

ATTACHMENT

C

EXHIBIT THREE (3)

WEST VIRGINIA DIVISION OF CORRECTIONS
 ANTHONY CORRECTIONAL FACILITY MENU
 COR61564

WEEK 1

Tim Bender MS, RD, LD

	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	Fruit or Fruit Juice 1 EA or 1/2 C Dry Cereal 1 C Pancakes (Mix - 6 ozv total) 3 @ Syrup 1/4 C Pork Sausage* 1 oz OR Peanut Butter 2 oz Bread or Biscuit 2 SL or 1/60 Margarine 1/2 oz Salt & Pepper PKT 1 EA Coffee 1 C 1% Milk 1 C VEG. SUB: Peanut Butter 2 T	Fruit or Fruit Juice 1 EA or 1/2 C Hot Cereal 1 C Scrambled Eggs 3 oz Cottage Fries 1/2 C Bread or Biscuit 2 SL or 1/60 Margarine 1/2 oz Salt & Pepper PKT 1 EA Coffee 1 C 1% Milk 1 C	Fruit or Fruit Juice 1 EA or 1/2 C Dry Cereal 1 C Pancakes (Mix - 4 ozv total) 2 EA Syrup 1/4 C Pork Sausage 1 oz OR Peanut Butter 2 oz Bread or Biscuit 2 SL or 1/60 Margarine 1/2 oz Salt & Pepper PKT 1 EA Coffee 1 C 1% Milk 1 C VEG. SUB: Cheese 1 oz	Fruit or Fruit Juice 1 EA or 1/2 C Hot Cereal 1 C Creamed Sausage Gravy 4 OZ OR (1 oz Gd Pork*) OR (1 oz Gd Beef) Coffee Cake 1/60 1 @ Bread or Biscuit 2 SL or 1/60 Margarine 1/2 oz Salt & Pepper PKT 1 EA Coffee 1 C 1% Milk 1 C VEG. SUB: Soy Gravy (1 oz soy) 4 OZ	Fruit or Fruit Juice 1 EA or 1/2 C Hot Cereal 1 C Pancakes (Mix - 6 ozv total) 3 @ Syrup 1/4 C Pork Sausage 1 oz OR Peanut Butter 2 oz Bread or Biscuit 2 SL or 1/60 Margarine 1/2 oz Salt & Pepper PKT 1 EA Coffee 1 C 1% Milk 1 C VEG. SUB: Cheese 1 oz	Fruit or Fruit Juice 1 EA or 1/2 C Dry Cereal 1 C Scrambled Eggs 3 oz Hashbrowns 1/2 c Bread or Biscuit 2 SL or 1/60 Margarine 1/2 oz Salt & Pepper PKT 1 EA Coffee 1 C 1% Milk 1 C VEG. SUB: Soy Gravy (1 oz soy)	Fruit or Fruit Juice 1 EA or 1/2 C Hot Cereal 1 C Creamed Sausage Gravy 4 OZ OR (1 oz Gd Pork) OR (1 oz Gd Beef) Coffee Cake 1/60 1 @ Bread or Biscuit 2 SL or 1/60 Margarine 1/2 oz Salt & Pepper PKT 1 EA Coffee 1 C 1% Milk 1 C VEG. SUB: Soy Gravy (1 oz soy)
LUNCH	Vegetarian Soup OR 1 C or Salad/Dressing 1/2 C/1/2 oz Breaded Chicken Pattie 4 oz (3 oz meat) Gravy 1/4 C Navy Beans 3/4 C Bread 1 @ Margarine 1/2 oz Fresh Fruit 1 @ Salt & Pepper PKT 1 EA Fruit Juice 100% or Fruit 1 C or 1/2 cup VEG. SUB: Vegetarian Beans 1 C	Vegetarian Soup OR 1 C or Salad/Dressing 1/2 C/1/2 oz Burrito 5 oz Pinto Beans 1/2 c Spanish Rice 3/4 C Bread 2 SL Margarine 1/2 oz Brownie 1/60 1 @ Salt & Pepper PKT 1 EA Fruit Juice 100% or Fruit 1 C or 1/2 cup VEG. SUB: Egg salad sandwich 4 OZ/4 SL	Vegetarian Soup OR 1 C or Salad/Dressing 1/2 C/1/2 oz Meat Hoagie 2 OZ meat Cheese 1 oz Hoagie Roll 1 EA Potato Salad 1/2 C Lettuce/Tomato 1 SL EA Mustard 1/2 oz Bread 2 SL Margarine 1/2 oz Cookies (Mix-2oz total) 2 @ Salt & Pepper PKT 1 EA Fruit Juice 100% or Fruit 1 C or 1/2 cup VEG. SUB: Vegetarian Beans 1 C	Vegetarian Soup OR 1 C or Salad/Dressing 1/2 C/1/2 oz Chili dogs 2 ea. Coney Sauce 3 oz Baked Potato 1 @ Hotdog Buns 2 ea. Margarine 1/2 oz Cake/Icing 1/60 1 @ Salt & Pepper PKT 1 EA Fruit Juice 100% or Fruit 1 C or 1/2 cup VEG. SUB: Soy Chili (3 oz soy) 8 oz	Vegetarian Soup OR 1 C or Salad/Dressing 1/2 C/1/2 oz Pork Patty 3 oz or Baked Chicken Pattie 4 oz (3 oz meat) Fried Rice 3/4 C Biscuits 1/60 1 EA Margarine 1/2 oz Brownie 1/60 1 @ Salt & Pepper PKT 1 EA Fruit Juice 100% or Fruit 1 C or 1/2 cup VEG. SUB: Vegetarian Beans 1 C	Vegetarian Soup OR 1 C or Salad/Dressing 1/2 C/1/2 oz Breaded Chicken Pattie 4 oz Gravy 1/4 C Mexican Style Pinto Beans 3/4 C Biscuit 1/60 1 @ Margarine 1/2 oz Cake/Icing 1/60 1 @ Salt & Pepper PKT 1 EA Fruit Juice 100% or Fruit 1 C or 1/2 cup VEG. SUB: Vegetarian Beans 1 C	Vegetarian Soup OR 1 C or Salad/Dressing 1/2 C/1/2 oz Fried or Baked Beef Pattie 3 oz Hamburger Bun 1 EA Catsup 1/2 oz Mustard 1/2 oz Oven Baked French Fries 1 C Tomato/Onion 1 SL EA Biscuit 1/60 1 @ Margarine 1/2 oz Fresh Fruit 1 @ Salt & Pepper PKT 1 EA Fruit Juice or Fruit 1 C or 1/2 cup VEG. SUB: Soy Pattie 3 oz
DINNER	Pork Patty* 3 oz or Baked Poultry Pattie 3 oz Rice O'Brien 3/4 C Carrots 1/2 C Garden Salad/Dressing 1/2 c/1/2 oz Bread 2 SL Margarine 1/2 oz Cake/Icing 1/60 1 @ Salt & Pepper PKT 1 EA Fruit Juice 100% or Fruit 1 C or 1/2 cup VEG. SUB: Macaroni & Cheese 1 C	Tacos: Taco Meat (3 oz Gd Beef) 4 OZ Shredded Cheese 1/2 oz Refried Beans 3/4 C Shredded Lettuce 1/2 C Coleslaw 1/2 c Tortillas Flour - 6" 2 EA Bread 2 SL Margarine 1/2 oz Brownie 1/60 1 @ Salt & Pepper PKT 1 EA Fruit Juice 100% or Fruit 1 C or 1/2 cup VEG. SUB: Soy Taco Meat (3 oz soy) 4 OZ	Beef Stew 8oz (3 oz beef) Steamed Rice 3/4 C Carrots 1/2 C Tossed Salad/Dressing 1/2 C Bread 2 SL Margarine 1/2 oz Cake/Icing 1/60 1 @ Salt & Pepper PKT 1 EA Fruit Juice 100% or Fruit 1 C or 1/2 cup VEG. SUB: Stew w/ Soy (3 oz soy) 8 oz	Pork Ham 3 oz OR Baked T. Ham 3 oz O'Brien Potatoes 3/4 C Seasoned Greens 1/2 C Creamy Coleslaw Bread 1/60 1 EA Margarine 1/2 oz Cookies (Mix-2oz total) 2 @ Salt & Pepper PKT 1 EA Fruit Juice 100% or Fruit 1 C or 1/2 cup VEG. SUB: Vegetarian Beans 1 C	Roast Turkey 3 oz (3 oz Meat) Gravy 1/4 C Whipped Potatoes 3/4 C Mixed Greens 1/2 C Coleslaw 1/2 C Bread 2 SL Margarine 1/2 oz Cookies (Mix-2 oz total) 2 @ Salt & Pepper PKT 1 EA Fruit Juice 100% or Fruit 1 C or 1/2 cup VEG. SUB: Macaroni & Cheese 1 C	Pork Jambalaya (3 oz Pork) 6 oz or Meatballs 3 oz w/Gravy Rice 3/4 C Mixed Vegetables 1/2 C Green Salad/Dressing 1/2 C/1/2 oz Bread 2 SL Margarine 1/2 oz Brownie 1/60 1 @ Salt & Pepper PKT 1 EA Fruit Juice 100% or Fruit 1 C or 1/2 cup VEG. SUB: Soy, Mac & Tomatoes (3 oz meat) 8 oz	Baked Chicken Pattie 4 oz (3 oz meat) Gravy 1/4 C Whipped Potatoes 3/4 C Carrots 1/2 C Coleslaw 1/2 C Bread 1/60 1 @ Margarine 1/2 oz Cookies (Mix-2 oz total) 2 @ Salt & Pepper PKT 1 EA Fruit Juice or Fruit 1 C or 1/2 cup VEG. SUB: Macaroni & Cheese 1 C

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EXHIBIT THREE (3)

