

ATTACHMENT

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WEEK ONE - Lakin Correctional Center

* = Free Flow

000456

EXHIBIT 4

MONDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Roast Turkey	3 oz
	Hot Cereal LF	1 c	Glazed BBQ Pattie	3 oz	Gravy	2 fl oz
	Pancakes (Mix - 2 oz each)	2 ea	Carrots	1/2 c	Mashed Potatoes	3/4 c
	Syrup	2 fl oz	Fried Rice	3/4 c	Green Beans	1/2 c
	Pork Sausage Pattie	1 oz	Enriched Bread	2 sl	Creamy Coleslaw	1/2 c
	Whipped Margarine	1/3 oz	Whipped Margarine	1/3 oz	Enriched Bread	2 sl
	Salt & Pepper Pkt	1 ea	Fudge Brownie	1/60 cut	Whipped Margarine	1/3 oz
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 ea	Fresh Baked Cookie	2 oz
	Coffee	1 c	*Fruit Drink w/C	1 c	Salt & Pepper Pkt	1 ea
	*1% Milk	1 c	*Sweetened Tea	1 c	*Fruit Drink w/C	1 c
					*Sweetened Tea	1 c
	TUESDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Cajun Jambalaya (3 oz gd mea
Dry Cereal		1 c	Crispy Chicken Pattie	4 oz	Rice	1/2 c
Scrambled Eggs		3 oz	Gravy	2 fl oz	Mixed Vegetables	1/2 c
Hash Browns		1/2 c	Mexican Pinto Beans	3/4 c	Garden Salad	1/2 c
Bakery Biscuit		1/60 cut	Bakery Biscuit	1/60 cut	LF Salad Dressing	1/2 fl oz
Salt & Pepper Pkt		1 ea	Whipped Margarine	1/3 oz	Enriched Bread	2 sl
Sugar/Sugar Sub		2 pkts	Frosted Cake	1/60 cut	Whipped Margarine	1/3 oz
Coffee		1 c	Salt & Pepper Pkt	1 ea	Apple Kettle Crisp	1/2 c
*1% Milk		1 c	*Fruit Drink w/C	1 c	Salt & Pepper Pkt	1 ea
			*Sweetened Tea	1 c	*Fruit Drink w/C	1 c
					*Sweetened Tea	1 c
WEDNESDAY		Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Smoked Turkey Sausage
	Hot Cereal LF	1 c	Charbroiled Beef Pattie	3 oz	(3 oz each)	
	Beef Breakfast Gravy 4/1 LF	4 oz	Hamburger Bun	1 ea	Sauteed Peppers/Onions	1 oz
	Bakery Biscuit	1/60 cut	Mustard	1/2 fl oz	Mashed Potatoes	3/4 c
	Salt & Pepper Pkt	1 ea	Ketchup	1/2 fl oz	Gravy	2 fl oz
	Sugar/Sugar Sub	1 ea	Sliced Onion	1/2 oz	Carrots	1/2 c
	Coffee	1 c	Pickle Chips	3 ea	Cabbage	1/2 c
	*1% Milk	1 c	French Fries	1 c	Hot Dog Bun	1 ea
			Fruit	1 ea	Fresh Baked Cookie	2 oz
			Salt & Pepper Pkt	1 ea	Salt & Pepper Pkt	1 ea
			*Fruit Drink w/C	1 c	*Fruit Drink w/C	1 c
			*Sweetened Tea	1 c	*Sweetened Tea	1 c
THURSDAY	Fruit	1 ea / 1/2 c	Fruit	1 @ or 1 c	Pork Gd Pattie 3/2	3 oz
	Dry Cereal	1 c	Vegetarian Soup	1 c	Rice O'Brien	3/4 c
	Pancakes (Mix - 2 oz each)	2 @	Crunchy Country Pattie	3 oz	Carrots	1/2 c
	Syrup	2 fl oz	Gravy	2 fl oz	Garden Salad	1/2 c
