread	2 sl
	* 2% Milk	8 oz	* Mustard/ * Catsup	1/2 oz @	* Margarine	1/2 oz
	* Coffee or Tea	12 oz	Tomato/Onion	1 sl @	Iced Cake 1/60 or Fruit	1@
	Salt/Pepper Pkts	1@	Potato Salad	¾ c	* Coffee (11/1-3/31)	8 oz
	Sugar/Sugar Sub	2 pkts	* Biscuit 1/60	1 @	* 2 % Milk	8 oz
			* Margarine	½ oz	Salt & Pepper Pkt	1@
			Cookies (Mix-2oz total) or Fruit	2@ or 1 @	Veg Sub: Soy Taco Meat (3oz)	4 oz
			* Fruit Punch w/C	8 oz		

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

LCC

BREAKFAST			LUNCH		DINNER	
T H U R S D A Y	* 50% Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Pork Ham or Fish Fillet	3 oz
	* Ready to Eat Cereal	1 c	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	* Pinto Beans	¾ c
	Beef Gravy (2 oz grd beef)	6 oz	Fried or Oven Baked Chicken Qtr	1 @	* Corn	1/2 c
	Biscuit 1/60	2 @	* Gravy	1/4 c	* Tossed Salad/Dressing	1/2c / 1/2 oz
	* Bread	1 sl	Whipped Potatoes	¾ c	* Bread	2 sl
	* Jelly	1 oz	* Cornbread 1/60	1@	* Margarine	1/2 oz
	* Margarine	1/3 oz	* Margarine	1/2 oz	Iced Cake 1/60 or Fruit	1@
	* 2% Milk	8 oz	Cookies (Mix-2oz total) or Fruit	2@ or 1@	* Coffee (11/1-3/31)	8 oz
	* Coffee or Tea	12 oz	* Fruit Drink w/C	8 oz	* 2 % Milk	8 oz
	Salt/Pepper Pkts	1 @	* Sweetened Tea	8 oz	Salt & Pepper Pkt	1 @
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 @	Veg Sub: Mac & Cheese	1 c
			Veg Sub: Vegetarian Beans	1 c		

F R I D A Y	* 50% Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Sloppy Joe (3oz grd beef)	4 oz
	* Oatmeal	1 c	Fruit	1 @ or 1c	Hamburger Bun	1 @
	Pork Sausage Pattie	2 oz	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	Baked Potato	1@
	Pancakes(Mix-6ozv total)	3 @	Grilled Cheese Sandwiches	2 @	* Green Beans & Carrots	1/2 c
	* Syrup .	1 1/2 oz	(3 oz cheese)		* Tossed Salad	1/2 c
	* Bread	1 sl	Seasoned Noodles	¾ c	* Dressing	1/2 oz
	* Margarine	1/3 oz	* Bread	4 sl	* Biscuit 1/60	1@
	* 2% Milk	8 oz	* Margarine	1/2 oz	* Margarine	1/2 oz
	* Coffee or Tea	12 oz	* Fruit Drink w/C	8 oz	Cookies (Mix-2oz total) or Fruit	2@ or 1@
	Salt/Pepper Pkts	1 @	* Sweetened Tea	8 oz	* Coffee (11/1-3/31)	8 oz
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 @	* 2% Milk	8 oz
			Veg Sub: Grilled Cheese	3oz/ 4sl	Salt & Pepper Pkt	1 @
					Veg Sub: Soy Sloppy Joe	4 oz

S A T U R D A Y	* 50% Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Beef Stew (3oz beef)	8 oz
	* Grits	3 oz	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	* Steamed Rice	¾ c
	Scrambled Eggs	4 oz	Breaded Fish Pattie Or	4 oz	* Carrots	1/2 c
	* Bread	2 sl	Baked Fish Fillet	4 oz	* Tossed Salad	1/2 c
	* Jelly	1 oz	* Tarter Sauce	1/2 oz	* Dressing	1/2 oz
	* Margarine	1/3 oz	* Green Beans	1/2c / 1/2 oz	* Garlic Bread	1/2 oz
	* 2 % Milk	8 oz	* Bread	2 sl	Margarine	1/2 oz
	* Coffee or Tea	12 oz	* Margarine	1/2 oz	Iced Cake 1/60 or Fruit	1 @
	Salt/Pepper Pkts	1 @	* Gelatin	1/2 c	* Coffee (11/1-3/31)	8 oz
	Sugar/Sugar Sub	2 pkts	* Fruit Drink w/C	8 oz	* 2% Milk	8 oz
			* Sweetened Tea	8 oz	Salt & Pepper Pkt	1 @
			Salt & Pepper Pkt	1 @	Veg Sub: Stew w/Soy (3oz)	8 oz
			Veg Sub: Vegetarian Beans	1 c		

WEEK TWO

ATTACHMENT B 46

LCC

BREAKFAST	LUNCH	DINNER
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S U N D A Y	* 50% Fruit Juice Drink 8 oz	* Vegetarian Soup(11/1-3/31) 1c	Country Fried Beef Pattie Or 4oz
	* Ready to Eat Cereal 1 c	* Tossed Salad/Dressing (4/1-10/31) ½ c - ½ oz	Rice & Pinto Beans 1/2 c / 1c
	Pork Sausage Gravy 6 oz	Chili Con Carne w/Beans 8oz	Mashed Potatoes 3/4c
	(2 oz meat)	(3 oz meat)	* Gravy 1/4c
	Biscuits 1/60 2@	Steamed Rice 3/4 c	Tomato/Onion Salad 1/2c
	* Bread 1 sl	* Cornbread 1/60 1@	* Cornbread 1/60 1@
	* Jelly 1 oz	* Margarine 1/2 oz	* Margarine 1/2 oz
	* Margarine 1/3 oz	Pudding 1/2c / 1/2 oz	Gelatin 1/2 c
	* 2 % Milk 8 oz	* Fruit Drink w/C 8 oz	* Coffee (11/1-3/31) 8 oz
	* Coffee or Tea 12 oz	* Sweetened Tea 8 oz	* 2% Milk 8 oz
	Salt/Pepper Pkts 1@	Salt & Pepper Pkt 1@	Salt & Pepper Pkt 1@
	Sugar/Sugar Sub 2 pkts	Veg Sub: Soy Chilli (3oz) 1c	Veg Sub: Vegetarian Beans 1 c

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK THREE

ATTACHMENT B 47

LCC

BREAKFAST

LUNCH

DINNER

M O N D A Y	* 50 % Fruit Juice Drink	8 oz	Fruit	1 @ or 1 c	Meat & Spanish Rice	
	* Farina	1 c	* Vegetarian Soup (11/1-3/31)	1 c	Spanish Rice	8oz
	Beef Sausage	2 oz	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	(3 oz ground beef)	
	Pancakes (Mix-6ozv total)	3 @	BBQ Beef (3 oz meat)	4 oz	Refried Beans	¾ c
	* Syrup	1 1/2 oz	Hamburger Bun	1@	* Green Beans	1/2 c
	* Bread	2 sl	French Fries or Rice	¾ c	* Shredded Lettuce	1/2 c
	* Margarine	1/3 oz	* Catsup	1/2 oz	* Bread	2 sl
	* 2 % Milk	8 oz	* Biscuit 1/60	1 @	* Margarine	1/2 oz
	* Coffee or Tea	12 oz	* Margarine	1/2 oz	Iced Cake 1/60 or Fruit	1 @
	Salt & Pepper Pkt	1@	Pudding	1/2 c	* Coffee (11/1-3/31)	8 oz
	Sugar/ Sugar Sub	2 pkts	* Fruit Drink w/C	8 oz	* 2% Milk	8 oz
			* Sweetened Tea	8 oz	Salt & Pepper Pkt	1 @
			Salt & Pepper Pkt	1 @	Veg Sub: Soy & Spanish Rice	8 oz
			Veg Sub: Vegetarian Beans	1 c	(3 oz Soy)	

T U E S D A Y	* 50 % Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Roast Beef	3 oz
	* Ready to Eat Cereal	1 c	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	Brown Gravy	1/4 c
	Scrambled Eggs	4 oz	Breaded Chicken Pattie (3oz meat)	4 oz	Augratin Potatoes	¾ c
	* Bread	2 sl	* Gravy	1/4 c	* Mixed Vegetables	1/2 c
	* Jelly	1 oz	Macaroni Salad	¾ c	* Coleslaw	1/2 c
	* Margarine	1/3 oz	* Bread	2 sl	* Bread	2 sl
	* 2 % Milk	8 oz	* Margarine	1/2 oz	* Margarine	1/2 oz
	* Coffee or Tea	12 oz	Browine 1/60 or Fruit	1 @	Cookies (Mix-2oz total) or Fruit	2 @ or 1 @
	Salt & Pepper Pkt	1 @	* Fruit Drink w/C	8 oz	* Coffee (11/1-3/31)	8 oz
	Sugar/Sugar Sub	2 pkts	* Sweetened Tea	8 oz	* 2% Milk	8 oz
			Salt & Pepper Pkt	1 @	Salt & Pepper Pkt	1 @
			Veg Sub: Soy Pattie	3 oz	Veg Sub: Mac & Cheese	1 c

W E D N E S D A Y	* 50 % Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Meatballs (beef)	3 oz
	* Oatmeal	1 c	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	BBQ Sauce	1/4 c
	Fried Eggs	2 @	Fried/Baked Beef Pattie	3 oz	Steamed Rice	¾ c
	* Bread	2 sl	Cheese	1 oz	* Mixed Greens	1/2 c
	* Jelly	1 oz	Hamburger Bun	1 @	* Tossed Salad	1/2 c
	* Margarine	1/3 oz	* Mustard / * Catsup	1/2 oz	* Dressing	1/2 oz
	* 2 % Milk	8 oz	Tomato/Onion	1 sl @	* Bread	2 sl
	* Coffee or Tea	12 oz	French Fries	¾ c	* Margarine	1/2 oz
	Salt & Pepper Pkt	1 @	* Biscuit 1/60	1 @	Cookies (Mix-2oz total) or Fruit	2 @ or 1 @
	Sugar/Sugar Sub	2 pkts	* Margarine	1/2 oz	* Coffee (11/1-3/31)	8 oz
			Cookies (Mix-2oz total) or Fruit	2 @ or 1 @	* 2% Milk	8 oz
			* Fruit Drink w/C	8 oz	Salt & Pepper Pkt	1 @
			* Sweetened Tea	8 oz	Veg Sub: Soy Meatballs	3 oz
			Salt & Pepper Pkt	1 @		
			Veg Sub: Soy Pattie	3 oz		

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK THREE

ATTACHMENT B 48

LCC

BREAKFAST	LUNCH	DINNER
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T H U R S D A Y	* 50 % Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Ground Beef Stew	8 oz
	* Ready to Eat Cereal	1 c	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	(3 oz ground beef)	
	Beef Gravy (2 oz ground beef)	6 oz	Bologna	2 oz	Rice	¾ c
	Biscuits 1/60	2 @	Cheese	1 oz	* Peas	½ c
	* Bread	1 sl	* Mustard	1/2 oz	* Carrot Salad	1/2 c
	* Jelly	1 oz	Lettuce/Tomato	1 sl	* Bread	2 sl
	* Margarine	1/3 oz	Potato Salad	¾ c	* Margarine	1/2 oz
	* 2 % Milk	8 oz	* Bread	2 sl	Iced Cake 1/60 or Fruit	1@
	* Coffee or Tea	12 oz	* Margarine	1/2 oz	* Coffee (11/1-3/31)	8 oz
	Salt & Pepper Pkt	1 @	Fresh Fruit	1 @	* 2% Milk	8 oz
	Sugar/Sugar Sub	2 pkts	* Fruit Drink w/C	8 oz	Salt & Pepper Pkt	1 @
			* Sweetened Tea	8 oz	Veg Sub: Stew w/soy (3oz)	8 oz
			Salt & Pepper Pkt	1 @		
			Veg Sub: Vegetarian Beans	1 c		

F R I D A Y	* 50 % Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Beef Cube Steak	3 oz
	* Oatmeal	1 c	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	* Brown Gravy	2 oz
	Pork Sausage Pattie	2 oz	Fried/Baked Fish Fillet	3 oz	Mashed Potatoes	¾ c
	Pancakes (Mix-6ozv total)	3 @	* Tarter Sauce	1/2 oz	* Mixed Vegetables	1/2 c
	* Syrup	1 1/2 oz	Macaroni & Cheese	¾ c	* Tossed Salad	1/2 c
	* Bread	1 sl	* Bread	2 sl	* Dressing	1/2 oz
	* Margarine	1/3 oz	* Margarine	1/2 oz	* Bread	2 sl
	* 2 % Milk	8 oz	Iced Cake 1/60 or Fruit	1@	* Margarine	1/2 oz
	* Coffee or Tea	12 oz	* Fruit Drink w/C	8 oz	Coffee (11/1-3/31)	1/2 c
	Salt & Pepper Pkt	1 @	* Sweetened Tea	8 oz	* 2% Milk	8 oz
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 @	Salt & Pepper Pkt	1 @
			Veg Sub: Vegetarian Beans	1 c	Veg Sub: Mac & Cheese	