WEST VIRGINIA DIVISION OF CORRECTIONS
ANTHONY CORRECTIONAL FACILITY MENU
COR61564

WEEK 2

	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY							
B R E A K F A S T	Fruit or Fruit Juice	1 EA or 1/2 C	Fruit or Fruit Juice	1 EA or 1/2 C	Fruit or Fruit Juice	1 EA or 1/2 C	Fruit or Fruit Juice	1 EA or 1/2 C						
	Dry Cereal	1 C	Hot Cereal	1 C	Hot Cereal	1 C	Hot Cereal	1 C						
	Scrambled Eggs	3 oz	Pancakes (Mix - 6 ozv total) Syrup	3 @ 1/4 C	Scrambled Eggs	3 oz	Creamed Sausage Gravy (1 oz Gd Pork) OR (1 oz Gd Beef)	4 OZ	Scrambled Eggs	3 oz				
	Cottage Fries	1/2 c	Pork Sausage OR Peanut Butter 2 oz	1 oz	O'Brien Potatoes	1/2 C	Muffin 1/60	1 @	Cottage Fries	1/2 C	Coffee Cake 1/60	1 @	Hashbrowns	1/2 c
	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60
	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz
	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA
	Coffee	1 C	Coffee	1 C	Coffee	1 C	Coffee	1 C	Coffee	1 C	Coffee	1 C	Coffee	1 C
	1% Milk	1 C	1% Milk	1 C	1% Milk	1 C	1% Milk	1 C	1% Milk	1 C	1% Milk	1 C	1% Milk	1 C
			VEG. SUB: Peanut Butter	2 T		VEG. SUB: Soy Gravy (1 oz soy)	4 OZ		VEG. SUB: Soy Gravy (1 oz soy)	4 OZ				
L U N C H	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz
	Roast Beef on Burger Bun	3 oz 1 EA	Tacos: Taco Meat (3 oz Gd Beef)	4 OZ	T. Salami OR Salisbury Beef Pattie w/Onion & Pepper Gravy 2 oz	2 OZ 3 oz	Pork Stew (3 oz Pork) OR Salisbury Beef Pattie w/Onion & Pepper Gravy 2 oz	6 oz 3 oz	Country Fried Pattie (3 oz meat) w/Gravy	4 OZ 1 oz	T-Sausage and Peppers (3 oz meat)	4 OZ	Fried or Baked Beef Pattie	3 oz
	Mustard	1/2 oz	Shredded Cheese	1/2 oz	Mustard	1/2 oz	Mustard	1/2 oz	Steamed Rice	3/4 C	Steamed Rice	3/4 C	Hamburger Bun	1 EA
	Potato Salad	3/4 C	Refried Beans Shredded Lettuce Tortillas Flour - 6"	3/4 C 1/2 C 2 EA	AuGratin Potatoes	3/4 C	Steamed Rice Carrots	3/4 C 1/2 c	Baked Potato	1 @	Bread	2 SL	Oven Baked French Fries	1 C
	Biscuit 1/60	1 @	Bread	2 SL	Bread	2 SL	Bread	2 SL	Bread	2 SL	Bread	2 SL	Biscuit 1/60	1 @
	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz
	Cookies (Mix-2 oz total)	2 @	Brownie 1/60	1 @	Cake/Icing 1/60	1 @	Cookies (Mix-2 oz total)	2 @	Cake/Icing 1/60	1 @	Brownie 1/60	1 @	Cookies (Mix-2 oz total)	2 @
	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA
	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup
		VEG. SUB: Vegetarian Beans	1 C	VEG. SUB: Vegetarian Beans	1 C	VEG. SUB: Vegetarian Beans	1 C	VEG. SUB: Vegetarian Beans	1 C	VEG. SUB: Vegetarian Beans	1 C	VEG. SUB: Soy Meatballs	3 oz	VEG. SUB: Vegetarian Beans
D I N E R	Meat/Cheese Pizza (CUT 4 X 6)	1 SQ	T Franks 10/1 Hot Dog Buns	2 EA 2 EA	Steamed Pasta with Meat Sauce (3 oz ground beef)	3/4 C 6 OZ	Fried or Baked Fish Fillet Tartar Sauce	3 oz 1/2 oz	Chili con Carne (3 oz Ground Beef)	8 oz	Tacos: Taco Meat (3 oz Gd Beef)	4 OZ	Italian Meat Sauce on (3 oz Gd meat)	6 OZ
	Pasta w/ Marinara Sauce	3/4 C	Mustard Catsup Cottage Fries	1/2 oz 1/2 oz 3/4 C	Paprika Potatoes	3/4 C	Paprika Potatoes	3/4 C	Steamed Rice	3/4 C	Shredded Cheese	1/2 oz	Steamed Pasta	3/4 C
	Green Beans	1/2 C	Baked Beans	1/2 c	Peas	1/2 C	Seasoned Greens	1/2 C	Steamed Cabbage	1/2 C	Refried Beans Shredded Lettuce	3/4 C 1/2 C	Mixed Vegetables	1/2 C
	Tossed Salad/Dressing	1/2 C/1/2 oz	Coleslaw Vinaigrette	1/2 c	Lettuce Salad/Dressing	1/2 C/1 /2 OZ	Creamy Coleslaw	1/2 c	Tossed Salad/Dressing	1/2 C/1/2 oz	Coleslaw	1/2 c	Tossed Salad/Dressing	1/2 C/1/2 oz
	Bread	2 SL	Bread	2 SL	Bread	2 SL	Bread 1/60	1 EA	Bread 1/60	1 ea	Tortillas Flour - 6"	2 EA	Bread	2 SL
	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz
	Cake/Icing 1/60	1 @	Cookies (Mix-2 oz total)	2 @	Brownie 1/60	1 @	Cake/Icing 1/60	1 @	Cookies (Mix-2 oz total)	2 @	Brownie 1/60	1 @	Cake/Icing 1/60	1 @
	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA
	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup
		VEG. SUB: Cheese Pizza (4x6)	1 SQ	VEG. SUB: Soy Chili (3 oz soy)	8 oz	VEG. SUB: Soy, Pasta & Sauce (3 oz soy)	8 oz	VEG. SUB: Vegetarian Beans	1 C	VEG. SUB: Macaroni & Cheese	1 C	VEG. SUB: Soy Taco Meat (3 oz soy)	4 OZ	VEG. SUB: Soy, Pasta & Sauce (3 oz soy)