	Pork Sausage	1 oz	Northern Beans	1/2 c	LF Salad Dressing	1/2 fl oz
	Whipped Margarine	1/3 oz	Bread 1/60	2 sl	Bread	2 sl
	*1% Milk	1 c	Whipped Margarine	1/2 oz	Whipped Margarine	1/2 oz
	Coffee	1 c	*Fruit Drink w/C	1 c	Cake/Icing 1/60	1/60 cut
	Salt & Pepper Pkt	1 @	*Sweetened Tea	1 c	Salt & Pepper Pkt	1 @
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 ea	Fruit Drink w/C	1 c
					Sweetened Tea	1 c
	FRIDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Tex Mex Taco Meat
Hot Cereal LF		1 c	Burrito	1 ea	(3 oz gd beef)	
Scrambled Eggs		3 oz	Spanish Rice	1/2 c	Cheese Sauce	1/2 oz
Cottage Fries		1/2 c	Pinto Beans	1/2 c	Refried Pinto Beans	1/2 c
Bakery Biscuit		1/60 cut	Bakery Biscuit	1/60 cut	Shredded Lettuce	1/2 c
Salt & Pepper Pkt		1 ea	Fudge Brownie	1/60 cut	Creamy Coleslaw	1/2 c
Sugar/Sugar Sub		2 pkts	Salt & Pepper Pkt	1 ea	Flour Tortilla (6")	2 ea
Coffee		1 c	*Fruit Drink w/C	1 c	Fresh Baked Cookie	2 oz
*1% Milk		1 c	*Sweetened Tea	1 c	Salt & Pepper Pkt	1 ea
					*Fruit Drink w/C	1 c
					*Sweetened Tea	1 c
SATURDAY		Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Baked Chicken 1/4
	Dry Cereal	1 c	Turkey Salami	2 oz	Rice O'Brien	1/2 c
	Pancakes (Mix - 2 oz each)	2 ea	Cheese	1 oz	Carrots	1/2 c
	Syrup	2 fl oz	Tomato Slice	1 sl	Garden Salad	1/2 c
	Pork Sausage Pattie	1 oz	Sliced Lettuce Leaf	1 sl	LF Salad Dressing	1/2 fl oz
	Whipped Margarine	1/3 oz	Mustard	1/2 fl oz	Enriched Bread	2 sl
	Salt & Pepper Pkt	1 ea	Hoagie Roll	1 ea	Whipped Margarine	1/3 oz
	Sugar/Sugar Sub	2 pkts	Baked Beans	1/2 c	Frosted Cake	1/60 cut
	Coffee	1 c	Fresh Baked Cookie	2 oz	Salt & Pepper Pkt	1 ea
	*1% Milk	1 c	Salt & Pepper Pkt	1 ea	*Fruit Drink w/C	1 c
			*Fruit Drink w/C	1 c	*Sweetened Tea	1 c
			*Sweetened Tea	1 c		
SUNDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Turkey Ham	3 oz
	Hot Cereal LF	1 c	Turkey Hot Dogs (1.5 oz each)	2 ea	O'Brien Potatoes	1/2 c
	Beef Breakfast Gravy 4/1 LF	4 oz	Mustard	1/2 fl oz	Greens	1/2 c
	Bakery Biscuit	1/60 cut	Ketchup	1/2 fl oz	Pinto Beans	1/2 c
	Salt & Pepper Pkt	1 ea	Hot Dog Bun	2 ea	Southern Cornbread	1/60 cut
	Sugar/Sugar Sub	2 pkts	Baked Potato	1 ea	Whipped Margarine	1/2 oz
	Coffee	1 c	Frosted Cake	1/60 cut	Fresh Baked Cookie	2 oz
	*1% Milk	1 c	Salt & Pepper Pkt	1 ea	Salt & Pepper Pkt	1 ea
			*Fruit Drink w/C	1 c	*Fruit Drink w/C	1 c
			*Sweetened Tea	1 c	*Sweetened Tea	1 c