S A T U R D A Y	* 50 % Fruit Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Meat Sauce (3 oz beef)	6 oz
	* Grits	3 oz	* Tossed Salad/Dressing (4/1-10/31)	½ c - ½ oz	Steamed Pasta	¾ c
	Scrambled Eggs	4 oz	Roast Beef	2 oz	* Carrots	1/2 c
	* Bread	2 sl	Cheese	1 oz	* Garden Salad / Dressing	½c-½oz
	* Jelly	1 oz	* Mayo-Type Salad Dressing	1/2 oz	* Bread	2 sl
	* Margarine	1/3 oz	Lettuce/Tomato	1 sl	* Margarine	½ oz
	* 2% Milk	8 oz	French Fries	¾ c	Cake/Icing or Fruit	1/60/1svg
	* Coffee or Tea	12 oz	* Catsup	1/2 oz	Salt & Pepper Pkt	1 ea
	Salt & Pepper Pkt	1 @	* Bread	2 sl	* Coffee (11/1-3/31)	1 c
	Sugar/Sugar Sub	2 pkts	* Margarine	1/2 oz	* 2% Milk	8 oz
			Fruit	1 @	Veg Sub: Soy, Pasta &	8 oz
			* Fruit Drink w/C	8 oz	Sauce (3oz)	
			* Sweetened Tea	8 oz		
			Salt & Pepper Pkt	1 @		
			Veg Sub: Vegetarian Beans	1 c		

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK THREE

ATTACHMENT B 49

LCC

BREAKFAST	LUNCH	DINNER
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S U N D A Y	* 50 % Fruit Juice Drink 8 oz	* Vegetarian Soup(11/1-3/31) 1 c	Taco Meat (3oz gr beef) 4 oz
	* Ready to Eat Cereal 1 c	* Tossed Salad/Dressing (4/1-10/31) ½ c - ½ oz	Shredded Cheese ½ oz
	Pork Sausage Gravy 6 oz	Turkey Franks 2 @	Steamed Rice ¾ c
	(2 oz meat)	Hot Dog Buns 2 @	* Shredded Lettuce ½ c
	Biscuits 1/60 2 @	* Catsup/ * Mustard 1/2 oz	Tortillas 2 ea
	* Bread 1 sl	Oven Stripped Potatoes ¾ c	* Bread 2 sl
	* Jelly 1 oz	* Biscuits 1/60 1 @	* Margarine ½ oz
	* Margarine 1/3 oz	* Margarine 1/2 oz	Cake/Icing or Fruit 1/60/1svg
	* 2% Milk 8 oz	Iced Cake 1/60 or Fruit 1 @	Salt & Pepper Pkt 1 ea
	* Coffee or Tea 12 oz	* Fruit Drink w/C 8 oz	* Coffee (11/1-3/31) 1 c
	Salt & Pepper Pkt 1 @	* Sweetened Tea 8 oz	* 2% Milk 8 oz
	Sugar/Sugar Sub 2 pkts	Salt & Pepper Pkt 1 @	Veg Sub: Soy Taco Meat 4 oz
		Veg Sub: Vegetarian Beans 1 c	(3oz soy)

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

**WEEK FOUR
LCC ONLY**

ATTACHMENT B 50

BREAKFAST		LUNCH		DINNER	
M O N D A Y	* Juice Drink	8 oz	Fruit	1ea or 1 c	Fried or Baked Meatloaf 3 oz
	* Farina	1 c	* Vegetarian Soup(11/1-3/31)	1 c	* Gravy 1/4 c
	Beef Sausage	2 oz	* Salad / Dressing(4/1-10/31)	½ c - ½ oz	Whipped Potatoes 3/4 c
	(3) Pancakes	7.5 oz	Spaghetti	3/4 c	* Green Beans 1/2 c
	* Syrup	1 ½ oz	Meat Sauce (ground beef)	3 oz	* Carrot Salad 1/2 c
	* Margarine	1/3 oz	* Carrots	1/2 c	* Bread 2 sl
	* 2% Milk	8 oz	* Garlic Bread	2 sl	* Margarine ½ oz
	* Coffee or Tea	12 oz	* Margarine	½ oz	Cake/Icing or Fruit 1/60/1svg
	* Bread	2 sl	Pudding	1/2 c	Salt & Pepper Pkt 1 ea
	Salt & Pepper Pkts.	1 ea	Salt & Pepper Pkt	1 ea	* Coffee (11/1-3/31) 1 c
			* Fruit Punch w/Vit C	1 c	* 2% Milk 8 oz
			* Sweetened Tea	1 c	
T U E S D A Y	* Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Fried Chicken or 1 QTR
	* Ready to Eat Cereal	1 c	* Salad / Dressing(4/1-10/31)	½ c - ½ oz	Baked Chicken 1 QTR
	Scrambled Egg	4 oz	Pork Ham	2 oz	* Gravy 1/4 c
	* Bread	2 sl	Slice Cheese	1 oz	Steamed Rice 3/4 c
	* Jelly	1 oz	Mustard	1/2 oz	* Green Peas ½ c
	* Margarine	1/3 oz	Pinto Beans	3/4 c	* Garden Salad/Dressing ½c-½oz
	* 2% Milk	8 oz	Lettuce/Tomato	1/1 each	* Cornbread 1 EA
	* Coffee or Tea	12 oz	* Bread	2 sl	* Margarine ½ oz
	Salt & Pepper Pkts.	1 ea	* Gelatin Dessert	½ c	Applesauce ½ c
			* Margarine	½ oz	Salt & Pepper Pkt 1 ea
			Salt & Pepper Pkt	1 ea	* Coffee (11/1-3/31) 1 c
			* Fruit Punch w/Vit C	1 c	* 2% Milk 8 oz
W E D N E S D A Y	* Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Meat/Cheese Pizza 1 SQ
	* Oatmeal	1 c	* Salad / Dressing(4/1-10/31)	½ c - ½ oz	(4 X 6 CUT)
	Fried Eggs	2	Fried/Baked Beef Pattie	1ea/4 oz	3 oz Meat & Cheese)
	* Bread	2 sl	Hamburger Bun	1 ea	Pasta w/Marinara 3/4 c.
	* Jelly	1 oz	Mustard	½ oz	* Corn ½ c
	* Margarine	1/3 oz	Catsup	½ oz	* Tossed Salad/Dressing ½c-½oz
	* 2% Milk	8 oz	Home Potato Wedge	3/4 c	* Bread 2 SL
	* Coffee or Tea	12 oz	Tomato/Onion	1 sl each	* Margarine ½ oz
	Salt & Pepper Pkts.	1 ea	* Biscuit	1/60	Cookies or Fruit 2ea/1svg
			* Margarine	½ oz	Salt & Pepper Pkt 1 ea
			Cake/Icing or Fruit	1/60/1svg	* Coffee (11/1-3/31) 1 c
			Salt & Pepper Pkt	1 ea	* 2% Milk 8 oz
			* Fruit Punch w/Vit C	1 c	
			* Sweetened Tea	1 c	
			Veg Sub - Soy Pattie	3 oz	

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

**WEEK FOUR
LCC ONLY**

ATTACHMENT B 51

BREAKFAST	LUNCH	DINNER
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T H U R S D A Y	* Juice Drink 8 oz	* Vegetarian Soup(11/1-3/31) 1 c	Fried or Baked
	* Ready to Eat Cereal 1 c	* Salad / Dressing(4/1-10/31) ½ c - ½ oz	Salisbury Beef Pattie 3 oz
	Beef Gravy 6 oz	Breaded Chicken Pattie 4 oz	* Brown Gravy 1/4 c
	Hot Biscuits 2 ea	(Meat 3 oz/Breading 1oz)	Baked Potato 1
	* Jelly 1 oz	* Country Gravy 1/4 c	* Green Beans/Carrots ½ c
	* Margarine 1/3 oz	AuGratin Noodles 3/4 c	* Tossed Salad/Dressing ½c-½oz
	* 2% Milk 8 oz	* Bread 2 sl	* Bread 2 sl
	* Coffee or Tea 12 oz	* Margarine ½ oz	* Margarine ½ oz
	* Bread 1 sl	Cookie or Fruit 2 ea /1svg	Pudding 1/2 c
	Salt & Pepper Pkts. 1 ea	Salt & Pepper Pkts. 1 ea	Salt & Pepper Pkt 1 ea
		* Fruit Punch w/Vit C 1 c	* Coffee (11/1-3/31) 1c
		* Sweetened Tea 1 c	* 2% Milk 8 oz
		Veg Sub - Vegetarian Beans 1 c	

F R I D A Y	* Juice Drink 8 oz	Fruit 1 ea or 1 c	Roast Beef 3 oz
	* Oatmeal 1 c	* Vegetarian Soup(11/1-3/31) 1 c	* Gravy 1/4 c
	Sausage Pattie 2 oz	* Salad / Dressing(4/1-10/31) ½ c - ½ oz	Mashed Potatoes 3/4 c
	Pancakes (3 each) 7.5 oz	Breaded Fish Portion/Fillet 4 oz	* Mixed Vegetables ½ c
	* Syrup 1 ½ oz	Tartar Sauce ½ oz	* Tomato/Onion Salad ½ c
	* Margarine 1/3 oz	Seasoned Rice 3/4 c	* Cornbread 1 ea
	* 2% Milk 8 oz	* Bread 2 sl	* Margarine ½ oz
	* Coffee or Tea 12 oz	* Margarine ½ oz	Cake/Icing or Fruit 1/60/1svg
	* Bread 1 ea	Salt & Pepper Pkt 1 ea	Salt & Pepper Pkt 1 ea
	Salt & Pepper Pkts. 1 ea	* Fruit Punch w/Vit C 1 c	* Coffee (11/1-3/31) 1c
		* Sweetened Tea 1 c	* 2% Milk 8 oz
		Veg Sub - Vegetarian Beans 1 c	

S A T U R D A Y	* Juice Drink 8 oz	* Vegetarian Soup(11/1-3/31) 1 c	* Steamed Spaghetti 3/4 c
	* Grits 1 c	* Salad / Dressing(4/1-10/31) ½ c - ½ oz	* Meat Sauce 6 oz
	Scrambled Eggs 4 oz	Grilled Cheese Sandwiches 2 EA	* Peas ½ c
	* Bread 2 sl	Potato Salad 3/4 c	* Carrots 1/2 c
	* Jelly 1 oz	Cookies 2 ea	* Green Salad/Dressing ½c-½oz
	* Margarine 1/3 oz	Salt & Pepper Pkt 1 c	* Garlic Bread 2 sl
	* 2% Milk 8 oz	* Fruit Punch w/Vit C 1 c	* Margarine ½ oz
	* Coffee or Tea 12 oz	* Sweetened Tea 1 c	Pudding 1/2 c
	Salt & Pepper Pkts. 1 ea	Veg Sub: None	Salt & Pepper Pkt 1 ea
			* Coffee (11/1-3/31) 1 c
			* 2% Milk 8 oz

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

**WEEK FOUR
LCC ONLY**

ATTACHMENT B 52

BREAKFAST		LUNCH		DINNER	
S U N D A Y	* Juice Drink 8 oz	* Vegetarian Soup(11/1-3/31) 1 c		Sliced Turkey Breast 3 oz	
	* Ready to Eat Cereal 1 c	* Salad / Dressing(4/1-10/31) ½ c - ½ oz		Stuffing ¾ c	
	Pork Sausage Gravy 6 oz	Chili con Carne/Beans 8 oz		Mashed Potatoes ¾ c	
	Biscuits 2 ea	(3 oz Beef)		* Gravy ¼ c	
	* Jelly 1 oz	* Steamed Rice ¾ c		* Carrots ½ c	
	* Margarine 1/3 oz	* Cornbread 1/60		* Cornbread 1 ea	
	* 2% Milk 8 oz	* Margarine ½ oz		* Margarine ½ oz	
	* Coffee or Tea 12 oz	* Gelatin Dessert 1/2 c		Cake/Icing or Fruit 1/60/1svg	
	* Bread 1 sl	Salt & Pepper Pkt 1 ea		Salt & Pepper Pkt 1 ea	
	Salt & Pepper Pkts. 1 ea	* Fruit Punch w/Vit C 1 c		* Coffee (11/1-3/31) 1 c	
		* Sweetened Tea 1 c		* 2% Milk 8 oz	
		Veg Sub Soy Chili (3ozSoy) 8 oz			