000451

EXHIBIT THREE (3)

WEST VIRGINIA DIVISION OF CORRECTIONS
ANTHONY CORRECTIONAL FACILITY MENU
COR61564

WEEK 3

	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY								
B R E A K F A S T	Fruit or Fruit Juice Dry Cereal	1 EA or 1/2 C 1 C	Fruit or Fruit Juice Hot Cereal	1 EA or 1/2 C 1 C	Fruit or Fruit Juice Hot Cereal	1 EA or 1/2 C 1 C	Fruit or Fruit Juice Hot Cereal	1 EA or 1/2 C 1 C							
	Pancakes (Mix - 6 ozv total) Syrup	3 @ 1/4 C	Scrambled Eggs	3 oz	Pancakes Syrup	2 EA 1/4 C	Creamed Sausage Gravy (1 oz Gd Pork*) OR (1 oz Gd Beef)	4 OZ	Scrambled Eggs	3 oz	Creamed Sausage Gravy (1 oz Gd Pork*) OR (1 oz Gd Beef)	4 OZ	Pancakes (Mix - 6 ozv total) Syrup	3 @ 1/4 C	
	Pork Sausage* OR Peanut Butter 2 oz	1 oz	Cottage Fries	1/2 C	Pork Sausage* OR Peanut Butter 2 oz	1 oz	Muffin 1/60	1 @	Hashbrowns	1/2 C	Muffin 1/60	1 @	Pork Sausage* OR Peanut Butter 2 oz	1 oz	
	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	
	Margarine Salt & Pepper PKT Coffee 1% Milk VEG. SUB: Peanut Butter	1/2 oz 1 EA 1 C 1 C 2 T	Margarine Salt & Pepper PKT Coffee 1% Milk	1/2 oz 1 EA 1 C 1 C	Margarine Salt & Pepper PKT Coffee 1% Milk VEG. SUB: Cheese	1/2 oz 1 EA 1 C 1 C 1 oz	Margarine Salt & Pepper PKT Coffee 1% Milk VEG. SUB: Soy Gravy (1 oz soy)	1/2 oz 1 EA 1 C 1 C 4 OZ	Margarine Salt & Pepper PKT Coffee 1% Milk VEG. SUB: Soy Gravy (1 oz soy)	1/2 oz 1 EA 1 C 1 C 4 OZ	Margarine Salt & Pepper PKT Coffee 1% Milk VEG. SUB: Soy Gravy (1 oz soy)	1/2 oz 1 EA 1 C 1 C 4 OZ	Margarine Salt & Pepper PKT Coffee 1% Milk VEG. SUB: Cheese	1/2 oz 1 EA 1 C 1 C 1 oz	
	L U N C H	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz
		Chili dogs Coney Sauce Cajun Potatoes	2 ea. 1/3 C 3/4 C	Burrito	5 oz	Meat Hoagie Cheese Hoagie Roll Potato Salad Lettuce/Tomato Mustard	3 oz meat 1 oz 1 EA 1/2 C 1 SL EA 1/2 oz	Breaded Chicken Pattie (3 oz meat) Gravy Navy Beans	4 oz 1/4 C 3/4 C	Breaded Chicken Pattie (3 oz meat) Gravy Ranch Beans	4 OZ 1/4 C 3/4 c	Pork Cube Steak* OR Beef Pattie 3 oz Brown Gravy Mashed Potatoes	3 oz 1/4 C 3/4 C	Fried or Baked Beef Pattie Hamburger Bun Catsup/Mustard Tomato/Onion Oven Baked French Fries	3 oz 1 EA 1/2 oz EA 1 SL EA 3/4 C
		Hotdog Buns Margarine Cake/Icing 1/60 Salt & Pepper PKT Fruit Juice 100% or Fruit	2 ea. 1/2 oz 1 @ 1 EA 1 C or 1/2 cup	Bread Margarine Brownie 1/60 Salt & Pepper PKT Fruit Juice 100% or Fruit	2 SL 1/2 oz 1 @ 1 EA 1 C or 1/2 cup	Bread 1/60 Margarine Fresh Fruit Salt & Pepper PKT Fruit Juice 100% or Fruit	1 @ 1/2 oz 1 @ 1 EA 1 C or 1/2 cup	Bread Margarine Brownie 1/60 Salt & Pepper PKT Fruit Punch w/Vit C Fruit Juice 100% or Fruit VEG. SUB: Vegetarian Beans	2 SL 1/2 oz 1 @ 1 EA 1 C 1 C or 1/2 cup 1 C	Bread Margarine Cake/Icing 1/60 Salt & Pepper PKT Fruit Punch w/Vit C