WEEK TWO - Lakin Correctional Center

* = Free Flow

000457 EXHIBIT 4

MONDAY	Fruit Hot Cereal LF Hard Cooked Egg Cottage Fries Bakery Biscuit Salt & Pepper Pkt Sugar/Sugar Sub Coffee *1% Milk	1 ea / 1/2 c 1 c 2 ea 1/2 c 1/60 cut 1 ea 2 pkts 1 c 1 c	Vegetarian Soup Grilled Cheese Sandwich (1.5 oz cheese) French Fries Green Beans Fresh Baked Cookie Salt & Pepper Pkt *Fruit Drink w/C *Sweetened Tea	1 c 2 ea 3/4 c 1/2 c 2 oz 1 ea 1 c 1 c	Beef Gd (NS) Chili 8/3 Rice Cabbage Garden Salad LF Salad Dressing Enriched Bread Whipped Margarine Fresh Baked Cookie Salt & Pepper Pkt *Fruit Drink w/C *Sweetened Tea	8 oz 1/2 c 1/2 c 1/2 c 1/2 fl oz 2 sl 1/3 oz 2 oz 1 ea 1 c 1 c
TUESDAY	Fruit Dry Cereal Beef Breakfast Gravy 4/1 LF Bakery Biscuit Salt & Pepper Pkt Sugar/Sugar Sub Coffee *1% Milk	1 ea / 1/2 c 1 c 4 oz 1/60 cut 1 ea 2 pkts 1 c 1 c	Vegetarian Soup Smoked Turkey Sausage (3 oz each) Sauteed Peppers/Onions Rice Hot Dog Bun Fudge Brownie Salt & Pepper Pkt *Fruit Drink w/C *Sweetened Tea	1 c 1 ea 1 oz 1/2 c 1 ea 1/60 cut 1 ea 1 c 1 c	Crunchy Country Pattie Gravy Baked Potato Corn Enriched Bread Whipped Margarine Frosted Cake Salt & Pepper Pkt *Fruit Drink w/C *Sweetened Tea	3 oz 2 fl oz 1 ea 1/2 c 2 sl 1/3 oz 1/60 cut 1 ea 1 c 1 c
WEDNESDAY	Fruit Hot Cereal LF Scrambled Eggs Hash Browns Bakery Biscuit Salt & Pepper Pkt Sugar/Sugar Sub Coffee *1% Milk	1 ea / 1/2 c 1 c 3 oz 1/2 c 1/60 cut 1 ea 2 pkts 1 c 1 c	Vegetarian Soup Charbroiled Beef Pattie Hamburger Bun Mustard Ketchup Onion Pickle Chips French Fries Fresh Baked Cookie Salt & Pepper Pkt *Fruit Drink w/C *Sweetened Tea	1 c 3 oz 1 ea 1/2 fl oz 1/2 fl oz 1/2 oz 3 ea 1 c 2 oz 1 ea 1 c 1 c	Noodles Italian Meat Sauce (3 oz gd meat) Mixed Vegetables Garden Salad LF Salad Dressing Enriched Bread Whipped Margarine Frosted Cake Salt & Pepper Pkt *Fruit Drink w/C *Sweetened Tea	3/4 c 6 oz 1/2 c 1/2 c 1/2 fl oz 2 sl 1/3 oz 1/60 cut 1 ea 1 c 1 c
THURSDAY	Fruit Dry Cereal Scrambled Eggs Cottage Fries Bakery Biscuit Salt & Pepper Pkt Sugar/Sugar Sub Coffee *1% Milk	1 ea / 1/2 c 1 c 3 oz 1/2 c 1/60 cut 1 ea 2 pkts 1 c 1 c	Vegetarian Soup BBQ (Scratch) Roast Beef From Precooked 4/3 oz Hamburger Bun Mixed Vegetables Potato Salad Fresh Baked Cookie Salt & Pepper Pkt *Fruit Drink w/C *Sweetened Tea	1 c 4 oz 1 ea 1/2 c 1/2 c 2 oz 1 ea 1 c 1 c	Meat & Cheese Pizza (5 oz) Noodles w/Tomato Sauce Green Beans Garden Salad LF Salad Dressing Enriched Bread Frosted Cake Salt & Pepper Pkt *Fruit Drink w/C *Sweetened Tea	1 ea 3/4 c 1/2 c 1/2 c 1/2 fl oz 2 sl 1/60 cut 1 ea 1 c 1 c
FRIDAY	Fruit Dry Cereal Pancakes (Mix - 2 oz each) Syrup Pork Sausage Pattie Whipped Margarine Salt & Pepper Pkt Sugar/Sugar Sub Coffee *1% Milk	1 ea / 1/2 c 1 c 2 ea 2 fl oz 1 oz 1/3 oz 1 ea 2 pkts 1 c 1 c	Vegetarian Soup Tex Mex Taco Meat (3 oz gd beef) Cheese Sauce Refried Pinto Beans Shredded Lettuce Flour Tortilla (6") Fruit Salt & Pepper Pkt *Fruit Drink w/C *Sweetened Tea	1 c 4 oz 1/2 oz 1/2 c 1/2 c 2 ea 1 ea 1 ea 1 c 1 c	Turkey Hot Dogs (2 oz each) Mustard Ketchup Hot Dog Bun Cottage Fried Baked Beans Coleslaw Vinaigrette Fresh Baked Cookie Salt & Pepper Pkt *Fruit Drink w/C *Sweetened Tea	2 ea 1/2 fl oz 1/2 fl oz 2 ea 1/2 c 1/2 c 1/2 c 2 oz 1 ea 1 c 1 c
SATURDAY	Fruit Dry Cereal Scrambled Eggs O'brien Potatoes Bakery Biscuit Salt & Pepper Pkt Sugar/Sugar Sub Coffee *1% Milk	1 ea / 1/2 c 1 c 3 oz 1/2 c 1 ea 1 ea 2 pkts 1 c 1 c	Vegetarian Soup Turkey Salami Cheese Mustard Potato Salad Enriched Bread Frosted Cake Salt & Pepper Pkt *Fruit Drink w/C *Sweetened Tea	1 c 2 oz 1 oz 1/2 fl oz 1/2 c 2 sl 1/60 cut 1 ea 1 c 1 c	Noodles Italian Meat Sauce (3 oz gd meat) Peas Garden Salad LF Salad Dressing Enriched Bread Whipped Margarine Fudge Brownie Salt & Pepper Pkt *Fruit Drink w/C *Sweetened Tea	3/4 c 6 oz 1/2 c 1/2 c 1/2 fl oz 2 sl 1/3 oz 1/60 cut 1 ea 1 c 1 c
SUNDAY	Fruit Hot Cereal LF Beef Breakfast Gravy 4/1 LF Bakery Biscuit Salt & Pepper Pkt Sugar/Sugar Sub Coffee *1% Milk	1 ea / 1/2 c 1 c 4 oz 1/60 cut 1 ea 2 pkts 1 c 1 c	Vegetarian Soup Baked Chicken 1/4 Rice O'Brien Carrots Enriched Bread Whipped Margarine Fresh Fruit Salt & Pepper Pkt *Fruit Drink w/C *Sweetened Tea	1 c 1 ea 1/2 c 1/2 c 2 sl 1/3 oz 1 ea 1 ea 1 c 1 c	Turkey Ham O'Brien Potatoes Greens Pinto Beans Southern Cornbread Whipped Margarine Fresh Baked Cookie Salt & Pepper Pkt *Fruit Drink w/C *Sweetened Tea	3 oz 1/2 c 1/2 c 1/2 c 1/60 cut 1/2 oz 2 oz 1 ea 1 c 1 c