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

**WEEK FIVE
LCC**

ATTACHMENT B 53

BREAKFAST		LUNCH		DINNER		
M O N D A Y	* Juice Drink	8 oz	Fruit	1ea or 1 c	Pork Ham	3 oz
	* Farina	1 c	* Vegetarian Soup(11/1-3/31)	1 c	OR Fish Fillet	3 oz
	Beef Sausage	2 oz	* Salad / Dressing(4/1-10/31)	½ c - ½ oz	Pinto Beans	¾ c
	(3) Pancakes	7.5 oz	Pork Pattie or Turkey Bologna	3 oz	* Corn	1/2 c
	* Syrup	1 ½ oz	Cheese	1 oz	* Tossed Salad/Dressing	½ c-½ oz
	* Margarine	1/3 oz	French Fries	¾ c	* Bread	2 sl
	* 2% Milk	8 oz	* Mustard	1/2 oz	* Margarine	½ oz
	* Coffee or Tea	12 oz	* Bread	2 sl	Cake/Icing or Fruit	1 svg
	* Bread		* Margarine	½ oz	Salt & Pepper Pkt	1 ea
	Salt & Pepper Pkts.	1 ea	Cake/Icing	1/60/1svg	* Coffee (11/1-3/31)	1 c
			Salt & Pepper Pkt	1 ea	* 2% Milk	8 oz
			* Fruit Punch w/Vit C	1 c		
		* Sweetened Tea	1 c			
		Veg Sub / Veg Beans	1c			
T U E S D A Y	* Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Taco Meat (3 oz gr beef)	4 oz
	* Ready to Eat Cereal	1 c	* Salad / Dressing(4/1-10/31)	½ c - ½ oz	Shredded Cheese	1/2 oz
	Scrambled Egg	4 oz	Turkey Sausage & Peppers	4 oz	Refried Beans	¾ c
	* Bread	2 sl	(3 oz Meat)		Shredded Lettuce	1/2 c
	* Jelly	1 oz	Steamed Rice	¾ c	Tortillas	2 ea
	* Margarine	1/3 oz	* Bread	2 sl	Cake/Icing or Fruit	1 svg
	* 2% Milk	8 oz	* Margarine	½ oz	Salt & Pepper Pkt	1 ea
	* Coffee or Tea	12 oz	Brownie	1/60/1svg	* Coffee (11/1-3/31)	1 c
	Salt & Pepper Pkts.	1 ea	Salt & Pepper Pkt	1 ea	* 2% Milk	8 oz
			* Fruit Punch w/Vit C	1 c		
			* Sweetened Tea	1 c		
			Veg. Sub. Soy Meatball	3 oz		
W E D N E S D A Y	* Juice Drink	8 oz	Fruit	1 ea or 1 c	Ground Beef Stew	8 oz
	* Oatmeal	1 c	* Vegetarian Soup(11/1-3/31)	1 c	(3 oz gr beef)	
	Fried Eggs	2	* Salad / Dressing(4/1-10/31)	½ c - ½ oz	Rice	¾ c
	* Bread	2 sl	Fried/Baked Beef Pattie	1ea/4 oz	* Green Peas	½ c
	* Jelly	1 oz	Hamburger Bun	1 ea	* Carrot Salad	1/2 c
	* Margarine	1/3 oz	* Mustard	½ oz	* Bread	2 sl
	* 2% Milk	8 oz	* Catsup	½ oz	* Margarine	½ oz
	* Coffee or Tea	12 oz	French Fries	1 c	Cake/Icing or Fruit	1/60
	Salt & Pepper Pkts.	1 ea	Cookies	2 ea	Salt & Pepper Pkt	1 ea
			Salt & Pepper Pkt	1 ea	* Coffee (11/1-3/31)	1 c
			* Fruit Punch w/Vit C	1 c	* 2% Milk	8 oz
			* Sweetened Tea	1 c		
		Veg Sub - Veg. Beans	1 c			

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

**WEEK FIVE
LCC**

ATTACHMENT B 54

BREAKFAST	LUNCH	DINNER
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T H U R S D A Y	* Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Fried or Baked Meatloaf	3 oz
	* Ready to Eat Cereal	1 c	* Salad / Dressing(4/1-10/31)	½ c - ½ oz	* Gravy	1/4 c
	Beef Gravy	6 oz	Breaded Chicken Pattie	4 oz	Whipped Potatoes	3/4 c
	Hot Biscuits	2 ea	(Meat 3oz/Breading 1oz)	1 ea	* Green Beans	1/2 c
	* Jelly	1 oz	* Gravy	1/4 c	* Carrot Salad	1/2 c
	* Margarine	1/3 oz	* Navy Beans	3/4 c	* Mixed Greens	½ c
	* 2% Milk	8 oz	* Cornbread	1/60/1svg	* Bread	2 sl
	* Coffee or Tea	12 oz	* Margarine	½ oz	* Margarine	½ oz
	* Bread	1 sl	Fresh Fruit	1	Cake/Icing or Fruit	1 svg
	Salt & Pepper Pkts.	1 ea	Salt & Pepper pkt	1 ea	Salt & Pepper Pkt	1 ea
			* Fruit Punch w/Vit C	1 c	* Coffee (11/1-3/31)	1 c
			* Sweetened Tea	1 c	* 2% Milk	8 oz
		Veg Sub - Vegetarian Beans	1 c			

F R I D A Y	* Juice Drink 8 oz	Fruit 1 ea or 1 c	Fried Chicken 1qrt
	* Oatmeal 1 c	* Vegetarian Soup(11/1-3/31) 1 c	or Baked Chicken
	Sausage Pattie 2 oz	* Salad / Dressing(4/1-10/31) ½ c - ½ oz	* Gravy 1/4 c
	Pancakes (3 each) 7.5 oz	Burrito 5 oz	Steamed Rice 3/4 c
	* Syrup 1 ½ oz	Pinto Beans 1/2 c	* Tossed Salad/Dressing ½ c-½ oz
	* Margarine 1/3 oz	Spanish Rice 3/4 c	* Green Peas ½ c
	* 2% Milk 8 oz	* Bread 2 sl	* Bread 2 sl
	* Coffee or Tea 12 oz	* Margarine ½ oz	* Margarine ½ oz
	* Bread 1 ea	Brownie 1/60/1svg	Cookies or Fruit 2 ea/1svg
	Salt & Pepper Pkts. 1 ea	Salt & Pepper Pkt 1 ea	Salt & Pepper Pkt 1 ea
		* Fruit Punch w/Vit C 1 c	* Coffee (11/1-3/31) 1c
		* Sweetened Tea 1 c	* 2% Milk 8 oz

S A T U R D A Y	* Juice Drink	8 oz	* Vegetarian Soup(11/1-3/31)	1 c	Fried/Baked Fish Fillet	3 oz
	* Grits	1 c	* Salad / Dressing(4/1-10/31)	½ c - ½ oz	Tartar Sauce	½ oz
	Scrambled Eggs	4 oz	Meat Hoagie	2 oz meat	Fried Potatoes	¾ c
	* Bread	2 sl	Cheese	½ oz	* Seasoned Greens	1/2 c
	* Jelly	1 oz	Lettuce/Tomato	1 sl ea	* Creamy Coleslaw	½ oz
	* Margarine	1/3 oz	Potato Salad	1/2 c	* Cornbread	1/60/1 ea
	* 2% Milk	8 oz	Hoagie Roll	1 ea	Cake/Icing	1/60/1 ea
	* Coffee or Tea	12 oz	Mustard	1/2 oz	* Margarine	1 c
	Salt & Pepper Pkts.	1 ea	Cookies/Fruit	1 ea/1svg	Salt & Pepper Pkt	1 ea
			Salt & Pepper Pkt	1 c	* Fruit Punch w/Vit C	1 c
			* Fruit Punch w/Vit C	1 c	* Sweetened Tea	1 c
			* Sweetened Tea	1 c	Veg Sub - Vegetarian Beans	1 c
			Veg Sub - Vegetarian Beans		* Coffee (11/1-3/31)	1 c
					* 2% Milk	8 oz

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

**WEEK FIVE
LCC**

ATTACHMENT B 55

BREAKFAST	LUNCH	DINNER
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S U N D A Y	* Juice Drink 8 oz	* Vegetarian Soup(11/1-3/31) 1 c	Sloppy Joe 4 oz
	* Ready to Eat Cereal 1 c	* Salad / Dressing(4/1-10/31) ½ c - ½ oz	(3oz gr beef)
	Pork Sausage Gravy 6 oz	Chili Dogs 2 ea	Bun 1
	* Biscuits 2 ea	Coney Sauce 3 oz	Baked Potato 1
	* Jelly 1 oz	Hotdog Buns 2 ea	* Green Beans/Carrots 1/2 c
	* Margarine 1/3 oz	Cake/Icing 1/60/1svg	* Tossed Salad/Dressing ½ c-½ oz
	* 2% Milk 8 oz	Salt & Pepper Pkt 1 ea	* Biscuit 1/60
	* Coffee or Tea 12 oz	* Fruit Punch w/Vit C 1 c	* Margarine ½ oz
	* Bread 1 sl	* Sweetened Tea 1 c	Cookies or Fruit 2ea/1svg
	Salt & Pepper Pkts. 1 ea	Veg Sub - Vegetarian Beans 1 c	Salt & Pepper Pkt 1 ea
			* Coffee (11/1-3/31) 1 c
			* 2% Milk 8 oz

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

ATTACHMENT B 2

NOTE: Detailed provisions in RFQ, Section: Menu, for detailed specific variances to the

WEEK ONE

LCC

BREAKFAST			LUNCH		DINNER	
M O N D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c	Roasted Turkey	3 oz
	Hot Cereal	1 C	Salad / Dressing	½ c - ½ oz	(3 oz meat)	3 oz
	Pancakes (Mix - 6ozv total	3 @	Pork patty	3oz	Baked Turkey Pattie	3 oz
	Syrup	1/4C	or baked chichen pattie	4oz	Gravy	¼ c
	Pork Sausage*	1 oz	(3oz meat)		Whipped Potatoes	¾ c
	OR Peanut Butter	2oz	Fried rice	¾ c	Mixed Greens	½ c
	Bread or Biscuit	2 SL or	Biscuit 1/60	1 ea	Cole Slaw	½ c
	Margarine	1/2 oz	Margarine	1/2 oz	Bread	2 sl
	Salt & Pepper PKT	1 EA	Bownie 1/60	1@	Margarine	½ oz
	Sugar PKT	2 EA	Salt & Pepper Pkt	1 ea	Cookies (Mix-2oz total)	2@
Coffee	1 C	Fruit Punch w/Vit C	1 c	Salt & Pepper Pkt	1 ea	
1 % Milk	1 C	Sweetened Tea	1 c	Fruit punch w/Vit C	1 c	
Veg. sub. Cheese	1 oz	Veg Sub: Vegetarian Beans	1 c	Sweetened Tea	1 c	
				Veg Sub: Mac & Cheese	1 c	

T U E S D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c or	Pork Jambalaya (3 oz pork)	6 Oz
	Dry cereal	1 c	Salad / Dressing	½ c - ½ oz	or Meatballs 3 oz	3 oz
	Scrambled Egg	3 oz	Breaded Chicken Pattie	4 oz	Rice	¾ c
	Hashbrowns	1/2 c	(Meat 3 oz)		Mixed Vegetables	½ c
	Bread or biscuit	2 sl / 1/	gravy	1/4 c	Green Salad/Dressing	½ c ½ oz
	Margarine	1/2 oz	Mexican style pinto beans	¾ c	Bread	2 sl
	Salt & Pepper PKT	1 EA	Biscuit	1/60	Margarine	½ oz
	Sugar PKT	2 EA	Margarine	½ oz	Bownie 1/60	1@
	Coffee	1 C	Cake/Icing or Fruit	1/60 or 1svg	Salt & Pepper Pkt	1 ea
	1 % Milk	1 C	Salt & Pepper Pkt	1 ea	Fruit punch w/Vit C	1 c
		Fruit Punch w/Vit C	1 c	Sweetened Tea	1 c	
		Sweetened Tea	1 c	Veg Sub: Soy, Mac	8 oz	
		Veg Sub: Vegetarian Beans	1 c	& Tomato (3 oz meat)		

W E D N E S D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c	Baked chicken pattie	4 oz
	Hot Cereal	1 C	Salad / Dressing	½ c - ½ oz	(3 oz meat)	
	Creamed sausage gr.	4 oz	Fried or Baked Beef Pattie	3 oz	Gravy	¼ c
	(1 oz Gd Pork)		Hamburger Bun	1 ea	Whipped Potatoes	¾ c
	or (1 oz Gd Beef)		Mustard	½ oz	Carrots	½ c
	Bread or biscuit	2 sl / 1/	Catsup	½ oz	Cole slaw	½ c
	Margarine	1/2 oz	Oven baked French Fries	1 c	Bread 1/60	1@
	Salt & Pepper PKT	1 EA	Tomato/Onion	1 sl each	Margarine	½ oz
	Sugar PKT	2 EA	Biscuit	1/60	Cookies (Mix-2oz total)	2@
	Coffee	1 C	Margarine	½ oz	Salt & Pepper Pkt	1 ea
1 % Milk	1 C	Fresh Fruit	1 @	Fruit punch w/Vit C	1 c	
Veg Sub: Soy Gr. (1oz soy)	1 c	Salt & Pepper Pkt	1 ea	Sweetened Tea	1 c	
		Fruit Punch w/Vit C	1 c	Veg Sub: Mac & Cheese	1 c	
		Sweetened Tea	1 c			
		Veg Sub: Soy Pattie	3 oz			

WEEK ONE

LCC

BREAKFAST	LUNCH	DINNER
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T H U R S D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c or	Pork Patty	3 oz
	Hot Cereal	1 C	Salad / Dressing	½ c - ½ oz	or Baked Poultry pattie	3 oz
	Pancakes (Mix - 6ozv total)	3 @	Breaded Chicken Pattie	4 oz	Rice O'Brien	¾ c
	Syrup	1/4C	(Meat 3 oz)		Carrots	½ c
	Pork Sausage*	1 oz	gravy	1/4 c	Green Salad/Dressing	½ c ½ oz
	OR Peanut Butter	2oz	Navy Beans	¾ c	Bread	2 sl
	Bread or Biscuit	2 SL or	Bread 1/60	1@	Margarine	½ oz
	Margarine	1/2 oz	Margarine	½ oz	Cake/Icing 1/60	1@
	Salt & Pepper PKT	1 EA	Fresh Fruit	1 ea	Salt & Pepper Pkt	1 ea
	Sugar PKT	2 EA	Salt & Pepper Pkt	1 ea	Fruit punch w/Vit C	1 c
	Coffee	1 C	Fruit Punch w/Vit C	1 c	Sweetened Tea	1 c
	1 % Milk	1 C	Sweetened Tea	1 c	Veg Sub: Mac & Cheese	1 c
	Veg. sub. Peanut Butter	2 T	Veg Sub: Vegetarian Beans	1 c		

