DEPARTMENT OF CORRECTIONS

MN DOC - Male : Alternative Menu Fall/Winter 2026-27

Week One — **Week at a Glance**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit Juice - 4.00 FL OZ WG Oatmeal - 1.00 CUP American Cheese Slice - 1 OZ WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ Cold Cereal - 1.00 CUP Choice Hotcakes - 1.00 SVG Peanut Butter - 1.00 OZ Margarine Cup - 2.00 EA SF Syrup - 2.00 OZ Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fresh Fruit - 1.00 EA WG Bran Flakes - 1.00 CUP Scrambled Eggs - 0.50 CUP WG Toast - 2.00 SLC Margarine Cup - 2.00 EA SF Jelly - 1.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Canned Fruit - 0.50 CUP Hot Cereal - 1.00 CUP Bean Breakfast Bar - 1.00 SVG Sunflower Kernels - 1 OZ Sugar Substitute - 2 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ 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 FL OZ Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Bran Flakes - 1.00 CUP American Cheese Slice - 1 OZ English Muffin - 1.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Oat Rings - 1.00 CUP Choice Eggs - 2.00 EA Choice Potato - 0.50 CUP WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Ketchup Packet - 1.00 PKT SF Jelly - 1.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN
Lunch	Peanut Butter - 2.00 OZ Potato Chips - 1.00 OZ Creamy Coleslaw - 0.50 CUP WG Bread - 2.00 SLC SF Jelly - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Fried Eggs - 2.00 EA WG Macaroni Salad - 1 CUP Cooked Carrots - 0.50 CUP Spinach Salad - 1.00 CUP WG Bread - 2.00 SLC Sandwich Spread - 1.00 PKT Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Cottage Cheese - 0.50 CUP Sunflower Kernels - 1.00 PKT Lettuce Blend - 2.00 CUP Black Beans - 0.50 CUP Green Pepper Slices - 4 SLC Biscuit - 1.00 EA Soft Margarine Cup - 1.00 PKT Ranch Dressing - 2 FL OZ Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Hard Boiled Eggs - 2 EA Macaroni and Cheese - 1 CUP Cooked Broccoli - 1.00 CUP WG Bread - 2.00 SLC Sandwich Spread - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Soy Chik'n Stew - 1.25 CUP Green Beans - 0.50 CUP Lettuce Blend - 1.00 CUP Breadstick - 1.00 EA Sunflower Kernels - 1 OZ Margarine Cup - 2.00 EA Dressing - 1.00 EA Applesauce - 0.50 CUP Beverage - 8.00 FL OZ	Soy Sloppy Joe - 4.00 OZ WG Italian Pasta Salad - 1 CUP Fresh Veggies - 1.00 CUP WG Hotdog Bun - 1.00 EA French Dressing - 1.00 PKT Frozen Fruit Cup - 1.00 EA Beverage - 8.00 FL OZ	Bean & Corn Burrito - 1 EA Corn Chips - 1.00 OZ California Mixed Vegetables - 1 CUP Graham Crackers - 1.00 EA Taco Sauce - 1.00 PKT Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ
Dinner	Lentil Lasagna Bake - 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 FL OZ	Coconut Soy Crunch - 0.33 CUP Greek Vanilla Yogurt - 6 FL OZ Fresh Veggies - 0.50 CUP Lettuce Blend - 1.00 CUP Cornbread - 1.00 EA Margarine Cup - 2.00 EA Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Italian Soy Chicken - 0.75 CUP Mashed Potatoes - 1.00 CUP Lettuce Blend - 1.00 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1 PKT Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Peanut Sauce - 6 FL OZ GF Spaghetti Noodles - 1 CUP Corn - 0.50 CUP Asian Cabbage Salad - 0.50 CUP Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Spanish Rice w/Soy - 1.25 CUP Shredded Cheese - 1.00 OZ Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP Dinner Roll - 1.00 EA Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Italian Pasta & Beans - 1 CUP Mozzarella Cheese - 2 OZ Green Pepper Slices - 4 SLC 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 FL OZ	PB Hummus - 0.50 CUP Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Tortilla - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ

Abbreviations: SLC= slice, CTN= carton, PTN= portion, SVG= serving, EA= each, PKT= packet, PKG= package, FL OZ= fluid ounce, WG= whole grain

Alternative : This menu is ovo-lacto vegetarian and offers a diabetic-friendly, heart-healthy option for an average of 400 fewer calories per day than regular meals. Menu is subject to change.