WEEK THREE - Lakin Correctional Center

* = Free Flow

000450

EXHIBIT 4

MONDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	100% Beef Pattie	3 oz
	Hot Cereal LF	1 c	Smoked Turkey Sausage	1 ea	Spanish Rice	3/4 c
	Scrambled Eggs	3 oz	(3 oz each)		Green Beans	1/2 c
	Hash Browns	1/2 c	Sauteed Peppers/Onions	1 oz	Garden Salad	1/2 c
	Enriched Bread	2 sl	Rice	1/2 c	LF Salad Dressing	1/2 fl oz
	Salt & Pepper Pkt	1 ea	Greens	1/2 c	Enriched Bread	2 sl
	Sugar/Sugar Sub	2 pkts	Enriched Bread	2 sl	Whipped Margarine	1/3 oz
	Coffee	1 c	Whipped Margarine	1/3 oz	Frosted Cake	1/60 cut
	*1% Milk	1 c	Frosted Cake	1/60 cut	Salt & Pepper Pkt	1 ea
			Salt & Pepper Pkt	1 ea	*Fruit Drink w/C	1 c
		*Fruit Drink w/C	1 c	*Sweetened Tea	1 c	
		*Sweetened Tea	1 c			
TUESDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Turkey Breast	3 oz
	Dry Cereal	1 c	Lakin-Pork Cube Steak 3 oz	3 oz	AuGratin Potatoes	1/2 c
	Beef Breakfast Gravy 4/1 LF	4 oz	Gravy	2 fl oz	Gravy	2 fl oz
	Bakery Biscuit	1/60 cut	Mashed Potatoes	3/4 c	Garden Salad	1/2 c
	Salt & Pepper Pkt	1 ea	Enriched Bread	2 sl	LF Salad Dressing	1/2 fl oz
	Sugar/Sugar Sub	2 pkts	Whipped Margarine	1/3 oz	Carrots	1/2 c
	Coffee	1 c	Frosted Cake	1/60 cut	Southern Cornbread	1/60 cut
	*1% Milk	1 c	Salt & Pepper Pkt	1 ea	Whipped Margarine	1/3 oz
			*Fruit Drink w/C	1 c	Fudge Brownie	1/60 cut
			*Sweetened Tea	1 c	Salt & Pepper Pkt	1 ea
				*Fruit Drink w/C	1 c	
				*Sweetened Tea	1 c	
WEDNESDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Crispy Chicken Pattie	4 oz
	Hot Cereal LF	1 c	Charbroiled Beef Pattie	3 oz	Gravy	2 fl fl oz
	Pancakes (Mix - 2 oz each)	2 ea	Hamburger Bun	1 ea	Ranch Pinto Beans	3/4 c
	Syrup	2 fl oz	Mustard	1/2 fl oz	Garden Salad	1/2 c
	Pork Sausage Pattie	1 oz	Ketchup	1/2 fl oz	LF Salad Dressing	1/2 fl oz
	Whipped Margarine	1/3 oz	Onion	1/2 oz	Enriched Bread	2 sl
	Salt & Pepper Pkt	1 ea	Pickle Chips	3 ea	Whipped Margarine	1/3 oz
	Sugar/Sugar Sub	2 pkts	French Fries	1 c	Frosted Cake	1/60 cut
	Coffee	1 c	Fresh Baked Cookie	2 oz	Salt & Pepper Pkt	1 ea
	*1% Milk	1 c	Salt & Pepper Pkt	1 ea	*Fruit Drink w/C	1 c
		*Fruit Drink w/C	1 c	*Sweetened Tea	1 c	
		*Sweetened Tea	1 c			
THURSDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Turkey Ham	3 oz
	Dry Cereal	1 c	Turkey Hot Dogs (1.5 oz each)	2 ea	O'Brien Potatoes	1/2 c
	Pancakes (Mix - 2 oz each)	2 ea	Mustard	1/2 fl oz	Greens	1/2 c
