

MN DOC - Male General Menu: Fall/Winter 2026-26

Week One							Week at a Glance
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit Juice - 4.00 FLOZ Flavored Oatmeal - 1.00 CUP Hard Boiled Eggs - 2.00 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ Cold Cereal - 1.00 CUP Choice Hotcakes - 1.00 SV Breakfast Meat - 2.00 OZ Margarine Cup - 2.00 EA Syrup - 3.00 FLOZ Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fresh Fruit - 1.00 EA WG Bran Flakes - 1.00 CUP Farmer's Breakfast - 0.75 CUP WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Canned Fruit - 0.50 CUP Hot Cereal - 1.00 CUP Breakfast Cookie - 1.00 EA FF Vanilla Yogurt - 4.00 OZ Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oatmeal - 1.00 CUP Scrambled Eggs - 0.50 CUP Shredded Cheese - 0.50 OZ Wheat Tortilla - 1.00 EA Taco Sauce - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Bran Flakes - 1.00 CUP Peanut Butter - 2.00 OZ English Muffin - 1.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oat Rings - 1.00 CUP Choice Eggs - 2.00 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Ketchup Packet - 1.00 PKT Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR
Lunch	Hearty Soup - 8.00 FLOZ Choice Grilled Sandwich - 1.00 EA Potato Chips - 1.00 OZ Creamy Coleslaw - 1.00 CUP Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Pork Pizza - 1.00 SLC WG Macaroni Salad - 1.00 CUP Cooked Carrots - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Lettuce Blend - 2.00 CUP Shredded Cheese - 1.00 OZ Black Beans - 0.50 CUP Green Pepper Slices - 4.00 SLC Biscuit - 1.00 EA Soft Margarine Cup - 1.00 PKT Ranch Dressing - 2.00 FLOZ Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Sloppy Joe - 4.00 OZ Macaroni and Cheese - 1.00 CUP Cooked Broccoli - 1.00 CUP WG Hamburger Bun - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Top Your Own Tator: - 1.00 SV Baked Potato - 1.00 EA Santa Fe Veggie Blend - 1.00 CUP Shredded Cheese - 2.00 OZ Breadstick - 1.00 EA Soft Margarine Cup - 1.00 PKT Sour Cream - 1.00 POUCH Assorted Cookies - 1.00 SV Beverage - 8.00 FLOZ	Philly Sandwich: - 1.00 SV Beef - 3.00 OZCKD Swiss Cheese Slice - 1.00 OZ Macaroni Salad - 1.00 CUP Fresh Veggies - 0.50 CUP Grilled Peppers & Onions - 0.50 CUP WG Hotdog Bun - 1.00 EA Sandwich Spread - 1.00 PKT Frozen Dessert - 1.00 EA Beverage - 8.00 FLOZ	Country Fried Beef - 1.00 EA Choice Potato - 1.00 CUP Italian Green Beans - 0.50 CUP California Mixed Vegetables - 0.50 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Ketchup Packet - 3.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ
Dinner	WG Chicken Fried Rice - 1.25 CUP California Mixed Vegetables - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Chicken Chili - 1.25 CUP Fresh Veggies - 0.50 CUP Lettuce Blend - 1.00 CUP Cornbread - 1.00 EA Margarine Cup - 2.00 EA Dressing - 1.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Turkey in Gravy - 0.75 CUP Mashed Potatoes - 1.00 CUP Roasted Butternut Squash - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Chicken Alfredo - 0.75 CUP Whole Wheat Pasta - 1.00 CUP Spinach Salad - 1.00 CUP Corn - 0.50 CUP Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Breaded Fish - 4.00 OZ Brown Rice - 1.00 CUP Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP Dinner Roll - 2.00 EA Margarine Cup - 2.00 EA Dressing - 1.00 EA Tartar Sauce - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Shredded Cheese - 0.50 OZ Lettuce Blend - 1.00 CUP Refried Beans - 0.50 CUP Tortilla - 1.00 EA Choice Potato - 1.00 CUP Taco Sauce - 2.00 EA Ketchup Packet - 2.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Meatballs in Cream Sauce - 0.75 CUP Egg Noodles - 1.00 CUP Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Dressing - 1.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ

Regular : This menu meets MN DOC nutritional goals & provides an average of 2600-2800 calories daily, with substitutions within food categories as needed. Pork is restricted to Tuesday lunches only. Menu is subject to change.