F R I D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c or	Tacos	
	Hot cereal	1 c	Salad / Dressing	½ c - ½ oz	Taco mear (3 oz Gd Beef)	4 oz
	Scrambled Egg	3 oz	Burrito	5 oz	Shreaded Cheese	1/2 c
	Cottage Fries	1/2 c	Pinto Beans	1/2 c	Refried beans	¾c
	Bread or biscuit	2 sl / 1	Spanish Rice	¾ c	Shreaded lettuce	1/2 c
	Margarine	1/2 oz	Bread	2 sl	Cole slaw	1/2 c
	Salt & Pepper PKT	1 EA	Margarine	½ oz	Tortillas Flour - 6"	2 ea
	Sugar PKT	2 EA	Brownie 1/60	1@	Bread	2 sl
	Coffee	1 C	Salt & Pepper Pkt	1 ea	Margarine	½ oz
	1 % Milk	1 C	Fruit Punch w/Vit C	1 c	Brownie 1/60	1@
			Sweetened Tea	1 c	Salt & Pepper Pkt	1 ea
			Veg Sub: egg salad sandwich	4 Oz	Fruit Punch w/Vit C	1 c
					Sweetened Tea	1 c
					Veg Sub: soy taco mear (3oz 4 Oz	

S A T U R D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c or	Beef Stew	Box
	Dry Ceral	1 C	Salad / Dressing	½ c - ½ oz	(3oz beef)	
	Pancakes (Mix -4ozv total)	3 @	Meat Hoagie Roll	2 oz	Steamed Rice	¾ c
	Syrup	1/4C	Cheese	1 oz	Tossed Salad / Dressing	1/2 c
	Pork Sausage*	1 oz	Hoagie Roll	1 Ea	Bread	2 sl
	OR Peanut Butter	2oz	Potatoe Salad	1/2c	Margarine	½ oz
	Bread or Biscuit	2 SL or	Lettuce/Tomato	1 sl ea	Cake/Icing 1/60	1@
	Margarine	1/2 oz	Mustard	1/2 oz	Salt & Pepper Pkt	1 ea
	Salt & Pepper PKT	1 EA	Bread	2 sl	Fruit Punch w/Vit C	1 c
	Sugar PKT	2 EA	Margarine	½ oz	Sweetened Tea	1 c
	Coffee	1 C	Cookies (Mix-2oz total)	2@	Veg Sub: Stew w/ soy	8 oz
	1 % Milk	1 C	Salt & Pepper Pkt	1 ea	(3 oz soy)	
	Veg. sub. Cheese	1 oz	Fruit Punch w/Vit C	1 c		
			Sweetened Tea	1 c		
			Veg Sub: Vegetarian Beans	1 c		

WEEK ONE

LCC

BREAKFAST	LUNCH	DINNER
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S U N D A Y	Fruit or Fruit Juice	1E/1½C	Vegetarian Soup or	1 c or	Pork Ham	3 oz
	Hot Cereal	1 C	Salad / Dressing	½ c - ½ oz	or Baked T. Ham	3 oz
	Creamed sausage gr.	4 oz	Chili Dogs	2 ea/1 svg	O'Brien Potatoes	¾ c
	(1 oz Gd Pork)		Corney sauce	3 oz	Season Greens	½ c
	or (1 oz Gd Beef)		Baked Potatoe	1@	Creamy coleslaw	2 sl
	Bread or biscuit	2 sl / 1/	Hot Dog Buns	2 ea	Bread	2 sl
	Margarine	1/2 oz	Margarine	½ oz	Margarine	½ oz
	Salt & Pepper PKT	1 EA	Cake/Icing 1/60	1@	Cookies (Mix-2oz total)	2@
	Sugar PKT	2 EA	Salt & Pepper Pkt	1 ea	Salt & Pepper Pkt	1 ea
	Coffee	1 C	Fruit Punch w/Vit C	1 c	Fruit punch w/Vit C	1 c
	1 % Milk	1 C	Sweetened Tea	1 c	Sweetened Tea	1 c
	Veg Sub: Soy Gr. (1oz soy)	1 c	Veg Sub: Soy chili (3 oz soy)	8 oz	Veg Sub: Vegetarian Beans	1 c

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BREAKFAST	LUNCH	DINNER
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M O N D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c	Chili con Carne	8 oz
	Hot Cereal	1 C	Salad / Dressing	½ c - ½ oz	(3 oz Gr Beef)	3 oz
	Hard Cooked eggs	2 ea	Country fried pattie (3 oz meat)	4 oz	Steamed Rice	¾ c
	Cottage Fries	1/2 c	w/gravey	1 oz	Steamed Cabage	1/2 c
	Bread or Biscuit	2 SL or	Baked Potatoe	1@	Tossed Salad / Dressing	1/2c1/2 oz
	Margarine	1/2 oz	Bread	2 sl	Bread	2 sl
	Salt & Pepper PKT	1 EA	Margarine	½ oz	Margarine	½ oz
	Sugar PKT	2 EA	Cookies (Mix-2oz total)	2@	Cookies (Mix-2oz total)	2@
	Coffee	1 C	Salt & Pepper Pkt	1 ea	Salt & Pepper Pkt	1 ea
	1 % Milk	1 C	Fruit punch w/Vit C	1 c	Fruit punch w/Vit C	1 c
			Sweetened Tea	1 c	Sweetened Tea	1 c
			Veg Sub: Vegetarian Beans	1 c	Veg Sub: Mac & Cheese	1 c

T U E S D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c or	Tacos	
	Dry cereal	1 c	Salad / Dressing	½ c - ½ oz	Taco mear (3 oz Gd Beef)	4 oz
	Creamed sausage gr.	4 oz	T-sausage and pepers	4 oz	Shreaded Cheese	1/2 c
	(1 oz Gd Pork)		(Meat 3 oz)		Refried beans	¾c
	or (1 oz Gd Beef)		Steamed rice	¾ c	Shreaded lettuce	1/2 c
	Coffee cake 1/60	1@	Bread	2 sl	Cole slaw	1/2 c
	Bread or biscuit	2 sl / 1	Margarine	½ oz	Tortillas Flour - 6"	2 ea
	Margarine	1/2 oz	Bownie 1/60	1@	Bread	2 sl
	Salt & Pepper PKT	1 EA	Salt & Pepper Pkt	1 ea	Margarine	½ oz
	Sugar PKT	2 EA	Fruit punch w/Vit C	1 c	Brownie 1/60	1@
	Coffee	1 C	Sweetened Tea	1 c	Salt & Pepper Pkt	1 ea
	1 % Milk	1 C	Veg Sub: Soy meatballs	3 oz	Fruit Punch w/Vit C	1 c

W E D N E S D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c	Italian Meat sauce on	6 oz
	Hot Cereal	1 C	Salad / Dressing	½ c - ½ oz	(3 oz Gd meat)	
	Scrambled Egg	3 oz	Fried or Baked Beef Pattie	3 oz	Steamed Pasta	¾ c
	Hashbrowns	1/2 c	Hamburger Bun	1 ea	Mixed Vegetables	1/2 c
	Bread or biscuit	2 sl / 1	Mustard	½ oz	Tossed Salad / Dressing	1/2 c
	Margarine	1/2 oz	Catsup	½ oz	Bread	2 sl
	Salt & Pepper PKT	1 EA	Oven baked French Fries	1 c	Margarine	½ oz
	Sugar PKT	2 EA	Tomato/Onion	1 sl each	Cake/Icing 1/60	1@
	Coffee	1 C	Biscuit 1/60	1@	Salt & Pepper Pkt	1 ea
	1 % Milk	1 C	Margarine	½ oz	Fruit Punch w/Vit C	1 c
			Cookies (Mix-2oz total)	2@	Sweetened Tea	1 c
			Salt & Pepper Pkt	1 ea	Veg Sub: Stew w/ soy	8 oz

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BREAKFAST			LUNCH		DINNER	
T H U R S D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c or	Meat Cheese Pizza	1 sq
	Dry Cereal	1 C	Salad / Dressing	½ c - ½ oz	(cut 4 X 6)	
	Scrambled Egg	3 oz	Roasted beef on	3 oz	Pasta w/ marinara sauce	¾ c
	Cottage Fries	1/2 c	Burger bun	1 ea	Green Beans	½ c
	Bread or biscuit	2 sl / 1/	Mustard	1/2 oz	Tossed Salad/Dressing	½ c ½ oz
	Margarine	1/2 oz	Potatoe Salad	¾ c	Bread	2 sl
	Salt & Pepper PKT	1 EA	Biscuit 1/60	1@	Margarine	½ oz
	Sugar PKT	2 EA	Margarine	½ oz	Cake/Icing 1/60	1@
	Coffee	1 C	Cookies (Mix-2oz total)	2@	Salt & Pepper Pkt	1 ea
	1 % Milk	1 C	Salt & Pepper Pkt	1 ea	Fruit punch w/Vit C	1 c
	Coffee	1 C	Fruit Punch w/Vit C	1 c	Sweetened Tea	1 c
			Sweetened Tea	1 c	Veg Sub: Cheese Pizza (4x6)	1 sq
			Veg Sub: Vegetarian Beans	1 c		
F R I D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c or	T Franks	2 ea
	Hot cereal	1 c	Salad / Dressing	½ c - ½ oz	Hot Dog Buns	2 ea
	Pancakes (Mix - 6ozv	3 @	Tacos		Mustard	1/2 oz
	Syrup	1/4C	Taco mear (3 oz Gd Beef)	4 oz	Ketchup	1/2 c
	Pork Sausage*	1 oz	Shreaded Cheese	1/2 c	Cottage Fries	¾ oz
	OR Peanut Butter	2oz	Refried beans	¾c	Baked Beans	1/2 c
	Bread or Biscuit	2 SL or	Shredded lettuce	1/2 c	Coleslaw Vinaigrette	1/2 c
	Margarine	1/2 oz	Tortillas Flour - 6"	2 ea	Bread	2 sl
	Salt & Pepper PKT	1 EA	Bread	2 sl	Margarine	1/2 oz
	Sugar PKT	2 EA	Margarine	½ oz	Cookies (Mix-2oz total)	2@
	Coffee	1 C	Brownie 1/60	1@	Salt & Pepper Pkt	1 ea
	1 % Milk	1 C	Salt & Pepper Pkt	1 ea	Fruit Punch w/Vit C	1 c
	Veg. sub: Peanut Buttl	2 T	Fruit Punch w/Vit C	1 c	Sweetened Tea	1 c
			Sweetened Tea	1 c	Veg. sub: soy chili (3 oz)	8 oz
		Veg Sub: Vegetarian Beans	1 c			
S A T U R D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c or	Steamed Pasta with	¾ C
	Dry Cereal	1 C	Salad / Dressing	½ c - ½ oz	Meat Sauce	6 oz
	Scrabled eggs	3 oz	T. Salami	2 oz	(3 oz Gr Beef)	
	O'Brien Potatoes	1/2 c	Cheese	1 oz	Peas	1/2 c
	Bread or Biscuit	2 SL or	Mustard	1/2 oz	Bread	2 sl
	Margarine	1/2 oz	AuGratin Potatoes	¾ c	Margarine	½ oz
	Salt & Pepper PKT	1 EA	Bread	2 sl	Brownie 1/60	1@
	Sugar PKT	2 EA	Margarine	½ oz	Salt & Pepper Pkt	1 ea
	Coffee	1 C	Cake/Icing 1/60	1@	Fruit Punch w/Vit C	1 c
	1 % Milk	1 C	Salt & Pepper Pkt	1 ea	Sweetened Tea	1 c
			Fruit Punch w/Vit C	1 c	Veg Sub: Pasta & Sauce	8 oz
			Sweetened Tea	1 c	(3 oz soy)	

LCC

BREAKFAST		LUNCH		DINNER	
		1 c			
S U N D A Y	Fruit or Fruit Juice 1E/1/2C	Vegetarian Soup or	1 c or	Fried or Baked Fish Fillet	3 oz
	Hot Cereal 1 C	Salad / Dressing	1/2 c - 1/2 oz	Tartar Sauce	1/2 oz
	Creamed sausage gr. 4 oz	Pork Stew (3 oz pork)	6 oz	Paprika Potatoes	3/4 c
	(1 oz Gd Pork)	or Salisbury Beef Pattie	3 oz	Season Greens	1/2 c
	or (1 oz Gd Beef)	w/ Onion & Pepper Gr.	2 oz	Creamy coleslaw	2 sl
	Muffin 1/60 1@	Steamed Rice	3/4 c	Bread 1/60	1 ea
	Bread or biscuit 2 sl / 1/	Carrots	1/2 oz	Margarine	1/2 oz
	Margarine 1/2 oz	Bread	2 sl	Cake/Icing 1/60	1@
	Salt & Pepper PKT 1 EA	Margarine	1/2 oz	Salt & Pepper Pkt	1 ea
	Sugar PKT 2 EA	Cookies (Mix-2oz total)	2@	Fruit punch w/Vit C	1 c
	Coffee 1 C	Salt & Pepper Pkt	1 ea	Sweetened Tea	1 c
	1 % Milk 1 C	Fruit Punch w/Vit C	1 c	Veg Sub: Vegetarian Beans	1 c
	Veg Sub: Soy Gr. (1oz soy)	Sweetened Tea	1 c		
	Veg Sub: Soy Gr. (1oz 1 c	Veg Sub: Vegetarian Beans	1 C		