	Syrup	2 fl oz	Ketchup	1/2 fl oz	Pinto Beans	1/2 c
	Pork Sausage Pattie	1 oz	Cajun Potatoes	1/2 c	Southern Cornbread	1/60 cut
	Whipped Margarine	1/3 oz	Hot Dog Bun	2 ea	Whipped Margarine	1/3 oz
	Salt & Pepper Pkt	1 ea	Frosted Cake	1/60 cut	Fresh Baked Cookie	2 oz
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 ea	Salt & Pepper Pkt	1 ea
	Coffee	1 c	*Fruit Drink w/C	1 c	*Fruit Drink w/C	1 c
	*1% Milk	1 c	*Sweetened Tea	1 c	*Sweetened Tea	1 c
FRIDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Sloppy Joe Filling (3oz gd beef)	4 oz
	Hot Cereal LF	1 c	Burrito	1 ea	Baked Potato	1 ea
	Scrambled Eggs	3	Spanish Rice	3/4 c	Green Beans	1/2 c
	Cottage Fries	2 oz	Fudge Brownies	1/60 cut	Garden Salad	1/2 c
	Bakery Biscuit	1 oz	Salt & Pepper Pkt	1 ea	LF Salad Dressing	1/2 fl oz
	Whipped Margarine	1/3 oz	*Fruit Drink w/C	1 c	Hamburger Bun	1 ea
	Salt & Pepper Pkt	1 ea	*Sweetened Tea	1 c	Fresh Baked Cookie	2 oz
	Sugar/Sugar Sub	2 pkts			Salt & Pepper Pkt	1 ea
	Coffee	1 c			*Fruit Drink w/C	1 c
	*1% Milk	1 c			*Sweetened Tea	1 c
SATURDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Baked Chicken 1/4	1 ea
	Dry Cereal	1 c	Turkey Bologna	3 oz	Rice O'Brien	1/2 c
	Pancakes (Mix - 2 oz each)	2 ea	Cheese	1 oz	Carrots	1/2 c
	Syrup	2 fl oz	Tomato	1 sl	Garden Salad	1/2 c
	Pork Sausage Pattie	1 oz	Sliced Lettuce Leaf	1 sl	LF Salad Dressing	1/2 fl oz
	Whipped Margarine	1/3 oz	Mustard	1/2 fl oz	Enriched Bread	2 sl
	Salt & Pepper Pkt	1 ea	Hoagie Roll	1 ea	Whipped Margarine	1/3 oz
	Sugar/Sugar Sub	2 pkts	Potato Salad	1/2 c	Frosted Cake	1/60 cut
	Coffee	1 c	Fresh Baked Cookie	2 oz	Salt & Pepper Pkt	1 ea
	*1% Milk	1 c	Salt & Pepper Pkt	1 ea	*Fruit Drink w/C	1 c
		*Fruit Drink w/C	1 c	*Sweetened Tea	1 c	
		*Sweetened Tea	1 c			
SUNDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Pork Gd Pattie 3/2	3 oz
	Hot Cereal LF	1 c	Crispy Chicken Pattie	4 oz	Parsley Potatoes	3/4 c
	Beef Breakfast Gravy 4/1 LF	4 oz	Gravy	2 fl oz	Greens	1/2 c
	Cottage Fries	1/2 c	Northern Beans	3/4 c	Creamy Coleslaw	1/2 c
	Bakery Biscuit	1/60 cut	Southern Cornbread	1/60 cut	Southern Cornbread	1/60 cut
	Salt & Pepper Pkt	1 ea	Whipped Margarine	1/3 oz	Whipped Margarine	1/3 oz
	Sugar/Sugar Sub	2 pkts	Fruit	1 ea	Fresh Baked Cookie	2 oz
	Coffee	1 c	Salt & Pepper Pkt	1 ea	Salt & Pepper Pkt	1 ea
	*1% Milk	1 c	*Fruit Drink w/C	1 c	*Fruit Drink w/C	1 c
			*Sweetened Tea	1 c	*Sweetened Tea	1 c