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Week Two — **Week at a Glance**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit Juice - 4.00 FL OZ WG Oatmeal - 1.00 CUP Hard Boiled Eggs - 2 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA SF Jelly - 1.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Bran Flakes - 1.00 CUP Choice Hotcakes - 1.00 SVG Peanut Butter - 1.00 OZ Margarine Cup - 2.00 EA SF Syrup - 2.00 OZ Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fresh Fruit - 1.00 EA WG Oat Rings - 1.00 CUP Scrambled Eggs - 0.50 CUP Biscuit - 2.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Canned Fruit - 0.50 CUP Hot Cereal - 1.00 CUP Bean Breakfast Bar - 1 SVG Sunflower Kernels - 1 OZ Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Oatmeal - 1.00 CUP Hard Boiled Eggs - 2 EA Breakfast Muffin - 1.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ Cold Cereal - 1.00 CUP Plain Bagel - 1.00 EA Cream Cheese - 2.00 EA SF Jelly - 1.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Oat Rings - 1.00 CUP Choice Eggs - 2 EA Choice Potato - 0.50 CUP WG Toast - 2.00 SLC Margarine Cup - 2.00 EA SF Jelly - 1.00 EA Ketchup Packet - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN
Lunch	Greek Vanilla Yogurt - 6 FL OZ Coconut Soy Crunch - 0.33 CUP Carrot Raisin Salad - 0.50 CUP Fried Cabbage - 0.50 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Veggie Burrito with Soy - 1 EA Black-Eyed Pea Salad - 0.50 CUP Cooked Broccoli - 0.50 CUP Sour Cream - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Soy Sloppy Joe - 4.00 OZ Lettuce Blend - 1.00 CUP Corn - 0.50 CUP Wheat Roll - 2.00 EA Dressing - 1.00 EA Sunflower Kernels - 1.00 PKT Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	WG Vegetable Fried Rice - 1.25 CUP Green Beans - 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 FL OZ	Peanut Butter - 2.00 OZ Popcorn - 1.00 EA Broccoli Salad - 0.50 CUP Fresh Veggies - 0.50 CUP WG Bread - 2.00 SLC SF Jelly - 1.00 EA Frozen Fruit Cup - 1.00 EA Beverage - 8.00 FL OZ	Monterey Egg Bake - 1 CUP Brown Rice - 1.00 CUP Cooked Carrots - 0.50 CUP Creamy Coleslaw - 0.50 CUP Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Peanut Sauce - 6 FL OZ GF Spaghetti Noodles - 1 CUP Cauliflower - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1 PKT Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ
Dinner	Hashbrown Casserole- 1.25 CUP Mixed Vegetables - 0.50 CUP Lettuce Blend - 1.00 CUP Croissant - 1.00 EA Margarine Cup - 2.00 EA Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Meatless Shepard's Pie- 1 CUP Fresh Veggies - 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 FL OZ	Veggie Pizza - 1.00 SLC Harvard Beets - 0.50 CUP Fava Bean Crisps - 1.00 OZ Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Lentil Lasagna Bake - 1.25 CUP Green Peas - 0.50 CUP Spinach Salad - 1.00 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1 PKT Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Black Bean Burger - 1 EA American Cheese - 1 SLC Macaroni & Cheese - 0.50 CUP Stewed Tomatoes - 0.50 CUP Lettuce Blend - 1.00 CUP WG Hamburger Bun - 1.00 EA Ketchup & Dressing - 1 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	BBQ Beans - 0.75 CUP Sunflower Kernels - 1 OZ Green Beans - 0.50 CUP Lettuce Blend - 1.00 CUP Biscuit - 2.00 EA Margarine Cup - 2.00 EA Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Grilled Cheese Sandwich on WG Bread - 1.00 EA Choice Potato - 0.50 CUP Corn - 1.00 CUP Ketchup Packet - 1.00 PKT Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ

Alternative : This menu is ovo-lacto vegetarian and offers a diabetic-friendly, heart-healthy option for an average of 400 fewer calories per day than regular meals. Menu is subject to change.