WEEK THREE

ATTACHMENT B2 63

LCC

BREAKFAST	LUNCH	DINNER
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M O N D A Y	Fruit or Fruit Juice 1E/½C	Vegetarian Soup or 1 c or	Season Ground Beef 3 oz
	Hot cereal 1 c	Salad / Dressing ½ c - ½ oz	Spanish Rice ¾ c
	Scrambled Egg 3 oz	Breaded Chicken Pattie 4 oz	Green Beans 1/2 c
	Hashbrowns 1/2 c	(Meat 3 oz)	Tossed Salad/Dressing 1/2c1/2oz
	Bread or biscuit 2 sl / 1/60	gravy 1/4 c	Bread 2 sl
	Margarine 1/2 oz	Ranch Beans ¾ c	Margarine ½ oz
	Salt & Pepper PKT 1 EA	Bread 2 sl	Cake/icing 1/60 1@
	Sugar PKT 2 EA	Margarine ½ oz	Salt & Pepper Pkt 1 ea
	Coffee 1 C	Brownie 1/60 1@	Fruit Punch w/Vit C 1 c
	1 % Milk 1 C	Salt & Pepper Pkt 1 ea	Sweetened Tea 1 c
	Veg. Sub: Peanut But 2 T	Fruit Punch w/Vit C 1 c	Veg Sub: Soy & Spanish 8 oz
		Sweetened Tea 1 c	Rice (3oz soy)
		Veg Sub: Vegetarian Beans 1 c	

T U E S D A Y	Fruit or Fruit Juice 1E/½C	Vegetarian Soup or 1 c or	Sliced Turkey 3 oz
	Dry Cereal 1 C	Salad / Dressing ½ c - ½ oz	Mashed Potatoes ¾ c
	Creamed sausage gr. 4 oz	Pork Cube Steak 3oz	Gravy 1/4 c
	(1 oz Gd Pork)	or Beef Pattie 3 oz	Carrots 1/2 c
	or (1 oz Gd Beef)	Brown gravy 1/4 c	Garden Salad/dressing 1/2c1/2oz
	Bread or biscuit 2 sl / 1/60	Mashed Potatoes ¾ c	Bread 1/60 1 ea
	Margarine 1/2 oz	Bread 2 sl	Margarine ½ oz
	Salt & Pepper PKT 1 EA	Margarine ½ oz	Brownie 1/60 1@
	Sugar PKT 2 EA	Cake/icing 1/60 1@	Salt & Pepper Pkt 1 ea
	Coffee 1 C	Salt & Pepper Pkt 1 ea	Fruit Punch w/Vit C 1 c
	1 % Milk 1 C	Fruit Punch w/Vit C 1 c	Sweetened Tea 1 c
	Veg Sub: Soy Gr. (1oz 1 c	Sweetened Tea 1 c	Veg Sub: Lima Beans 1 c
		Veg Sub: Macaroni & Cheese 1 c	

W E D N E S D A Y	Fruit or Fruit Juice 1E/½C	Vegetarian Soup or 1 c	T-sausage and pepers 4 oz
	Hot cereal 1 c	Salad / Dressing ½ c - ½ oz	(Meat 3 oz)
	Pancakes (Mix - 6ozv 3 @	Fried or Baked Beef Pattie 3 oz	Steamed rice ¾ c
	Syrup 1/4C	Hamburger Bun 1 ea	Mixed Greens 1/2 c
	Pork Sausage* 1 oz	Mustard ½ oz	Tossed Salad / Dressing 1/2c1/2oz
	OR Peanut Butter 2oz	Catsup ½ oz	Bread 2 sl
	Bread or Biscuit 2 SL or 1/60	Oven baked French Fries 1 c	Margarine ½ oz
	Margarine 1/2 oz	Tomato/Onion 1 sl each	Cake/Icing 1/60 1@
	Salt & Pepper PKT 1 EA	Biscuit 1/60 1@	Salt & Pepper Pkt 1 ea
	Sugar PKT 2 EA	Margarine ½ oz	Fruit Punch w/Vit C 1 c
	Coffee 1 C	Cookies (Mix-2oz total) 2@	Sweetened Tea 1 c
	1 % Milk 1 C	Salt & Pepper Pkt 1 ea	Veg Sub: Soy Meatballs 8 oz
	Veg. Sub: Cheese 1 oz	Fruit Punch w/Vit C 1 c	
		Sweetened Tea 1 c	
		Veg Sub: Soy Pattie 4 Oz	

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK THREE

ATTACHMENT B2 64

LCC

BREAKFAST	LUNCH	DINNER
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T H U R S D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c or	Pork Patty	3 oz
	Hot cereal	1 c	Salad / Dressing	½ c - ½ oz	or Baked Poultry pattie	3 oz
	Pancakes (Mix - 6ozv	3 @	Chili Dogs	2 ea/1 svg	Rice Pilaf	¾ c
	Syrup	¼C	Corney sauce	3 oz	Carrots	½ c
	Pork Sausage*	1 oz	Cajan Potatoes	¾ c	Green Salad/Dressing	½ c ½ oz
	OR Peanut Butter	2oz	Hot Dog Buns	2 ea	Bread	2 sl
	Bread or Biscuit	2 SL or 1/6	Margarine	½ oz	Margarine	½ oz
	Margarine	½ oz	Cake/Icing 1/60	1@	Cake/Icing 1/60	1@
	Salt & Pepper PKT	1 EA	Salt & Pepper Pkt	1 ea	Salt & Pepper Pkt	1 ea
	Sugar PKT	2 EA	Fruit Punch w/Vit C	1 c	Fruit punch w/Vit C	1 c
	Coffee	1 C	Sweetened Tea	1 c	Sweetened Tea	1 c
	1 % Milk	1 C	Veg Sub: Soy chili (3 oz soy)	8 oz	Veg Sub: Mac & Cheese	1 c
	Veg. Sub: Peanut But	2 T				

F R I D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c or	Sloppy Joe (3oz grd beef)	4 oz
	Hot Cereal	1 C	Salad / Dressing	½ c - ½ oz	Baked Potato	1@
	Scrambled Egg	3 oz	Burrito	5 oz	Green Beans	1½ c
	Cottage Fries	1½ c	Spanish Rice	¾ c	Tossed Salad/Dressing	1½c / 1½ oz
	Bread or biscuit	2 sl / 1/60	Bread	2 sl	Bread	2 sl
	Margarine	½ oz	Margarine	½ oz	Margarine	½ oz
	Salt & Pepper PKT	1 EA	Browinie 1/60	1@	Cookies (Mix-2oz total)	2@
	Sugar PKT	2 EA	Salt & Pepper Pkt	1@	Salt & Pepper Pkt	1@
	Coffee	1 C	Fruit Punch w/Vit C	1 c	Fruit Punch w/Vit C	1 c
	1 % Milk	1 C	Sweetened Tea	1 c	Sweetened Tea	1 c
	Coffee	1 C	Veg Sub: Egg Salad sandwich	4/oz / 4 sl	Veg Sub: Soy Sloppy Joe	4 oz

S A T U R D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c or	Beef Stew (3oz beef)	6 oz
	Dry Ceral	1 c	Salad / Dressing	½ c - ½ oz	Steamed Rice	¾ c
	Pancakes	2 @	Meat Hoagie	3 oz meat	Carrots	1½ c
	Syrup	¼ c	Cheese	1 oz	Tossed Salad/Dressing	1½c / 1½ oz
	Pork Sausage*	1 oz	Hoagie Roll	1 ea	Bread	2 sl
	OR Peanut Butter	2 oz	Potato Salad	1½ c	Margarine	½ oz
	Bread or Biscuit	2 sl or 1/60	Lettuce/Tomato	1 sl ea	Cake/Icing 1/60	1 @
	Margarine	½ oz	Mustard	1½ oz	Salt & Pepper Pkt	1@
	Salt & Pepper PKT	1 ea	Bread	2 sl	Fruit Punch w/Vit C	1 c
	Sugar PKT	2 ea	Margarine	1½ oz	Sweetened Tea	1 c
	Coffee	1 c	Cookies (Mix-2oz total)	2 @	Veg Sub: Stew w/soy (3oz)	8 oz
	1 % Milk	1 c	Salt & Pepper Pkt	1 @		
	Veb Sub: Cheese	1 oz	Fruit Punch w/Vit C	1 c		
			Sweetened Tea	1c		
			Veg Sub: Vegetarian Beans	1 c		

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK THREE

ATTACHMENT B2 65

LCC

BREAKFAST	LUNCH	DINNER
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S U N D A Y	Fruit or Fruit Juice 1E/½C	Vegetarian Soup or 1 c or	Pork Patty 3 oz
	Hot Cereal 1 C	Salad / Dressing ½ c - ½ oz	or Baked T. Ham 3 oz
	Creamed Sausage Gravy 4 oz	Breaded Chicken Pattie (3oz meat) 4 oz	Parsley Potatoes ¾ c
	(1oz grd pork*) or	Gravy 1/4 c	Seasoned Greens 1/2 c
	(1oz grd beef)	Navy Beans ¾ c	Creamy Coleslaw 1/2c / 1/2 oz
	Muffin 1/60 1@	Bread 1/60 1@	Bread 1/60 1 @
	Bread or Biscuit 2 sl or 1/60	Margarine 1/2 oz	Margarine 1/2 oz
	Margarine 1/2 oz	Fresh Fruit 1@	Cookies (Mix-2oz total) 2 @
	Salt & Pepper PKT 1@	Salt & Pepper Pkt 1@	Salt & Pepper Pkt 1 @
	Sugar PKT 2 ea	Fruit Punch w/Vit C 1c	Fruit Punch w/Vit C 1 c
	Coffee	Sweetened Tea 1c	Sweetened Tea 1 c
	1 % Milk	Veg Sub: Vegetarian Beans 1c	Veg Sub: Vegetarian Beans 1 c
	Veg Sub: Soy Gravy 4 oz		
	(1 oz soy)		

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

**WEEK FOUR
LCC**

ATTACHMENT B2 66

		LCC				
BREAKFAST		LUNCH		DINNER		
M O N D A Y	Fruit or Fruit Juice	1@ or 1/2 c	Vegetarian Soup or	1 c	Turkey Stew	6 oz
	Hot Ceral	1c	Salad/Dressind	1/2 c1/2 oz	(3oz meat)	
	Pancakes (Mix-6ozv Total)	3@	Spaghetti	3/4 c	Steamed Rice	3/4c
	Syrup	1/4c	Meat Sauce	6 oz	Green Beans	1/2c
	Pork Sausage*	1oz	(3oz ground beef)		Carrot Slaw	1/2c
	or Peanut Butter	2oz	Carrots	1/2 c	Bread	2 sl
	Bread or Biscuit	2 sl or 1/60	Bread	2sl	Margarine	1/2 oz
	Margarine	1/2 oz	Margarine	1/2 oz	Cake/Icing 1/60	1@
	Salt & Pepper Pkt	1@	Cookies (Mix-2oz Total)	2@	Salt & Pepper Pkt	1 ea
	Sugar Pkt	2@	Salt & Pepper Pkt	1@	Fruit Punch w/Vit C	1 c
	Coffee	1c	Fruit Punch w/Vit C	1c	Sweetend Tea	1 c
	1% Milk	1 c	Sweetend Tea	1c	Veg Sub: Mac & Cheese	1 c
	Veg Sub: Cheese	1 oz	Veg Sub: Soy,Pasta & Sauce	8 oz		
T U E S D A Y	Fruit or Fruit Juice	1@ or 1/2 c	Vegetarian Soup or	1 c	Roast Turkey	3oz
	Dry Cereal	1 c	Salad/Dressind	1/2 c1/2 oz	Gravy	1/4 c
	Creamed Sausage Gravy	4 oz	Pork Patty	3 oz	Mashed Potatoes	3/4 c
	(1oz grd pork*) or		or Baked T. Bologna	3 oz	Green Peas	1/2 c
	(1oz grd beef)		Sliced Cheese	1 oz	Garden Salad/dressing	1/2c1/2oz
	Coffeee Cake 1/60	1 @	Mustard	1/2 oz	Bread 1/60	1 @
	Bread or Biscuit	2 sl or 1/60	Potato Salad	3/4 c	Margarine	1/2 oz
	Margarine	1/2 oz	Bread	2 sl	Brownie 1/60	1 @
	Salt & Pepper Pkt	1 @	Margarine	1/2 oz	Salt & Pepper Pkt	1 @
	Sugar Pkt	2 @	Fresh Fruit	1 @	Fruit Punch w/Vit C	1 c
	Coffee	1 c	Salt & Pepper Pkt	1 @	Sweetend Tea	1 c
	1% Milk	1 c	Fruit Punch w/Vit C	1 c	Veg Sub: Macaroni & Cheese	1 c
	Veg Sub: Soy Gravy	4 oz	Sweetend Tea	1 c		
(1 oz soy)		Veg Sub: Vegetarian Beans	1 c			
W E D N E S D A Y	Fruit or Fruit Juice	1@ or 1/2 c	Vegetarian Soup or	1 c	Country Fried Patty	4 oz
	Hot Ceral	1c	Salad/Dressind	1/2 c1/2 oz	(3 oz Meat)	
	Hard Cooked Eggs	2 @	Fried or Baked Beef Pattie	3 oz	Country Gravy	1/4 c
	Hash Browns	1/2 c	Hamburger Bun	1 @	AuGratin Noodles	3/4 c
	Bread or Biscuit	2 sl or 1/60	Mustard	1/2 oz	Green Beans	1/2 c
	Margarine	1/2 oz	Ketchup	1/2 oz	Coleslaw	1/2 c
	Salt & Pepper Pkt	1 @	Tomato/Onion	1 sl ea	Bread 1/60	2 sl
	Sugar Pkt	2 @	Parsley Potatoes	3/4 c	Margarine	1/2 oz
	Coffee	1 c	Biscuit 1/60	1 @	Cookies (Mix-2oz Total)	2 @
	1% Milk	1 c	Margarine	1/2 oz	Salt & Pepper Pkt	1 @
			Cake/Icing 1/60	1 @	Fruit Punch w/Vit C	1 c
			Salt & Pepper Pkt	1 @	Sweetend Tea	1 c
			Fruit Punch w/Vit C	1 c	Veg Sub: Vegetarian Beans	1 c
		Sweetened Tea	1 c			
		Veg Sub: Soy Pattie	3 oz			