WEEK FOUR - Lakin Correctional Center

* = Free Flow

000459

EXHIBIT 4

MONDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Farmhouse Stew	6 oz
	Hot Cereal LF	1 c	Spaghetti	3/4 c	(3 oz diced meat)	
	Pancakes (Mix - 2 oz each)	2 ea	Italian Meat Sauce (3oz gd meat)	6 oz	Rice	3/4 c
	Syrup	2 fl oz	Carrots	1/2 c	Green Beans	1/2 c
	Pork Sausage Pattie	1 oz	Enriched Bread	2 sl	Carrot Coleslaw	1/2 c
	Whipped Margarine	1/3 oz	Whipped Margarine	1/3 oz	Enriched Bread	2 sl
	Salt & Pepper Pkt	1 ea	Fresh Baked Cookie	2 oz	Whipped Margarine	1/3 oz
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 ea	Frosted Cake	1/60 cut
	Coffee	1 c	*Fruit Drink w/C	1 c	Salt & Pepper Pkt	1 ea
	*1% Milk	1 c	*Sweetened Tea	1 c	*Fruit Drink w/C	1 c
					*Sweetened Tea	1 c
TUESDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Turkey Ham	3 oz
	Dry Cereal	1 c	Burrito	1 ea	O'Brien Potatoes	1/2 c
	Beef Breakfast Gravy 4/1 LF	4 oz	Pinto Beans	1/2 c	Greens	1/2 c
	Bakery Biscuit	1/60 cut	Spanish Rice	1/2 c	Pinto Beans	1/2 c
	Salt & Pepper Pkt	1 ea	Bakery Biscuit	1/60 cut	Southern Cornbread	1/60 cut
	Sugar/Sugar Sub	2 pkts	Fudge Brownies	1/60 cut	Whipped Margarine	1/3 oz
	Coffee	1 c	Salt & Pepper Pkt	1 ea	Fresh Baked Cookie	2 oz
	*1% Milk	1 c	*Fruit Drink w/C	1 c	Salt & Pepper Pkt	1 ea
			*Sweetened Tea	1 c	*Fruit Drink w/C	1 c
					*Sweetened Tea	1 c
WEDNESDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Crunchy Country Pattie	4 oz
	Hot Cereal LF	1 c	Charbroiled Beef Pattie	3 oz	Cream Gravy	2 fl oz
	Hard Cooked Egg	2 ea	Hamburger Bun	1 ea	AuGratin Potatoes	1/2 c
	Hash Browns	1/2 c	Mustard	1/2 fl oz	Green Beans	1/2 c
	Bakery Biscuit	1/60 cut	Ketchup	1/2 fl oz	Creamy Coleslaw	1/2 c
	Salt & Pepper Pkt	1 ea	Onion	1/2 oz	Enriched Bread	2 sl
	Sugar/Sugar Sub	2 pkts	Pickle Chips	3 ea	Whipped Margarine	1/3 oz
	Coffee	1 c	Parsley Potatoes	1/2 c	Fresh Baked Cookie	2 oz
	*1% Milk	1 c	Frosted Cake	1/60 cut	Salt & Pepper Pkt	1 ea
			Salt & Pepper Pkt	1 ea	*Fruit Drink w/C	1 c
			*Fruit Drink w/C	1 c	*Sweetened Tea	1 c
		*Sweetened Tea	1 c			
THURSDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Turkey Ham	3 oz
	Dry Cereal	1 c	Roast Beef	2 oz	O'Brien Potatoes	1/2 c
	Scrambled Eggs	3 oz	Cheese	1 oz	Greens	1/2 c
	Cottage Fries	1/2 c	Northern Beans	3/4 c	Pinto Beans	1/2 c
	Bakery Biscuit	1/60 cut	Enriched Bread	2 sl	Southern Cornbread	1/60 cut
	Salt & Pepper Pkt	1 ea	Fruit	1 ea	Whipped Margarine	1/3 oz
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 ea	Fresh Baked Cookie	2 oz
	Coffee	1 c	*Fruit Drink w/C	1 c	Salt & Pepper Pkt	1 ea
	*1% Milk	1 c	*Sweetened Tea	1 c	*Fruit Drink w/C	1 c
					*Sweetened Tea	1 c
FRIDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	DOC Lakin-Shredded Pork 3oz	3 oz
	Hot Cereal LF	1 c	Seasoned Oven Baked Fish	3 oz	Fried Rice	3/4 c
	Pancakes (Mix - 2 oz each)	2 ea	Tartar Sauce	1/2 fl oz	Mixed Vegetables	1/2 c
	Syrup	2 fl oz	Macaroni & Cheese	3/4 c	Garden Salad	1/2 c
	Pork Sausage Pattie	1 oz	Enriched Bread	2 sl	LF Salad Dressing	1/2 fl oz
	Whipped Margarine	1/3 oz	Whipped Margarine	1/3 oz	Enriched Bread	2 sl
	Salt & Pepper Pkt	1 ea	Fudge Brownies	1/60 cut	Whipped Margarine	1/3 oz
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 ea	Frosted Cake	1/60 cut
	Coffee	1 c	*Fruit Drink w/C	1 c	Salt & Pepper Pkt	1 ea
	*1% Milk	1 c	*Sweetened Tea	1 c	*Fruit Drink w/C	1 c
					*Sweetened Tea	1 c
SATURDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Italian Meat Sauce (3oz gd meat)	6 oz
	Dry Cereal	1 c	Turkey Bologna	3 oz	Noodles	3/4 c
	Hard Cooked Egg	2 ea	Cheese	1 oz	Carrots	1/2 c
	Hash Browns	1/2 c	Tomato	1 sl	Garden Salad	1/2 c
	Bakery Biscuit	1/60 cut	Sliced Lettuce Leaf	1 sl	LF Salad Dressing	1/2 fl oz
	Salt & Pepper Pkt	1 ea	Mustard	1/2 fl oz	Enriched Bread	2 sl
	Sugar/Sugar Sub	2 pkts	Hoagie Roll	1 ea	Whipped Margarine	1/3 oz
	Coffee	1 c	French Fries	3/4 c	Fresh Baked Cookie	2 oz
	*1% Milk	1 c	Fresh Baked Cookie	2 oz	Salt & Pepper Pkt	1 ea
			Salt & Pepper Pkt	1 ea	*Fruit Drink w/C	1 c
			*Fruit Drink w/C	1 c	*Sweetened Tea	1 c
		*Sweetened Tea	1 c			
SUNDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Baked Chicken 1/4	1 ea
	Hot Cereal LF	1 c	Turkey Hot Dog (2 oz each)	2 ea	Rice O'Brien	1/2 c
	Beef Breakfast Gravy 4/1 LF	4 oz	Hot Dog Bun	2 ea	Mixed Vegetables	1/2 c
	Bakery Biscuit	1/60 cut	Mustard	1/2 fl oz	Garden Salad	1/2 c
	Salt & Pepper Pkt	1 ea	Ketchup	1/2 fl oz	LF Salad Dressing	1/2 fl oz
	Sugar/Sugar Sub	2 pkts	Oven Stripped Potatoes	3/4 c	Enriched Bread	2 sl
	Coffee	1 c	Frosted Cake	1/60 cut	Whipped Margarine	1/3 oz
	*1% Milk	1 c	Salt & Pepper Pkt	1 ea	Frosted Cake	1/60 cut
			*Fruit Drink w/C	1 c	Salt & Pepper Pkt	1 ea
			*Sweetened Tea	1 c	*Fruit Drink w/C	1 c
					*Sweetened Tea	1 c