Week Two
Week at a Glance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit Juice - 4.00 FLOZ Flavored Oatmeal - 1.00 CUP Hard Boiled Eggs - 2.00 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Bran Flakes - 1.00 CUP Choice Hotcakes - 1.00 SV Breakfast Meat - 2.00 OZ Margarine Cup - 2.00 EA Syrup - 3.00 FLOZ Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fresh Fruit - 1.00 EA WG Oat Rings - 1.00 CUP Turkey Sausage Gravy - 0.75 CUP Biscuit - 2.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Canned Fruit - 0.50 CUP Hot Cereal - 1.00 CUP Breakfast Cookie - 1.00 EA FF Vanilla Yogurt - 4.00 OZ Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oatmeal - 1.00 CUP Hard Boiled Eggs - 2.00 EA Breakfast Muffin - 1.00 EA Oven Fried Potatoes - 0.50 CUP Margarine Cup - 2.00 EA Ketchup Packet - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ Cold Cereal - 1.00 CUP Plain Bagel - 1.00 EA Cream Cheese - 1.00 EA Peanut Butter - 1.00 OZ Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oat Rings - 1.00 CUP Choice Eggs - 2.00 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Jelly - 1.00 PKT Ketchup Packet - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR
Lunch	Dinner Sausage - 1.00 EA Boiled Potatoes - 1.00 CUP Fried Cabbage - 0.50 CUP Carrot Raisin Salad - 0.50 CUP WG Hotdog Bun - 1.00 EA Ketchup Packet - 1.00 PKT Margarine Cup - 2.00 EA Assorted Cookies - 1.00 SV Beverage - 8.00 FLOZ	Scalloped Ham & Potatoes - 1.25 CUP Black-Eyed Pea Salad - 0.50 CUP Cooked Carrots - 0.50 CUP Dinner Roll - 2.00 EA Margarine Cup - 2.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Turkey Divan Hotdish - 1.25 CUP Corn - 0.50 CUP Lettuce Blend - 1.00 CUP Wheat Roll - 2.00 EA Margarine Cup - 2.00 EA Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Enchilada Bake - 1.00 CUP Italian Green Beans - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Dressing - 1.00 EA Sour Cream - 1.00 POUCH Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Tomato Soup - 8.00 FLOZ Grilled Cheese Sandwich on WG Bread - 1.00 EA Potato Chips - 1.00 OZ Broccoli Salad - 0.50 CUP Beets - 0.50 CUP Frozen Dessert - 1.00 EA Beverage - 8.00 FLOZ	Chicken Fajita Mix - 1.00 CUP Mexican White Rice - 1.00 CUP Cooked Carrots - 0.50 CUP Lettuce Blend - 1.00 CUP Wheat Tortilla - 2.00 EA Sour Cream - 1.00 POUCH Dressing - 1.00 EA Taco Sauce - 2.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Italian Meat Sauce - 6.00 FLOZ Plain Pasta - 1.00 CUP Lettuce Blend - 1.00 CUP Mixed Vegetables - 0.50 CUP Garlic Bread - 1.00 SLC Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ
Dinner	Chicken Patty - 1.00 EA Baked Beans - 1.00 CUP Lettuce Blend - 1.00 CUP Mixed Vegetables - 0.50 CUP Croissant - 1.00 EA Sandwich Spread - 1.00 PKT Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Chicken Quesadilla - 1.00 EA Mexican White Rice - 1.00 CUP Fresh Veggies - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Taco Sauce - 2.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Beef Stew - 10.00 FLOZ Creamy Beet Salad - 0.50 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Banana Oat Bar - 1.00 EA Beverage - 8.00 FLOZ	Sweet and Sour Chicken - 0.75 CUP Brown Rice - 1.00 CUP Green Peas - 0.50 CUP Spinach Salad - 1.00 CUP Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Breaded Fish - 4.00 OZ Macaroni and Cheese - 1.00 CUP Lettuce Blend - 1.00 CUP Stewed Tomatoes - 0.50 CUP WG Hamburger Bun - 1.00 EA Dressing - 1.00 EA Tartar Sauce - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Turkey a la King - 1.00 CUP Mashed Potatoes - 1.00 CUP Green Beans - 0.50 CUP Creamy Coleslaw - 0.50 CUP Biscuit - 2.00 EA Margarine Cup - 2.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Hamburger - 1.00 EA Corn - 1.00 CUP WG Hamburger Bun - 1.00 EA Ketchup Packet - 3.00 EA Mustard Packet - 1.00 PKT Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ

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Week Three							Week at a Glance
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit Juice - 4.00 FLOZ Flavored Oatmeal - 1.00 CUP Hard Boiled Eggs - 2.00 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ Cold Cereal - 1.00 CUP Choice Hotcakes - 1.00 SV Breakfast Meat - 2.00 OZ Margarine Cup - 2.00 EA Syrup - 3.00 FLOZ Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fresh Fruit - 1.00 EA Cold Cereal - 1.00 CUP Farmer's Breakfast - 0.75 CUP WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Canned Fruit - 0.50 CUP Hot Cereal - 1.00 CUP Breakfast Cookie - 1.00 EA FF Vanilla Yogurt - 4.00 OZ Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oatmeal - 1.00 CUP Scrambled Eggs - 0.50 CUP Shredded Cheese - 0.50 OZ Wheat Tortilla - 1.00 EA Taco Sauce - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Bran Flakes - 1.00 CUP Peanut Butter - 2.00 OZ English Muffin - 1.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oat Rings - 1.00 CUP Choice Eggs - 2.00 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Ketchup Packet - 1.00 PKT Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR
Lunch	Hearty Soup - 8.00 FLOZ Choice Grilled Sandwich - 1.00 EA Potato Chips - 1.00 OZ Creamy Coleslaw - 1.00 CUP Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Pork Pizza - 1.00 SLC WG Italian Pasta Salad - 1.00 CUP Lettuce Blend - 1.00 CUP California Mixed Vegetables - 0.50 CUP Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Lettuce Blend - 2.00 CUP Shredded Cheese - 1.00 OZ Black Beans - 0.50 CUP Green Pepper Slices - 4.00 SLC Biscuit - 1.00 EA Soft Margarine Cup - 1.00 PKT Ranch Dressing - 2.00 FLOZ Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Sloppy Joe - 4.00 OZ Fresh Veggies - 0.50 CUP Lettuce Blend - 1.00 CUP WG Hamburger Bun - 1.00 EA Ketchup Packet - 2.00 EA Dressing - 1.00 EA Applesauce Gelatin - 0.50 CUP Beverage - 8.00 FLOZ	Top Your Own Tator: - 1.00 SV Baked Potato - 1.00 EA Santa Fe Veggie Blend - 1.00 CUP Shredded Cheese - 2.00 OZ Breadstick - 1.00 EA Soft Margarine Cup - 1.00 PKT Sour Cream - 1.00 POUCH Assorted Cookies - 1.00 SV Beverage - 8.00 FLOZ	Golden Chicken Stew - 1.50 Cup (fl) Lettuce Blend - 1.00 CUP Green Peas - 0.50 CUP WG Bread - 2.00 SLC Dressing - 1.00 EA Margarine Cup - 2.00 EA Frozen Dessert - 1.00 EA Beverage - 8.00 FLOZ	Country Fried Beef - 1.00 EA Lettuce Blend - 1.00 CUP Mixed Vegetables - 0.50 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Ketchup Packet - 3.00 EA Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ
Dinner	Turkey Stroganoff w/Mushrooms - 0.75 CUP Egg Noodles - 1.00 CUP Cooked Broccoli - 0.50 CUP Marinated Cabbage - 0.50 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Mexican Brown Rice - 0.50 CUP Lettuce Blend - 1.00 CUP Mexican Corn - 0.50 CUP Tortilla Chips - 1.00 OZ Taco Sauce - 2.00 EA Shredded Cheese - 1.00 OZ Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Turkey in Gravy - 0.75 CUP Mashed Potatoes - 1.00 CUP Carrot Raisin Salad - 0.50 CUP Roasted Butternut Squash - 0.50 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Chicken Patty - 1.00 EA Macaroni and Cheese - 1.00 CUP Lettuce Blend - 1.00 CUP Green Peas - 0.50 CUP Croissant - 1.00 EA Sandwich Spread - 1.00 PKT Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Breaded Fish - 4.00 OZ White Rice - 1.00 CUP Spinach Salad - 1.00 CUP Green Beans - 0.50 CUP WG Hamburger Bun - 1.00 EA Dressing - 1.00 EA Tartar Sauce - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Chili Con Carne - 8.00 FLOZ Tortilla Chips - 1.00 OZ Cooked Carrots - 1.00 CUP Shredded Cheese - 1.00 OZ Cornbread - 1.00 EA Margarine Cup - 2.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Chicken Lo Mein w/Mushroom - 0.75 CUP Spaghetti Noodles - 1.00 CUP Pea Salad - 0.50 CUP Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ

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Week Four							Week at a Glance
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit Juice - 4.00 FLOZ Flavored Oatmeal - 1.00 CUP Hard Boiled Eggs - 2.00 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Bran Flakes - 1.00 CUP Choice Hotcakes - 1.00 SV Breakfast Meat - 2.00 OZ Margarine Cup - 2.00 EA Syrup - 3.00 FLOZ Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fresh Fruit - 1.00 EA WG Oat Rings - 1.00 CUP Turkey Sausage Gravy - 0.75 CUP Biscuit - 2.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Canned Fruit - 0.50 CUP Hot Cereal - 1.00 CUP Breakfast Cookie - 1.00 EA FF Vanilla Yogurt - 4.00 OZ Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oatmeal - 1.00 CUP Hard Boiled Eggs - 2.00 EA Breakfast Muffin - 1.00 EA Oven Fried Potatoes - 0.50 CUP Margarine Cup - 2.00 EA Ketchup Packet - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ Cold Cereal - 1.00 CUP Plain Bagel - 1.00 EA Peanut Butter - 1.00 OZ Cream Cheese - 1.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR	Fruit Juice - 4.00 FLOZ WG Oat Rings - 1.00 CUP Choice Eggs - 2.00 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Jelly - 1.00 PKT Ketchup Packet - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FLOZ Coffee - 1.00 POR
Lunch	Dinner Sausage - 1.00 EA Boiled Potatoes - 1.00 CUP Carrot Raisin Salad - 0.50 CUP Fried Cabbage - 0.50 CUP WG Hotdog Bun - 1.00 EA Ketchup Packet - 1.00 PKT Margarine Cup - 2.00 EA Assorted Cookies - 1.00 SV Beverage - 8.00 FLOZ	Pork Burrito Filling - 4.00 OZCKD Lettuce Blend - 1.00 CUP Tortilla - 1.00 EA Sour Cream - 1.00 POUCH Black Bean & Corn Salsa - 0.50 CUP Ketchup Packet - 2.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Turkey Divan Hotdish - 1.25 CUP Lettuce Blend - 1.00 CUP Corn - 0.50 CUP Wheat Roll - 2.00 EA Margarine Cup - 2.00 EA Dressing - 1.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Turkey in Gravy - 0.75 CUP Mashed Potatoes - 1.00 CUP Lettuce Blend - 1.00 CUP California Mixed Vegetables - 0.50 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Dressing - 1.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Tomato Soup - 8.00 FLOZ Grilled Cheese Sandwich on WG Bread - 1.00 EA Potato Chips - 1.00 OZ Lettuce Blend - 1.00 CUP Beets - 0.50 CUP Dressing - 1.00 EA Frozen Dessert - 1.00 EA Beverage - 8.00 FLOZ	Chicken Fajita Mix - 1.00 CUP Mexican Brown Rice - 1.00 CUP Lettuce Blend - 1.00 CUP Corn - 0.50 CUP Wheat Tortilla - 2.00 EA Sour Cream - 1.00 POUCH Dressing - 1.00 EA Taco Sauce - 2.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Italian Meat Sauce - 6.00 FLOZ Pasta - 1.00 CUP Green Beans - 1.00 CUP Garlic Bread - 2.00 SLC Mozzarella Cheese - 0.50 OZ Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ
Dinner	Chicken Chow Mein w/Mushrooms - 0.75 CUP Brown Rice - 1.00 CUP Lettuce Blend - 1.00 CUP Green Beans - 0.50 CUP WG Bread - 2.00 SLC Chow Mein Noodles - 0.50 OZ Margarine Cup - 2.00 EA Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Beef Stew - 10.00 FLOZ Mixed Vegetables - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Dressing - 1.00 EA Margarine Cup - 2.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ	Teriyaki Chicken - 4.00 OZ White Rice - 1.00 CUP Green Peas - 0.50 CUP Fresh Veggies - 0.50 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Creamy Ginger Soy Sauce - 1.00 FLOZ Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Salisbury Patty - 1.00 EA WG Macaroni & Cheese - 1.00 CUP Green Beans - 0.50 CUP Spinach Salad - 1.00 CUP Bread - 2.00 SLC Margarine Cup - 2.00 EA Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FLOZ	Breaded Fish - 4.00 OZ Oven Browned Potatoes - 1.00 EA Mixed Vegetables - 0.50 CUP Creamy Coleslaw - 0.50 CUP WG Hamburger Bun - 1.00 EA Tartar Sauce - 1.00 PKT Margarine Cup - 2.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Turkey a la King - 0.75 CUP Mashed Potatoes - 1.00 CUP Cooked Carrots - 1.00 CUP Biscuit - 2.00 EA Margarine Cup - 2.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FLOZ	Hamburger - 1.00 EA American Cheese Slice - 0.50 OZ Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP WG Hamburger Bun - 1.00 EA Onion Slice - 1.00 SLC Ketchup Packet - 3.00 EA Mustard Packet - 1.00 PKT Dressing - 1.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FLOZ

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