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

**WEEK FOUR
LCC**

ATTACHMENT B2 67

BREAKFAST	LUNCH	DINNER
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T H U R S D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c	Pork Stew *	8 oz
	Dry Cereal	1 C	Salad/Dressind	1/2 c 1/2 oz	(3oz grd Pork) or	
	Scrabled eggs	3 oz	Roast Beef	2 oz	Chicken Patty	4oz
	Cottage Fries	1/2 c	Cheese	1 oz	(3 oz meat) w/gravy	
	Bread or Biscuit	2 sl or 1/60	Navy Beans	3/4 c	Rice	3/4 c
	Margarine	1/2 oz	Bread	2 sl	Green Peas	1/2 c
	Salt & Pepper Pkt	1 @	Margarine	1/2 oz	Carrot Salad	1/2 c
	Sugar Pkt	2 @	Fresh Fruit	1 @	Bread 1/60	2 sl
	Coffee	1 c	Salt & Pepper Pkt	1 ea	Margarine	1/2 oz
	1% Milk	1 c	Fruit Punch w/Vit C	1 c	Cookies (Mix-2oz Total)	2 @
			Sweetend Tea	1 c	Salt & Pepper Pkt	1 @
			Veg Sub: Vegetarian Beans	1 c	Fruit Punch w/Vit C	1 c
					Sweetend Tea	1 c
					Veg Sub: Stew w/Soy	8 oz
					(3oz soy)	8 oz

F R I D A Y	Fruit or Fruit Juice	1@ or 1/2 c	Vegetarian Soup or	1 c	Shredded Pork*	3 oz
	Hot Cereal	1c	Salad/Dressind	1/2 c 1/2 oz	or 3 oz grd Beef	
	Pancakes (Mix-6ozv Total)	3@	Friede or Baked Fish Fillet	3 oz	Fried Rice	3/4 c
	Syrup	1/4c	Tater Sauce	1/2 oz	Mixed Vegetables	1/2 c
	Pork Sausage*	1oz	Macaroni & Cheese	3/4 c	Tossed Salad/Dressing	1/2c / 1/2 oz
	or Peanut Butter 2oz		Bread 1/60	2 sl	Bread	2 sl
	Bread or Biscuit	2 sl or 1/60	Margarine	1/2 oz	Margarine	1/2 oz
	Margarine	1/2 oz	Brownie 1/60	1 @	Cake/Icing 1/60	1@
	Salt & Pepper Pkt	1@	Salt & Pepper Pkt	1 ea	Salt & Pepper Pkt	1 ea
	Sugar Pkt	2@	Fruit Punch w/Vit C	1 c	Fruit Punch w/Vit C	1 c
	Coffee	1c	Sweetend Tea	1 c	Sweetend Tea	1 c
	1% Milk	1 c	Veg Sub: Vegetarian Beans	1 c	Veg Sub: Mac & Cheese	1 c
	Veg Sub: Peanut Butter	2 T				

S A T U R D A Y	Fruit or Fruit Juice	1@ or 1/2 c	Vegetarian Soup or	1 c	Meat Sauce	6 oz
	Hot Cereal	1c	Salad/Dressind	1/2 c 1/2 oz	(3 oz grd beef)	
	Hard Cooked Eggs	2 @	Meat Hoagie	3 oz meat	Steamed Pasta	1 c
	Hash Browns	1/2 c	Cheese	1 oz	Carrots	1/2 c
	Bread or Biscuit	2 sl or 1/60	Hoagie Roll	1 ea	Garden Salad/dressing	1/2c 1/2oz
	Margarine	1/2 oz	Mustard	1/2 oz	Bread 1/60	2 sl
	Salt & Pepper Pkt	1 @	Lettuce/Tomato	1 sl ea	Margarine	1/2 oz
	Sugar Pkt	2 @	Oven Baked French Fries	3/4 c	Cookies (Mix-2oz Total)	2 @
	Coffee	1 c	Bread 1/60	2 sl	Salt & Pepper Pkt	1 ea
	1% Milk	1 c	Margarine	1/2 oz	Fruit Punch w/Vit C	1 c
			Cookies (Mix-2oz Total)	2 @	Sweetend Tea	1 c
			Salt & Pepper Pkt	1 ea	Veg Sub: Soy Pasta/Sauce	8 oz
			Fruit Punch w/Vit C	1 c		
			Sweetend Tea	1 c		
			Veg Sub: Vegetarian Beans	1 c		

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

**WEEK FOUR
LCC**

ATTACHMENT B2 68

BREAKFAST			LUNCH		DINNER	
S U N D A Y	Fruit or Fruit Juice	1@ or 1/2 c	Vegetarian Soup or	1 c	Pork Patty*	3 oz
	Dry Cereal	1 c	Salad/Dressind	1/2 c1/2 oz	or T. Ham	3 oz
	Creamed Sausage Gravy	4 oz	T Franks 10/1	2 ea	Oven Brownd Potatoes	3/4 c
	(1oz grd pork*) or		Hot Dog Buns	2 ea	Seasoned Greens	1/2 c
	(1oz grd beef)		Catsup	1/2 oz	Creamy Coleslaw	1/2 c
	Coffeee Cake 1/60	1 @	Mustard	1/2 oz	Bread 1/60	1 @
	Bread or Biscuit	2 sl or 1/60	Oven Stripped Potatoes	3/4 c	Margarine	1/2 oz
	Margarine	1/2 oz	Biscuit 1/60	1 @	Brownie 1/60	1 @
	Salt & Pepper Pkt	1 @	Margarine	1/2 oz	Salt & Pepper Pkt	1 ea
	Sugar Pkt	2 @	Cake/Icing 1/60	1 @	Fruit Punch w/Vit C	1 c
	Coffee	1 c	Salt & Pepper Pkt	1 ea	Sweetend Tea	1 c
	1% Milk	1 c	Fruit Punch w/Vit C	1 c	Veg Sub: Vegetarian Beans	1 c
	Veg Sub: Soy Gravy	4 oz	Sweetend Tea	1 c		
	(1 oz soy)		Veg Sub: Vegetarian Beans	1 c		

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

**WEEK FIVE
LCC**

ATTACHMENT B2 69

BREAKFAST	LUNCH	DINNER
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M O N D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c	Chili con Carne	8 oz
	Hot cereal	1 c	Salad/Dressind	1/2 c 1/2 oz	(3 oz Gr Beef)	3 oz
	Scrambled Egg	3 oz	Pork Patty*	3 oz	Steamed Rice	3/4 c
	Cottage Fries	1/2 c	or Baked T. Bologna	3 oz	Steamed Cabage	1/2 c
	Bread or biscuit	2 sl / 1/60	Sliced Cheese	1 oz	Tossed Salad / Dressing	1/2c 1/2 oz
	Margarine	1/2 oz	Oven Baked French Fries	3/4 c	Bread	2 sl
	Salt & Pepper PKT	1 EA	Mustard	1/2 oz	Margarine	½ oz
	Sugar PKT	2 EA	Bread	2 sl	Cookies (Mix-2oz total)	2@
	Coffee	1 C	Margarine	1/2 oz	Salt & Pepper Pkt	1 ea
	1 % Milk	1 C	Cake/Icing 1/60	1 @	Fruit punch w/Vit C	1 c
			Salt & Pepper Pkt	1 ea	Sweetened Tea	1 c
			Fruit Punch w/Vit C	1 c	Veg Sub: Mac & Cheese	1 c

T U E S D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c or	Sloppy Joe (3oz grd beef)	4 oz
	Dry cereal	1 c	Salad / Dressing	½ c - ½ oz	Cajun Potato	3/4 c
	Creamed sausage gr. 4 oz		T-sausage and pepers	4 oz	Green Beans	1/2 c
	(1 oz Gd Pork)		(Meat 3 oz)		Tossed Salad/Dressing	1/2c / 1/2 oz
	or (1 oz Gd Beef)		Steamed rice	3/4 c	Bread	2 sl
	Muffin 1/60	1@	Bread	2 sl	Margarine	1/2 oz
	Bread or biscuit	2 sl / 1/60	Margarine	½ oz	Cookies (Mix-2oz total)	2@
	Margarine	1/2 oz	Bownie 1/60	1@	Salt & Pepper Pkt	1@
	Salt & Pepper PKT	1 EA	Salt & Pepper Pkt	1 ea	Fruit Punch w/Vit C	1 c
	Sugar PKT	2 EA	Fruit punch w/Vit C	1 c	Sweetened Tea	1 c
	Coffee	1 C	Sweetened Tea	1 c	Veg Sub: Soy Sloppy Joe	4 oz
	1 % Milk	1 C	Veg Sub: Soy meatballs	3 oz	(3oz soy)	

W E D N E S D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c	Italian Meat sauce on	6 oz
	Hot Cereal	1 C	Salad / Dressing	½ c - ½ oz	(3 oz Gd meat)	
	Hard Cooked eggs	2 ea	Fried or Baked Beef Pattie	3 oz	Steamed Pasta	3/4 c
	Hashbrowns	1/2 c	Hamburger Bun	1 ea	Mixed Vegetables	1/2 c
	Bread or Biscuit	2 SL or 1/6	Mustard	½ oz	Tossed Salad / Dressing	1/2 c / 1/2 oz
	Margarine	1/2 oz	Catsup	½ oz	Bread	2 sl
	Salt & Pepper PKT	1 EA	Oven Brownd Potatoes	1 c	Margarine	½ oz
	Sugar PKT	2 EA	Tomato/Onion	1 sl each	Cookies (Mix-2oz total)	2 @
	Coffee	1 C	Biscuit 1/60	1 @	Salt & Pepper Pkt	1 ea
	1 % Milk	1 C	Margarine	½ oz	Fruit Punch w/Vit C	1 c
			Cookies (Mix-2oz total)	2 @	Sweetened Tea	1 c
			Salt & Pepper Pkt	1 ea	Veg Sub: Soy Pasta/Sauce	8 oz

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

**WEEK FIVE
LCC**

ATTACHMENT B2 70

BREAKFAST			LUNCH		DINNER	
T H U R S D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c or	Fried or Baked Salisbury Beef Pattie 3 oz	
	Dry Cereal	1 C	Salad / Dressing	½ c - ½ oz	Brown Gravy 1/4 c	
	Pancakes (Mix -4ozv	2 @	T-sausage and pepers	4 oz	Baked Potato 1 @	
	Syrup	1/4C	(Meat 3 oz)		Mixed Vegetables 1/2 c	
	Pork Ham*	1 oz	Steamed rice	3/4 c	Tossed Salad / Dressing 1/2 c / 1/2 oz	
	or Peanut Butter	2 oz	Bread	2 sl	Bread 2 sl	
	Bread or Biscuit	2 sl / 1/60	Margarine	½ oz	Margarine 1/2 oz	
	Margarine	1/2 oz	Cookies (Mix-2oz total)	2 @	Cake/Icing 1/60 1 @	
	Salt & Pepper PKT	1 ea	Salt & Pepper Pkt	1 ea	Salt & Pepper Pkt 1 ea	
	Sugar PKT	2 ea	Fruit punch w/Vit C	1 c	Fruit punch w/Vit C 1 c	
F R I D A Y	Coffee	1 c	Sweetened Tea	1 c	Sweetened Tea 1 c	
	1 % Milk	1 c	Veg Sub: Soy meatballs	3 oz	Veg Sub: Mac & Cheese 1 c	
	Veg Sub: Peanut Butt	2 t				
S A T U R D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c or	Breaded Fish Portoin 4 oz	
	Hot Cereal	1 C	Salad/Dressind	1/2c / 1/2 oz	(3oz meat)	
	Scrambled eggs	3 oz	Pork Patty*	3 oz	Tater Sauce 1/2 oz	
	Cottage Fries	1/2 c	or Beef Pattie 3 oz.		Seasoned Rice 3/4 c	
	Bread or Biscuit	2 sl / 1/60	Gravy	1/4 c	Carrots 1/2 c	
	Margarine	1/2 oz	Mashed Potatoes	3/4 c	Garden Salad/dressing 1/2c1/2oz	
	Salt & Pepper PKT	1 EA	Bread	1 ea	Bread 2 sl	
	Sugar PKT	2 EA	Margarine	1/2 oz	Margarine 1/2 oz	
	Coffee	1 C	Cake/Icing 1/60	1 @	Cookies (Mix-2oz total) 2 @	
	1 % Milk	1 C	Salt & Pepper Pkt	1 ea	Salt & Pepper Pkt 1 ea	
			Fruit Punch w/Vit C	1 c	Fruit Punch w/Vit C 1 c	
			Sweetend Tea	1 c	Sweetened Tea 1 c	
					Veg Sub: Vegetarian Beans 1 c	
	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c or	Pork Patty 3oz	
	Dry cereal	1 c	Salad/Dressind	1/2c / 1/2 oz	or Baked Chicken Pattie 4oz	
	Creamed sausage gr.	4 oz	Grilled Cheese Sandwiches	2 ea	(3oz meat)	
	(1 oz Gd Pork)		Cheese	3 oz	Gravy 1/4c	
	or (1 oz Gd Beef)		Bread	4 sl	Steamed Rice 1/2c	
	Coffee Cake	1@	Oven Baked French Fries	3/4 c	Green Beans 1/2c	
	Bread or biscuit	2 sl / 1/60	Bread	2 sl	Tossed Salad / Dressing 1/2 c / 1/2 oz	
	Margarine	1/2 oz	Margarine	1/2 oz	Bread 2 sl	
	Salt & Pepper PKT	1 EA	Cookies (Mix-2oz total)	2 @	Margarine 1/2 oz	
	Sugar PKT	2 EA	Salt & Pepper Pkt	1 ea	Browine 1/60 1@	
	Coffee	1 C	Fruit Punch w/Vit C	1 c	Salt & Pepper Pkt 1 ea	
	1 % Milk	1 C	Sweetened Tea	1 c	Fruit Punch w/Vit C 1 c	
	Veg Sub: Soy Gr. (1oz soy	4 oz	Veg Sub: Grilled Cheese	3oz / 4 sl	Sweetened Tea 1 c	
			Sandwiches		Veg Sub: Soy Pasta/Sauce 8oz	
					(3oz soy)	