WEEK FIVE - Lakin Correctional Center

* = Free Flow

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MONDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Beef Gd (NS) Chili 8/3	8 oz
	Hot Cereal LF	1 c	Turkey Bologna	2 oz	Rice	1/2 c
	Scrambled Eggs	3 oz	Cheese	1 oz	Cabbage	1/2 c
	Cottage Fries	1/2 c	Mustard	1/2 fl oz	Garden Salad	1/2 c
	Enriched Bread	2 sl	French Fries	3/4 c	LF Salad Dressing	1/2 fl oz
	Salt & Pepper Pkt	1 ea	Enriched Bread	2 sl	Southern Cornbread	1/60 cut
	Sugar/Sugar Sub	2 pkts	Frosted Cake	1/60 cut	Whipped Margarine	1/3 oz
	Coffee	1 c	Salt & Pepper Pkt	1 ea	Fresh Baked Cookie	2 oz
	*1% Milk	1 c	*Fruit Drink w/C	1 c	Salt & Pepper Pkt	1 ea
			*Sweetened Tea	1 c	*Fruit Drink w/C	1 c
				*Sweetened Tea	1 c	
TUESDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Sloppy Joe Filling (3oz gd beef)	4 oz
	Dry Cereal	1 c	Smoked Turkey Sausage	1 ea	Cajun Potatoes	1/2 c
	Beef Breakfast Gravy 4/1 LF	4 oz	(3 oz each)		Green Beans	1/2 c
	Bakery Biscuit	1/60 cut	Sauteed Peppers & Onions	1 oz	Garden Salad	1/2 c
	Salt & Pepper Pkt	1 ea	Rice	1/2 c	LF Salad Dressing	1/2 fl oz
	Sugar/Sugar Sub	2 pkts	Enriched Bread	2 sl	Enriched Bread	2 sl
	Coffee	1 c	Whipped Margarine	1/3 oz	Fresh Baked Cookie	2 oz
	*1% Milk	1 c	Fudge Brownies	1/60 cut	Salt & Pepper Pkt	1 ea
			Salt & Pepper Pkt	1 ea	*Fruit Drink w/C	1 c
			*Fruit Drink w/C	1 c	*Sweetened Tea	1 c
		*Sweetened Tea	1 c			
WEDNESDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Italian Meat Sauce (3oz gd meat)	6 oz
	Hot Cereal LF	1 c	Charbroiled Beef Pattie	3 oz	Noodles	3/4 c
	Hard Cooked Egg	2 ea	Hamburger Bun	1 ea	Mixed Vegetables	1/2 c
	Hash Browns	1/2 c	Mustard	1/2 fl oz	Garden Salad	1/2 c
	Enriched Bread	2 sl	Ketchup	1/2 fl oz	LF Salad Dressing	1/2 fl oz
	Salt & Pepper Pkt	1 ea	Onion	1/2 oz	Enriched Bread	2 sl
	Sugar/Sugar Sub	2 pkts	Pickle Chips	3 ea	Whipped Margarine	1/3 oz
	Coffee	1 c	Oven Brownd Potatoes	1 c	Fresh Baked Cookie	2 oz
	*1% Milk	1 c	Fresh Baked Cookie	2 oz	Salt & Pepper Pkt	1 ea
			Salt & Pepper Pkt	1 ea	*Fruit Drink w/C	1 c
		*Fruit Drink w/C	1 c	*Sweetened Tea	1 c	
		*Sweetened Tea	1 c			
THURSDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	BBQ (Scratch) Roast Beef From	4 oz
	Dry Cereal	1 c	Smoked Turkey Sausage	1 ea	Precooked 4/3 oz	
	Pancakes (Mix - 2 oz each)	2 ea	Sauteed Peppers & Onions	1 oz	Gravy	2 oz
	Syrup	2 fl oz	Rice	1/2 c	Baked Potato	1 ea