Fruit Juice 100% or Fruit VEG. SUB: Macaroni & Cheese	2 SL 1/2 oz 1 @ 1 EA 1 C 1 C or 1/2 cup 1 C	Bread Margarine Brownie 1/60 Salt & Pepper PKT Fruit Punch w/Vit C Fruit Juice 100% or Fruit VEG. SUB: Macaroni & Cheese	2 SL 1/2 oz 1 @ 1 EA 1 C 1 C or 1/2 cup 1 C	Biscuit 1/60 Margarine Cookies (Mix-2 oz total) Salt & Pepper PKT Fruit Punch w/Vit C Fruit Juice 100% or Fruit VEG. SUB: Soy Pattie	1 @ 1/2 oz 2 @ 1 EA 1 C 1 C or 1/2 cup 3 oz
		VEG. SUB: Soy Chili (3 oz soy)	8 oz	VEG. SUB: Egg salad sandwich	4 OZ/4 SL	VEG. SUB: Vegetarian Beans	1 C	VEG. SUB: Vegetarian Beans	1 C	VEG. SUB: Vegetarian Beans	1 C	VEG. SUB: Macaroni & Cheese	1 C	VEG. SUB: Soy Pattie	3 oz
		D I N N E R	Pork Patty* or Baked Poultry Pattie 3 oz	3 oz	Sloppy Joe (3 oz ground beef)	4 oz	Beef Stew (3 oz beef) Steamed Rice Carrots	6 oz 3/4 C 1/2 C	Pork Pattie* OR Baked T. Ham Parsley Potatoes	3 oz 3 oz 4 oz	Seasoned Ground Beef Spanish Rice Green Beans	3 oz 3/4 C 1/2 C	Sliced Turkey Breast Mashed Potatoes Gravy Carrots	3 oz 3/4 C 1/4 C 1/2 C	T-Sausage and Peppers (3 oz meat) Steamed Rice Mixed Greens Tossed Salad/Dressing
Rice Pilaf Carrots Garden Salad/Dressing			3/4 C 1/2 C 1/2 C/1/2 oz	Baked Potato Green Beans Tossed Salad/Dressing	1 @ 1/2 C 1/2 C/1/2 oz	Tossed Salad/Dressing Bread Margarine Cake/Icing 1/60	1/2 C/1/2 oz 2 SL 1/2 oz 1 @	Seasoned Greens Creamy Coleslaw	1/2 C 1/2 c/1/2 oz	Seasoned Greens Tossed Salad/Dressing	1/2 C 1/2 C/1/2 oz	Mashed Potatoes Gravy Carrots Garden Salad/Dressing	3/4 C 1/4 C 1/2 C 1/2 c/1/2 oz	Steamed Rice Mixed Greens Tossed Salad/Dressing	3/4 C 1/2 C 1/2 C/1/2 oz
Bread Margarine Cake/Icing 1/60 Salt & Pepper PKT Fruit Juice 100% or Fruit			2 SL 1/2 oz 1 @ 1 EA 1 C or 1/2 cup	Bread Margarine Brownie 1/60 Salt & Pepper PKT Fruit Juice 100% or Fruit	2 SL 1/2 oz 2 @ 1 EA 1 C or 1/2 cup	Bread 1/60 Margarine Cookies (Mix-2 oz total) Salt & Pepper PKT Fruit Juice 100% or Fruit	1 EA 1/2 oz 2 @ 1 EA 1 C or 1/2 cup	Bread 1/60 Margarine Cookies (Mix-2 oz total) Salt & Pepper PKT Fruit Juice 100% or Fruit	1 EA 1/2 oz 2 @ 1 EA 1 C or 1/2 cup	Bread Margarine Brownie 1/60 Salt & Pepper PKT Fruit Juice 100% or Fruit VEG. SUB: Vegetarian Beans	1 EA 1/2 oz 2 @ 1 EA 1 C or 1/2 cup 1 C	Bread Margarine Brownie 1/60 Salt & Pepper PKT Fruit Juice 100% or Fruit VEG. SUB: Soy & Spanish Rice (3 oz soy)	1 EA 1/2 oz 2 @ 1 EA 1 C or 1/2 cup 8 oz	Bread Margarine Cake/Icing 1/60 Salt & Pepper PKT Fruit Juice 100% or Fruit VEG. SUB: Lima Beans	1 @ 1/2 oz 1 EA 1 EA 1 C or 1/2 cup 1 C
VEG. SUB: Macaroni & Cheese			1 C	VEG. SUB: Soy Sloppy Joe (3 oz soy)	4 OZ	VEG. SUB: Stew w/ Soy (3 oz soy)	8 oz	VEG. SUB: Vegetarian Beans	1 C	VEG. SUB: Vegetarian Beans	1 C	VEG. SUB: Macaroni & Cheese	1 C	VEG. SUB: Soy Pattie	3 oz