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

WEEK FIVE
LCC

ATTACHMENT B2 71

BREAKFAST	LUNCH	DINNER
-----------	-------	--------

S U N D A Y	Fruit or Fruit Juice	1E/½C	Vegetarian Soup or	1 c or	Baked T. Ham	3oz
	Hot Cereal	1 C	Salad/Dressind	1/2c / 1/2 oz	Oven Stripped Potatoes	3/4 c
	Hard Cooked eggs	2 ea	Steamed Spaghetti w/	3/4c	Pinto Bean Salad	1/2 c
	Hashbrowns	1/2 c	Meat Sauce	6oz	Seasoned Greens	1/2 c
	Bread or Biscuit	2 SL or 1/6	(3oz grd beef)		Creamy Coleslaw	
	Margarine	1/2 oz	Bread	2 sl	Bread	1 ea
	Salt & Pepper PKT	1 EA	Margarine	1/2 oz	Margarine	1/2 oz
	Sugar PKT	2 EA	Browine 1/60	1@	Cookies (Mix-2oz total)	2 @
	Coffee	1 C	Salt & Pepper Pkt	1 ea	Salt & Pepper Pkt	1 ea
	1 % Milk	1 C	Fruit Punch w/Vit C	1 c	Fruit Punch w/Vit C	1 c
			Sweetened Tea	1 c	Sweetened Tea	1 c
			Veg Sub: Soy Spaghetti	1 c	Veg Sub: Vegetarian Beans	1 c

Self serve/free flow are marked with an asterisk. Portion sizes are indicated for pre-trayed items only.

Anthony Correctional Center

CYCLE 1	Breakfast	Lunch	Supper
Sunday	2 Sl French Toast 3 Sl Bacon Oatmeal Fruit Milk / Coffee	Beef BBQ w/ bun Cole Slaw French Fries Fruit Milk	Lasagna Salad Garlic Bread
Monday	Scrambled Eggs Toast / Jelly Ready to eat cereal Fruit Milk / Coffee	Chicken Nuggets Pasta Salad Mixed Vegetables Fruit Milk	Hamburger Steak w/ Gravy Mashed Potatoes Green Beans Bread
Tuesday	Beef Gravy Biscuits Oatmeal Fruit Milk / Coffee	Beef Tamale Pie Peas Fruit Milk	Ham Steak Fried Potatoes Carrots Bread
Wednesday	2 Boiled Eggs Toast/ Jelly Grits Fruit Milk / Coffee	Chef Salad with chz/turkey/ham/egg Baked Potato Fruit Milk	Fish Sticks Macaroni & Cheese Mixed Vegetables Bread
Thursday	Waffles w/ syrup Sausage Oatmeal Fruit Milk / Coffee	Meatball & Cheese Hoagie Green Beans Applesauce Fruit Milk	Beef Roast Buttered Potatoes Lima Beans Bread
Friday	Scrambled Eggs Toast / Jelly Hash browns Fruit Milk / Coffee	Cheese & Pepperoni Pizza Salad Corn Fruit Milk	Beef Stew Broccoli & Cheese Bread
Saturday	2 Pancakes w/ syrup 3 Sl Bacon Grits Fruit Milk / Coffee	Great Northern Beans Boiled Cabbage Cornbread Fruit Milk	Pork Chops Mashed Potatoes Peas Bread

Water will be available at all meals.

Beans & Brown rice will be available at all Lunch & Dinner meals.

Anthony Correctional Center

CYCLE 2	Breakfast	Lunch	Supper
Sunday	2 Sausage & Egg Wraps Oatmeal Fruit Milk / Coffee	Grilled Ham & Cheese Sandwiches Mixed Vegetables Fruit Milk	Cube Steak Fried Potatoes Carrots Bread
Monday	Sausage Gravy with Biscuits Grits Fruit Milk / Coffee	Spaghetti w/ Meat Sauce Corn Apple Sauce Fruit Milk	BBQ Chicken Baked Potato Green Beans Bread
Tuesday	Scrambled Eggs Toast / Jelly Hash browns Fruit Milk / Coffee	Hamburger on Bun w/ let/tom/chz Macaroni Salad Baked Beans Fruit Milk	Ham Steak Buttered Potatoes Peas Bread
Wednesday	Waffles w/ syrup Sausage Oatmeal Fruit Milk / Coffee	Potato Soup Grilled Cheese Fruit Milk	Beef & Bean Burrito Spanish Rice Corn
Thursday	2 Ham Biscuits Grits Fruit Milk / Coffee	Scrambled Eggs Fried Potatoes Bacon Toast / Jelly Fruit Milk	Chicken Strips w/ Honey Mustard Pasta Salad Green Beans Bread
Friday	Scrambled Eggs Toast / Jelly Ready to eat cereal Fruit Milk / Coffee	Fish Sandwich w/ cheese & tarter Macaroni & Chz Carrots Fruit Milk	Great Northern Beans Spinach Cornbread
Saturday	2 Breakfast Burrito w/ egg/chz/ham Grits Fruit Milk / Coffee	2 Hot Dogs w/ chili Cole Slaw French Fries Fruit Milk	Sliced Turkey Breast Mashed Potatoes Corn Bread

Water will be available at all meals.

Beans & Brown rice will be available at all Lunch & Dinner meals.

Anthony Correctional Center

CYCLE 3	Breakfast	Lunch	Supper
Sunday	2 Fried Eggs Bacon Toast / Jelly Oatmeal Fruit Milk / Coffee	Meatball & Cheese Hoagie Green Beans Applesauce Fruit Milk	Meatloaf Buttered Potatoes Carrots Bread
Monday	Beef Gravy w/ Biscuits Ready to eat cereal Fruit Milk / Coffee	4oz Grilled Chicken on Salad w/ Honey Mustard Chz. Quesadilla Fruit Milk	Beef Tips w/ Gravy Mashed Potatoes Green Beans Bread
Tuesday	Scrambled Eggs Toast / Jelly Hash browns Fruit Milk / Coffee	2 Corn Dogs Cole Slaw Baked Beans Fruit Milk	Hamburger Steak Macaroni & Chz Peas Bread
Wednesday	Waffles w/ syrup Sausage Oatmeal Fruit Milk / Coffee	Chicken & Dumplings Green Beans Apple Sauce Fruit Milk	Sloppy Joes w/ Bun Coleslaw French Fries
Thursday	2 Hard Boiled Eggs Toast / Jelly Ready to eat cereal Fruit Milk / Coffee	Chef Salad with chz/turkey/ham/egg Baked Potato Fruit Milk	Fish Sticks Mixed Vegetables Apple Sauce Bread
Friday	2 Ham Biscuits Grits Fruit Milk / Coffee	Cheese & Pepperoni Pizza Salad Corn Fruit Milk	Pork Chops Baked Beans Corn Bread
Saturday	2 Sl French Toast 3 Sl Bacon Oatmeal Fruit Milk / Coffee	Chicken Nuggets Pasta Salad Mixed Vegetables Fruit Milk	Beef Stew Broccoli & Chz Bread

Water will be available at all meals.

Beans & Brown rice will be available at all Lunch & Dinner meals.

Anthony Correctional Center

CYCLE 4	Breakfast	Lunch	Supper
Sunday	2 Fried Eggs Bacon Toast / Jelly Oatmeal Fruit Milk / Coffee	Potato Soup Grilled Cheese Fruit Milk	Cheeseburger Casserole Green Beans Bread
Monday	Beef Gravy w/ Biscuits Ready to eat cereal Fruit Milk / Coffee	2 Hot Dogs w/ chili Cole Slaw French Fries Fruit Milk	Lasagna Salad Garlic Bread
Tuesday	2 Hard Boiled Eggs Toast / Jelly Ready to eat cereal Fruit Milk / Coffee	Breaded Chicken Patty on Bun w/ chz Potato Salad Fruit Milk	Pinto Beans Spinach Cornbread
Wednesday	Waffles w/ syrup Sausage Oatmeal Fruit Milk / Coffee	Beef Burrito Refried Beans Spanish Rice Fruit Milk	Pork Chops Buttered Potatoes Carrots Bread
Thursday	Scrambled Eggs Toast / Jelly Ready to eat cereal Fruit Milk / Coffee	BBQ Chicken Leg Quarter Buttered Potatoes Carrots Fruit Milk	Fish Patty on Bun w/ Cheese & tartar Peas Apple Sauce
Friday	2 Ham Biscuits Grits Fruit Milk / Coffee	Cold Cut Sub on bun w/ turkey/ham/ Bologna/chz/let/tom Macaroni Salad Fruit Milk	Beef w/ Macaroni & Tomatoes Salad Bread
Saturday	2 Sausage & Egg Wraps Oatmeal Fruit Milk / Coffee	Chicken & Dumplings Green Beans Apple Sauce Fruit Milk	Spaghetti Corn Apple Sauce Garlic Toast

Water will be available at all meals.

Beans & Brown rice will be available at all Lunch & Dinner meals.

Anthony Correctional Center

CYCLE 5	Breakfast	Lunch	Supper
Sunday	2 Breakfast Burrito w/ egg/chz/ham Grits Fruit Milk / Coffee	Chili w/ Beans Peanut Butter Sandwich Fruit Milk	Cube Steak Fried Potatoes Peas Bread
Monday	Scrambled Eggs Toast / Jelly Ready to eat cereal Fruit Milk / Coffee	Hamburger on Bun w/ let/tom/chz Macaroni Salad Baked Beans Fruit Milk	Beef & bean Burrito Spanish Rice Corn
Tuesday	Sausage Gravy with Biscuits Grits Fruit Milk / Coffee	Pinto Beans Boiled Cabbage Cornbread Fruit Milk	Ham Steak Buttered Potatoes Carrots Bread
Wednesday	2 Hard Boiled Eggs Toast / Jelly Ready to eat cereal Fruit Milk / Coffee	Spaghetti Corn Apple Sauce Garlic Toast Fruit Milk	Chicken Strips Honey Mustard Pasta Salad Bread
Thursday	Waffles w/ syrup Sausage Oatmeal Fruit Milk / Coffee	Scrambled Eggs Fried Potatoes Bacon Toast / Jelly Fruit Milk	Meatloaf Mashed Potatoes Green Beans Bread
Friday	Scrambled Eggs Toast / Jelly Ready to eat cereal Fruit Milk / Coffee	Fish Sandwich w/ cheese & tarter Macaroni & Chz Carrots Fruit Milk	Rotini w/ Meat Sauce Salad Garlic Bread
Saturday	2 Pancakes w/ syrup 3 Sl Bacon Grits Fruit Milk / Coffee	Potato Soup Grilled Cheese Fruit Milk	Turkey Pot Pie Applesauce

Water will be available at all meals.

Beans & Brown rice will be available at all Lunch & Dinner meals.