	Pork Ham	1 oz	Hot Dog Bun	1 ea	Mixed Vegetables	1/2 c
	Whipped Margarine	1/3 oz	Fresh Baked Cookie	2 oz	Garden Salad	1/2 c
	Salt & Pepper Pkt	1 ea	Salt & Pepper Pkt	1 ea	LF Salad Dressing	1/2 fl oz
	Sugar/Sugar Sub	2 pkts	*Fruit Drink w/C	1 c	Enriched Bread	2 sl
	Coffee	1 c	*Sweetened Tea	1 c	Frosted Cake	1/60 cut
	*1% Milk	1 c			Salt & Pepper Pkt	1 ea
				*Fruit Drink w/C	1 c	
				*Sweetened Tea	1 c	
FRIDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Oven Fried Breaded Fish Pattie	4 oz
	Hot Cereal LF	1 c	Crunchy Country Pattie	4 oz	Tartar Sauce	1/2 oz
	Scrambled Eggs	3 oz	Cream Gravy	2 oz	Rice	1/2 c
	Cottage Fries	1/2 c	Baked Potato	1 ea	Carrots	1/2 c
	Bakery Biscuit	1/60 cut	Enriched Bread	2 sl	Garden Salad	1/2 c
	Whipped Margarine	1/3 oz	Whipped Margarine	1/3 oz	LF Salad Dressing	1/2 fl oz
	Salt & Pepper Pkt	1 ea	Frosted Cake	1/60 cut	Enriched Bread	2 sl
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 ea	Whipped Margarine	1/3 oz
	Coffee	1 c	*Fruit Drink w/C	1 c	Fresh Baked Cookie	2 oz
	*1% Milk	1 c	*Sweetened Tea	1 c	Salt & Pepper Pkt	1 ea
				*Fruit Drink w/C	1 c	
				*Sweetened Tea	1 c	
SATURDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Baked Chicken 1/4	1 ea
	Dry Cereal	1 c	Grilled Cheese Sandwich	2 ea	Rice O'Brien	1/2 c
	Beef Breakfast Gravy 4/1 LF	4 oz	(1.5 oz cheese)		Carrots	1/2 c
	Bakery Biscuit	1/60 cut	French Fries	3/4 c	Garden Salad	1/2 c
	Salt & Pepper Pkt	1 ea	Fresh Baked Cookie	2 oz	LF Salad Dressing	1/2 fl oz
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 ea	Enriched Bread	2 sl
	Coffee	1 c	*Fruit Drink w/C	1 c	Whipped Margarine	1/3 oz
	*1% Milk	1 c	*Sweetened Tea	1 c	Frosted Cake	1/60 cut
					Salt & Pepper Pkt	1 ea
					*Fruit Drink w/C	1 c
				*Sweetened Tea	1 c	
SUNDAY	Fruit	1 ea / 1/2 c	Vegetarian Soup	1 c	Turkey Ham	3 oz
	Hot Cereal LF	1 c	Spaghetti	3/4 c	O'Brien Potatoes	1/2 c
	Hard Cooked Egg	2 ea	Italian Meat Sauce (3oz gd meat)	6 oz	Greens	1/2 c
	Hash Browns	1/2 c	Enriched Bread	2 sl	Pinto Beans	1/2 c
	Bakery Biscuit	1/60 cut	Whipped Margarine	1/3 oz	Southern Cornbread	1/60 cut
	Salt & Pepper Pkt	1 ea	Fudge Brownies	1/60 cut	Whipped Margarine	1/3 oz
	Sugar/Sugar Sub	2 pkts	Salt & Pepper Pkt	1 ea	Fresh Baked Cookie	2 oz
	Coffee	1 c	*Fruit Drink w/C	1 c	Salt & Pepper Pkt	1 ea
	*1% Milk	1 c	*Sweetened Tea	1 c	*Fruit Drink w/C	1 c
					*Sweetened Tea	1 c