EXHIBIT THREE (3)

WEST VIRGINIA DIVISION OF CORRECTIONS
 ANTHONY CORRECTIONAL FACILITY MENU
 COR61564

WEEK 4

	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY							
B R E A K F A S T	Fruit or Fruit Juice Dry Cereal	1 EA or 1/2 C 1 C	Fruit or Fruit Juice Hot Cereal	1 EA or 1/2 C 1 C	Fruit or Fruit Juice Hot Cereal	1 EA or 1/2 C 1 C	Fruit or Fruit Juice Dry Cereal	1 EA or 1/2 C 1 C						
	Scrambled Eggs	3 oz	Pancakes (Mix - 6 ozv total) Syrup	3 @ 1/4 C	Hard Cooked Eggs	2 EA	Creamed Sausage Gravy (1 oz Gd Pork*) OR (1 oz Gd Beef)	4 OZ	Pancakes (Mix - 6 ozv total) Syrup	3 @ 1/4 C	Creamed Sausage Gravy (1 oz Gd Pork*) OR (1 oz Gd Beef)	4 OZ	Hard Cooked Eggs	2 EA
	Cottage Fries	1/2 C	Pork Sausage* OR Peanut Butter 2 oz	1 oz	Hashbrowns	1/2 C	Coffee Cake 1/60	1 @	Pork Sausage* OR Peanut Butter 2 oz	1 oz	Coffee Cake 1/60	1 @	Hash browns	1/2 c
	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60
	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz
	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA
	Coffee	1 C	Coffee	1 C	Coffee	1 C	Coffee	1 C	Coffee	1 C	Coffee	1 C	Coffee	1 C
	1% Milk	1 C	1% Milk	1 C	1% Milk	1 C	1% Milk	1 C	1% Milk	1 C	1% Milk	1 C	1% Milk	1 C
	VEG. SUB: Peanut Butter	2 T	VEG. SUB: Peanut Butter	2 T	VEG. SUB: Soy Gravy (1 oz soy)	4 OZ	VEG. SUB: Soy Gravy (1 oz soy)	4 OZ	VEG. SUB: Soy Gravy (1 oz soy)	4 OZ	VEG. SUB: Soy Gravy (1 oz soy)	4 OZ	VEG. SUB: Soy Gravy (1 oz soy)	4 OZ
	L U N C H	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing
Roast Beef Cheese		2 OZ 1 oz	Fried or Baked Fish Fillet Tartar Sauce	3 oz 1/2 oz	Meat Hoagie Cheese	3 oz meat 1 oz	T Franks 10/1 Hot Dog Buns	2 EA 2 EA	Spaghetti Meat Sauce (3 oz ground beef)	3/4 c 6 oz	Pork Pattie* OR T Bologna 3 OZ	3 OZ	Fried or Baked Beef Pattie	3 oz
Navy Beans		3/4 C	Macaroni & Cheese	3/4 C	Hoagie Roll Mustard	1 EA 1/2 oz	Catsup Mustard	1/2 oz 1/2 oz	Carrots	1/2 C	Sliced Cheese Catsup/Mustard	1 oz 1/2 oz	Hamburger Bun Catsup/Mustard	1 EA 1/2 oz EA
Bread		2 SL	Bread	2 SL	Lettuce/Tomato Oven Baked French Fries	1 SL EA 3/4 C	Oven Stripped Potatoes	3/4 C	Bread	2 SL	Potato Salad	3/4 C	Tomato/Onion Parsley Potatoes	1 SL EA 3/4 C
Margarine		1/2 oz	Margarine	1/2 oz	Bread	2 SL	Biscuit 1/60	1 @	Margarine	1/2 oz	Bread	2 SL	Biscuit 1/60	1 @
Fresh Fruit		1 @	Brownie 1/60	1 @	Margarine	1/2 oz	Margarine	1/2 oz	Cookies (Mix-2 oz total)	2 @	Fresh Fruit	1 @	Margarine	1/2 oz
Salt & Pepper PKT		1 EA	Salt & Pepper PKT	1 EA	Cake/icing 1/60	2 @	Cake/icing 1/60	1 @	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA
Fruit Juice 100% or Fruit		1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup
VEG. SUB: Vegetarian Beans		1 C	VEG. SUB: Vegetarian Beans	1 C	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	VEG. SUB: Soy, Pasta & Sauce (3 oz)	8 oz	VEG. SUB: Vegetarian Beans	1 C	VEG. SUB: Soy Pattie	3 oz
D I N E R		Pork Stew* (3 oz Gd Pork) OR Chicken Pattie 4 oz (3 oz meat) w/Gravy	8 oz	Shredded Pork* OR 3 oz Gd Beef	3 oz	Meat Sauce (3 oz Gd Beef)	6 OZ	Pork Pattie* OR T. Ham 3 oz	3 oz	Turkey Stew (3 oz meat)	6 oz	Roast Turkey	3 oz	Country Fried Pattie (3 oz Meat)
	Rice	3/4 C	Fried Rice	3/4 c	Steamed Pasta	1 C	Oven Browned Potatoes	3/4 C	Steamed Rice	3/4 C	Gravy Mashed Potatoes	1/4 C 3/4 C	Country Gravy AuGratin Noodles	1/4 C 3/4 C
	Green Peas	1/2 C	Mixed Vegetables	1/2 C	Carrots	1/2 C	Seasoned Greens	1/2 C	Green Beans	1/2 C	Green Peas	1/2 C	Green Beans	1/2 c
	Carrot Salad	1/2 C	Tossed Salad/Dressing	1/2 C/1/2 oz	Garden Salad/Dressing	1/2 C	Creamy Coleslaw	1/2 C	Carrot Slaw	1/2 C	Garden Salad/Dressing	1/2 C	Coleslaw	1/2 c
	Bread	2 SL	Bread	2 SL	Bread	2 SL	Bread 1/60	1 EA	Bread	2 SL	Bread 1/60	1 EA	Bread	2 SL
	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz
	Cookies (Mix- 2 oz total)	2 @	Cake/icing 1/60	1 @	Cookies (Mix-2 oz total)	2 @	Brownie 1/60	1 @	Cake/icing 1/60	1 @	Brownie 1/60	1 @	Cookies (mix-2 oz total)	2 @
	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA
	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup
	VEG. SUB: Stew w/ Soy (3 oz soy)	8 oz	VEG. SUB: Macaroni & Cheese	1 C	VEG. SUB: Soy, Pasta & Sauce (3 oz soy)	8 oz	VEG. SUB: Vegetarian Beans	1 C	VEG. SUB: Macaroni & Cheese	1 C	VEG. SUB: Macaroni & Cheese	1 C	VEG. SUB: Vegetarian Beans	1 C