ATTACHMENT D
SPECIAL DIETS FOR EACH FACILITY

Anthony Correctional Center

- **Medical Diets- Two (2) Medical Diets**
 - Broken Jaw
 - Diabetes
- **Religious Diets- One (1)**
 - Muslims

Denmar Correctional Center

- **Medical Diets- Zero (0)**
 - None
- **Religious Diets- One (1)**
 - Muslim

Ohio County Correctional Center

- **Medical Diets- Five (5)**
 - 2800 Calorie
 - Diabetic
 - Carnation Instant Breakfast Supplement
 - Fish Allergies
 - Onion Allergy
- **Religious Diets- One (1)**
 - Muslum

Charleston Work Release Center

- **Medical Diets- One (1)**
 - Diabetic
- **Religious Diets- Three**
 - Muslim
 - Rosta Jariah

Beckley Correctional Center

- **Medical Diets- One (1)**
 - Diabetic
- **Religious Diets- Zero (0)**

St. Marys Correctional Center

- **Medical Diets- Thirty-Four (34)**
 - No Fish
 - No Milk
 - Diabetic
 - Liquid Diet
- **Religious Diets- Three (3)**
 - Catholic
 - Seven day Adventist
 - Muslims

Huntington Work Release Center

- **Medical Diets- Three (3)**
 - Diabetic
- **Religious Diets- Zero (0)**

Mt Olive Correctional Center

- **Medical Diets- Two Hundred Fifty Five (255)**

- Cardiac
- Diabetic
- Renal
- High Fiber
- Gastric Soft
- Carb Control
- Mechanical Soft
- Double Portions
- High Protein

- **Religious Diets- Two (2)**

- Non-Pork
- Non-Flesh

Pruntytown Correctional Center

- **Medical Diets- Two (2)**

- Diabetic
- Liquid

- **Religious Diets- Two (2)**

- Muslim
- Christian

Huttonsville Correctional Center

- **Medical Diets- Eighty Five (85)**

- High Fiber

- Cardiac
- Renal
- 2800 Calorie
- 2200 Calorie
- Diabetic
- **Religious Diets- Thirty-five (35)**
 - Vegetarian
 - Non-Pork

Martinsburg Correctional Center

- **Medical Diets- Three (3)**
 - Diabetic
- **Religious Diets- Zero (0)**

Lakin Correctional Center

- **Medical Diets- Thirty-Three (33)**
 - High Fiber
 - Healthy Heart
 - Diabetic
- **Religious Diets- Six (6)**
 - Non-Flesh
 - Non-Pork

- Cardiac
- Renal
- 2800 Calorie
- 2200 Calorie
- Diabetic
- **Religious Diets- Thirty-five (35)**
 - Vegetarian
 - Non-Pork

Martinsburg Correctional Center

- **Medical Diets- Three (3)**
 - Diabetic
- **Religious Diets- Zero (0)**

Lakin Correctional Center

- **Medical Diets- Thirty-Three (33)**
 - High Fiber
 - Healthy Heart
 - Diabetic
- **Religious Diets- Six (6)**
 - Non-Flesh
 - Non-Pork

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NUMBERS

FIRM & REPRESENTATIVE NAME

MAILING ADDRESS

Company: <u>ARAMARK</u>	<u>35 Lindseley Lane</u>	PHONE <u>(404) 328-6757</u>
Rep: <u>Glenn McGarry SR.</u>	<u>ONA, WV 25545</u>	TOLL FREE
Email Address: <u>mcgarry-glenn@aramark.com</u>		FAX
Company: <u>ARAMARK</u>	<u>3104 Sunningdale</u>	PHONE <u>630-290-8430</u>
Rep: <u>Michael Maltese</u>	<u>Lexington, KY 40509</u>	TOLL FREE
Email Address: <u>Maltese-Michael@aramark.com</u>		FAX
Company: _____	_____	PHONE TOLL FREE
Rep: _____	_____	FAX
Email Address: _____	_____	
Company: _____	_____	PHONE TOLL FREE
Rep: _____	_____	FAX
Email Address: _____	_____	
Company: _____	_____	PHONE TOLL FREE
Rep: _____	_____	FAX
Email Address: _____	_____	

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FIRM & REPRESENTATIVE NAME

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Company: ARAMARK	35 Lindsey Ln.	PHONE (404) 328-6758
Rep: Glenn McGarry	ONA, WV. 25845	TOLL FREE
Email Address: mcgarry-glenn@aramark.com		FAX
Company:		PHONE
Rep:		TOLL FREE
Email Address:		FAX
Company: ARAMARK	3104 Sunningdale Ct.	PHONE 630-2908430
Rep: Michael Maltese	Lexington KY 40509	TOLL FREE
Email Address: Maltese-michael@aramark.com		FAX
Company:		PHONE
Rep:		TOLL FREE
Email Address:		FAX
Company:		PHONE
Rep:		TOLL FREE
Email Address:		FAX

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Company: ARAMARK	35 Lindsay Ln	PHONE (404) 328 6158
Rep: Glenn McGarry SR.	ONA, WV. 25545	TOLL FREE
Email Address: mcgarry-glenn@aramark.com		FAX
Company:		PHONE
Rep:		TOLL FREE
Email Address:		FAX
Company:		PHONE
Rep:		TOLL FREE
Email Address:		FAX
Company:		PHONE
Rep:		TOLL FREE
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MAILING ADDRESS

Company: ARAMARK	35 LINDSEY LN	PHONE (404) 328-6758
Rep: Glenn McGarry SR.	ONA, WV 25545	TOLL FREE
Email Address: mcgarry-glenn@aramark.com		FAX
Company:		PHONE
Rep:		TOLL FREE
Email Address:		FAX
Company:		PHONE
Rep:		TOLL FREE
Email Address:		FAX
Company:		PHONE
Rep:		TOLL FREE
Email Address:		FAX
Company:		PHONE
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FIRM & REPRESENTATIVE NAME

MAILING ADDRESS

Company: <u>ARAMARK</u>	<u>3104 Sunningdale Ct.</u>	PHONE <u>6302908430</u>
Rep: <u>Michael Maltese</u>	<u>Lexington KY 40509</u>	TOLL FREE
Email Address: <u>Maltese-Michael@aramark.com</u>		FAX
Company: <u>ARAMARK</u>	<u>35 Lindsey Ln</u>	PHONE <u>(804) 328-6758</u>
Rep: <u>Glenn McGarry</u>	<u>OWA, WV. 25545</u>	TOLL FREE
Email Address: <u>mcgarry-glenn@aramark.com</u>		FAX
Company: <u>Aramark</u>	<u>1101 Market St</u>	PHONE <u>(215) 238-5902</u>
Rep: <u>John Umphred</u>	<u>Philadelphia PA 19107</u>	TOLL FREE
Email Address: <u>Umphred-john@aramark.com</u>		FAX
Company: _____	_____	PHONE TOLL FREE
Rep: _____	_____	FAX
Email Address: _____	_____	
Company: _____	_____	PHONE TOLL FREE
Rep: _____	_____	FAX
Email Address: _____	_____	

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FIRM & REPRESENTATIVE NAME	MAILING ADDRESS	PHONE	TOLL	FREE	FAX
Company: ARAMARK	3104 Summerville Ct.	630-290-8430			
Rep: Michael Matrese	Lexington, KY 40509				
Email Address: Matrese-Michael@aramark.com					
Company: Aramark	1101 Market St	215-238-5902			
Rep: John Umphred	Philadelphia PA 19107				
Email Address: Umphred-John@aramark.com					
Company: ARAMARK	35 Lindsey Ln.	(404) 328-6752			
Rep: Glenn McCarry SR.	ONA, WV 25545				
Email Address: mccarry-glenn@aramark.com					
Company:					
Rep:					
Email Address:					
Company:					
Rep:					
Email Address:					

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FIRM & REPRESENTATIVE NAME	MAILING ADDRESS	TELEPHONE & FAX NUMBERS
Company: ARAMARK		PHONE 630-290-8430
Rep: Michael Maltese		TOLL FREE
Email Address: Maltese-Michael@aramark.com		FAX
Company: Aramark	1101 Market St	PHONE 215-238-3552
Rep: John Umphred	Philadelphia PA 19107	TOLL FREE
Email Address: Umphred-John@aramark.com		FAX
Company: Glenn McGarry Sr.	35 Lindsey Ln	PHONE (404) 328-6758
Rep: ARAMARK	ONA, WV 25545	TOLL FREE
Email Address: mcgarry-glenn@aramark.com		FAX
Company:		PHONE
Rep:		TOLL
Email Address:		FREE
		FAX
Company:		PHONE
Rep:		TOLL
Email Address:		FREE
		FAX

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FIRM & REPRESENTATIVE NAME

MAILING ADDRESS

Company: ARAMARK	35 LINDSEY LN	PHONE (404) 328-6757
Rep: Glean McGarry SR.	OWA, WV. 25545	TOLL
Email Address: mcgarry-glean@aramark.com		FREE
		FAX
Company:		PHONE
Rep:		TOLL
Email Address:		FREE
		FAX
Company:		PHONE
Rep:		TOLL
Email Address:		FREE
		FAX
Company:		PHONE
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Company:		PHONE
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FIRM & REPRESENTATIVE NAME	MAILING ADDRESS	TELEPHONE & FAX NUMBERS
Company: ARAMARK CORRECTIONAL SVCS	35 Lindsey Ln	PHONE (404) 328 6752
Rep: Glenn McGarry SR.	IND, WV. 25345	TOLL FREE
Email Address: mcgarry-glenn@aramark.com		FAX
Company: Aramark Correctional Svcs.	2800 Warren Road	PHONE 734-780-4088
Rep: Michael Flisch	Downers Grove, IL 60515	TOLL FREE
Email Address: flisch-michael@aramark.com		FAX
Company: ARAMARK	8435 Georgetown Rd Ste 100	PHONE (630) 290-8430
Rep: Michael Maltese	Indianapolis, IN. 46268	TOLL FREE
Email Address: Maltese-michael@aramark.com		FAX
Company: _____	_____	PHONE TOLL FREE
Rep: _____	_____	FAX
Email Address: _____	_____	
Company: _____	_____	PHONE TOLL FREE
Rep: _____	_____	FAX
Email Address: _____	_____	

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Page ____ of ____
Date: 6-29-11

* PLEASE BE SURE TO PRINT LEGIBLY - IF POSSIBLE, LEAVE A BUSINESS CARD

TELEPHONE & FAX
NUMBERS

FIRM & REPRESENTATIVE NAME

MAILING ADDRESS

Company: ARAMARK	3140 Sunningdale Ct.	PHONE 630-290-8430
Rep: Michael Maltese	Lexington, KY 40509	TOLL FREE
Email Address: Maltese-michael@aramark.com		FAX
Company: Aramark - OCCC	1501 Eoff St	PHONE 304-238-1007
Rep: Sallie Nickolas	Wing. WV 26003	TOLL FREE
Email Address: S Nickolas@WV.Gov.		FAX
Company:		PHONE
Rep:		TOLL FREE
Email Address:		FAX
Company:		PHONE
Rep:		TOLL FREE
Email Address:		FAX
Company:		PHONE
Rep:		TOLL FREE
Email Address:		FAX

COR 6/4/11

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SMCC

Request for Proposal No.

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Page ____ of ____

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6/30/11

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FIRM & REPRESENTATIVE NAME	MAILING ADDRESS	TELEPHONE & FAX NUMBERS
Company: <u>ARAMARK</u>	<u>35 LINDSEY LANE</u>	PHONE <u>(404) 328-6758</u>
Rep: <u>Glenn McGarry SR</u>	<u>OWA, WV. 25545</u>	TOLL FREE
Email Address: <u>mcgarry-glenn@aramark.com</u>		FAX
Company: <u>ARAMARK</u>	<u>3104 Sunningdale Ct.</u>	PHONE <u>630 290 8430</u>
Rep: <u>Michael Maltese</u>	<u>Lexington KY 40509</u>	TOLL FREE
Email Address: <u>Maltese-michael@aramark.com</u>		FAX
Company: _____	_____	PHONE TOLL FREE
Rep: _____	_____	FAX
Email Address: _____	_____	
Company: _____	_____	PHONE TOLL FREE
Rep: _____	_____	FAX
Email Address: _____	_____	
Company: _____	_____	PHONE TOLL FREE
Rep: _____	_____	FAX
Email Address: _____	_____	

COR 61470

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**TELEPHONE & FAX
NUMBERS**

FIRM & REPRESENTATIVE NAME

MAILING ADDRESS

Company:	ARAMARK	35 LINDSEY LN	PHONE (404) 328-6758
Rep:	Glen McGarry SR.	UNA, WV. 25545	TOLL FREE
Email Address:	mcgarry-glen@aramark.com		FAX
Company:	ARAMARK	93 Grape Vine Road	PHONE
Rep:	Theresa Hairston	Martinsburg W.V. 25405	TOLL FREE
Email Address:	Hairston-Theresa@aramark.com		FAX
Company:			PHONE
Rep:			TOLL FREE
Email Address:			FAX
Company:			PHONE
Rep:			TOLL FREE
Email Address:			FAX
Company:			PHONE
Rep:			TOLL FREE
Email Address:			FAX

EXHIBIT 10

REQUISITION NO.:

ADDENDUM ACKNOWLEDGEMENT

I HEREBY ACKNOWLEDGE RECEIPT OF THE FOLLOWING CHECKED
ADDENDUM(S) AND HAVE MADE THE NECESSARY REVISIONS TO MY
PROPOSAL, PLANS AND/OR SPECIFICATION, ETC.

ADDENDUM NO.'S:

NO. 1

NO. 2

NO. 3

NO. 4

NO. 5

I UNDERSTAND THAT FAILURE TO CONFIRM THE RECEIPT OF THE
ADDENDUM(S) MAY BE CAUSE FOR REJECTION OF BIDS. VENDOR
MUST CLEARLY UNDERSTAND THAT ANY VERBAL
REPRESENTATION MADE OR ASSUMED TO BE MADE DURING ANY
ORAL DISCUSSION HELD BETWEEN VENDOR'S REPRESENTATIVES
AND ANY STATE PERSONNEL IS NOT BINDING. ONLY THE
INFORMATION ISSUED IN WRITING AND ADDED TO THE
SPECIFICATIONS BY AN OFFICIAL ADDENDUM IS BINDING.

.....
SIGNATURE

.....
COMPANY

.....
DATE

REV. 11/96