000453

EXHIBIT THREE (3)

WEST VIRGINIA DIVISION OF CORRECTIONS
 ANTHONY CORRECTIONAL FACILITY MENU
 COR61564

WEEK 5

	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY								
B R E A K F A S T	Fruit or Fruit Juice Dry Cereal	1 EA or 1/2 C 1 C	Fruit or Fruit Juice Hot Cereal	1 EA or 1/2 C 1 C	Fruit or Fruit Juice Hot Cereal	1 EA or 1/2 C 1 C	Fruit or Fruit Juice Hot Cereal	1 EA or 1/2 C 1 C							
	Pancakes (Mix - 4 ozv total) Syrup	2 EA 1/4 C	Scrambled Eggs	3 oz	Creamed Sausage Gravy (1 oz Gd Pork*) OR (1 oz Gd Beef)	4 OZ	Hard Cooked Eggs	2 EA	Scrambled Eggs	3 oz	Creamed Sausage Gravy (1 oz Gd Pork) OR (1 oz Gd Beef)	4 OZ	H.C. Eggs	2 @	
	Pork Ham* OR Peanut Butter 2 oz	1 oz	Cottage Fries	1/2 C	Coffee Cake 1/60	1 @	Hash browns	1/2 c	Cottage Fries	1/2 C	Muffin 1/60	1 @	Hashbrowns	1/2 c	
	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	Bread or Biscuit	2 SL or 1/60	
	Margarine Salt & Pepper PKT	1/2 oz 1 EA	Margarine Salt & Pepper PKT	1/2 oz 1 EA	Margarine Salt & Pepper PKT	1/2 oz 1 EA	Margarine Salt & Pepper PKT	1/2 oz 1 EA	Margarine Salt & Pepper PKT	1/2 oz 1 EA	Margarine Salt & Pepper PKT	1/2 oz 1 EA	Margarine Salt & Pepper PKT	1/2 oz 1 EA	
	Coffee 1% Milk	1 C 1 C	Coffee 1% Milk	1 C 1 C	Coffee 1% Milk	1 C 1 C	Coffee 1% Milk	1 C 1 C	Coffee 1% Milk	1 C 1 C	Coffee 1% Milk	1 C 1 C	Coffee 1% Milk	1 C 1 C	
	VEG. SUB: Peanut Butter	2 T		VEG. SUB: Soy Gravy (1 oz soy)	4 OZ			VEG. SUB: Soy Gravy (1 oz soy)	4 OZ			VEG. SUB: Soy Gravy (1 oz soy)	4 OZ		
	L U N C H	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz	Vegetarian Soup OR Salad/Dressing	1 C or 1/2 C/1/2 oz
		T-Sausage and Peppers (3 oz meat)	4 OZ	Pork Pattie* OR Beef Pattie 3 OZ	3 OZ	Grilled Cheese Sandwiches: Cheese	2 EA 3 oz	Steamed Spaghetti w/ Meat Sauce (3 oz ground beef)	3/4 C 6 OZ	Pork Pattie* OR T. Bologna 3 OZ	3 OZ	T-Sausage and Peppers (3 oz meat)	4 OZ	Fried or Baked Beef Pattie	3 oz
		Steamed Rice	3/4 C	Gravy Mashed Potatoes	1/4 c 3/4 C	Bread Oven Baked French Fries	4 SL 3/4 C	Bread Oven Baked French Fries	4 SL 3/4 C	Cheese Oven Baked French Fries Mustard	1 oz 3/4 C 1/2 oz	Steamed Rice	3/4 C	Hamburger Bun Catsup/Mustard Tomato/Onion Oven Browmed Potatoes	1 EA 1/2 oz EA 1 SL EA 1 C
Bread		2 EA	Bread 1/60	1 EA	Bread	2 SL	Bread	2 SL	Bread	2 SL	Bread	2 SL	Biscuit 1/60	1 @	
Margarine		1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	
Cookies (mix-2 oz total)		2 @	Cake/Icing 1/60	1 @	Cookies (Mix - 2 oz total)	2 @	Brownie 1/60	1 @	Cake/Icing 1/60	1 @	Brownie 1/60	1 @	Cookies (Mix-2 oz total)	2 @	
Salt & Pepper PKT		1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	
Fruit Juice 100% or Fruit		1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	
VEG. SUB: Soy Meatballs		3 oz		VEG. SUB: Grilled Cheese Sandwiches	3 oz/4 SL		VEG. SUB: Soy Spaghetti (3 oz)	8 oz		VEG. SUB: Vegetarian Beans	1 C		VEG. SUB: Soy Meatballs	3 oz	
D I N E R		Fried or Baked Salisbury Beef Pattie	3 oz	Breaded Fish Portion (3 oz meat)	4 OZ	Pork Patty* OR Baked Chicken Pattie (3 oz meat)	3 oz 4 oz	Baked T. Ham	3 oz	Chilli con Carne (3 oz Gd Beef)	8 oz	Sloppy Joe (3 oz Gd Beef)	4 oz	Italian Meat Sauce on (3 oz Gd meat)	6 OZ
	Brown Gravy	1/4 C	Tartar Sauce	1/2 oz	Gravy	1/4 C	Oven Stripped Potatoes	3/4 C	Steamed Rice	3/4 C	Cajun Potatoes	3/4 C	Steamed Pasta	3/4 C	
	Baked Potato	1 @	Seasoned Rice	3/4 C	Steamed Rice	1/2 C	Pinto Bean Salad	1/2 c	Steamed Cabbage	1/2 C	Green Beans	1/2 C	Mixed Vegetables	1/2 C	
	Mixed Vegetables	1/2 C	Carrots	1/2 c	Green Beans	1/2 C	Seasoned Greens	1/2 C	Tossed Salad/Dressing	1/2 C/1/2 oz	Tossed Salad/Dressing	1/2 C	Tossed Salad/Dressing	1/2 C/1/2 oz	
	Tossed Salad/Dressing	1/2 C/1/2 oz	Garden Salad/Dressing	1/2 C/1/2 oz	Tossed Salad/Dressing	1/2 C/1/2 c	Creamy Coleslaw		Bread 1/60	1 ea	Bread	2 SL	Bread	2 SL	
	Bread	2 SL	Margarine	1/2 oz	Bread	2 SL	Bread 1/60	1 EA	Bread	2 SL	Bread	2 SL	Bread	2 SL	
	Margarine	1/2 oz	Cookies (Mix-2 oz total)	2 @	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz	
	Cake/Icing 1/60	1 @	Salt & Pepper PKT	1 EA	Cookies (Mix-2 oz total)	2 @	Cookies (mix-2 oz total)	2 @	Cookies (Mix-2 oz total)	2 @	Cookies (Mix-2 oz total)	2 @	Cookies (Mix-2 oz total)	2 @	
	Salt & Pepper PKT	1 EA	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	Salt & Pepper PKT	1 EA	
	Fruit Juice 100% or Fruit	1 C or 1/2 cup	VEG. SUB: Vegetarian Beans	1 C	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	Fruit Juice 100% or Fruit	1 C or 1/2 cup	
VEG. SUB: Macaroni & Cheese	1 C		VEG. SUB: Soy, Pasta & Sauce (3 oz soy)	8 oz		VEG. SUB: Vegetarian Beans	1 C		VEG. SUB: Macaroni & Cheese	1 C		VEG. SUB: Soy Sloppy Joe (3 oz soy)	4 OZ		

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