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Week Three — **Week at a Glance**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit Juice - 4.00 FL OZ WG Oatmeal - 1.00 CUP American Cheese - 1. SLC WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ Cold Cereal - 1.00 CUP Choice Hotcakes - 1 SVG Peanut Butter - 1.00 OZ Margarine Cup - 2.00 EA SF Syrup - 2.00 OZ Sugar Substitute - 2 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fresh Fruit - 1.00 EA WG Oat Rings - 1.00 CUP Scrambled Eggs - 1/2 CUP WG Toast - 2.00 SLC Margarine Cup - 2.00 EA SF Jelly - 1.00 EA Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Canned Fruit - 0.50 CUP Hot Cereal - 1.00 CUP Bean Breakfast Bar- 1 EA Sunflower Kernels - 1 OZ Sugar Substitute - 2 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Oatmeal - 1.00 CUP Scrambled Eggs - 0.50 C Shredded Cheese- 1/2 OZ Wheat Tortilla - 1.00 EA Taco Sauce - 1.00 PKT Sugar Substitute - 2 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Bran Flakes - 1 CUP American Cheese -1 OZ English Muffin - 1.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Oat Rings - 1.00 CUP Choice Eggs - 2.EA Choice Potato - 0.50 CUP WG Toast + Marg- 2 SLC SF Jelly & Ketchup- 1 EA Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN
Lunch	Peanut Butter - 2.00 OZ Potato Chips - 1.00 OZ Creamy Coleslaw - 1 CUP WG Bread - 2.00 SLC SF Jelly - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Fried Eggs - 2 EA Smoky Lentils - 1.00 CUP California Mixed Vegetables - 0.50 CUP Marinated Cabbage - 1/2 C Bread - 2.00 SLC Sandwich Spread - 1 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Cottage Cheese - 0.50 CUP Sunflower Kernels - 1 OZ Lettuce Blend - 2.00 CUP Black Beans - 0.50 CUP Green Pepper - 4 SLC Corn Chips - 1.00 OZ Swt Mustard Sauce- 2 OZ Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Bean Barley with Mushroom Pilaf - 1 CUP Fresh Veggies - 1 CUP Graham Cracker - 2 EA Ranch Dressing - 1 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Soy Chik'n Stew - 1.25 C Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Dressing - 1.00 EA Sunflower Kernels - 1 OZ Applesauce - 0.50 CUP Beverage - 8.00 FL OZ	Black-Eyed Peas - 1 CUP Mashed Potatoes - 0.75 C Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread + Marg - 1 SLC Dressing - 1.00 EA Sour Cream - 1 PKT Frozen Fruit Cup - 1 EA Beverage - 8.00 FL OZ	Baked Cheesy Grits - 1.25 CUP Lettuce Blend - 1.00 CUP Mixed Vegs - 0.50 CUP WG Bread - 1 SLC Margarine Cup - 1 PKT Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ
Dinner	Lentil Chili - 8.00 FL OZ Cooked Broccoli - 1/2 CUP Lettuce Blend - 1.00 CUP WG Bread - 2 SLC Margarine Cup - 2 EA Dressing - 1.00 EA Sour Cream - 1 PKT Fresh Fruit - 1 EA Beverage - 8.00 FL OZ	Sweet Sour Soy - 0.75 CUP Brown Rice - 0.75 CUP Lettuce Blend - 1.00 CUP Corn - 0.50 CUP Dressing - 1 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Meatless Shepard's Pie - 1.00 CUP Roasted Squash - 0.50 C Pea Salad - 0.50 CUP WG Bread - 1.00 SLC Margarine Cup - 1 PKT Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	BBQ Beans - 0.75 CUP Mac-n-Cheese - 0.50 CUP Corn - 0.50 CUP Lettuce Blend - 1 CUP Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Vegetable Chow Mein w/ Soy & Mushroom - 1 CUP White Rice - 1.00 CUP Green Beans - 0.50 CUP Spinach Salad - 1.00 CUP Dinner Roll + Marg- 1 EA Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Garden Pasta Sauce with Soy - 8 FL OZ Noodles - 0.75 CUP Cooked Broccoli - 0.50 C Calif Ranch Salad - 0.50 C Sunflower Kernels - 1 OZ Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Monterey Egg Bake - 1 CUP Tortilla Chips - 1.00 OZ Cooked Carrots - 1 CUP Cornbread - 1.00 EA Margarine Cup - 2 EA Ketchup Packet - 1 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ

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Week Four

Week at a Glance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit Juice - 4.00 FL OZ WG Oatmeal - 1 CUP Hard Boiled Eggs - 2 EA WG Toast - 2.00 SLC Margarine Cup - 2 EA SF Jelly - 1 EA Sugar Substitute - 2 EA Milk - 16 FL OZ Coffee - 1 PTN	Fruit Juice - 4.00 FL OZ WG Bran Flakes - 1 CUP Choice Hotcakes - 1 SVG Peanut Butter - 1 OZ Margarine Cup - 2.00 EA SF Syrup - 2.00 OZ Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fresh Fruit - 1 EA WG Oat Rings - 1 CUP Scrambled Eggs- 1/2 CUP Biscuit - 2.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Canned Fruit - 0.50 CUP Hot Cereal - 1.00 CUP Bean Breakfast Bar - 1.EA Sunflower Kernels - 1 OZ Sugar Substitute - 2 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Oatmeal - 1.00 CUP Hard Boiled Eggs - 2 EA Breakfast Muffin - 1 EA Margarine Cup - 2.00 EA Sugar Substitute - 2 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ Cold Cereal - 1.00 CUP Plain Bagel - 1.00 EA Cream Cheese - 2 OZ SF Jelly - 1.00 EA Sugar Substitute - 2 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Oat Rings - 1.00 CUP Choice Eggs - 2.00 EA Choice Potato - 0.50 CUP WG Toast + Marg - 2 SLC SF Jelly & Ketchup - 1 EA Sugar Substitute - 2 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN
Lunch	Caribbean Beans - 3/4 C Brown Rice - 0.75 CUP Shredded Cheese - 1 OZ Carrot Raisin Salad - 1/2 C Fried Cabbage - 0.50 CUP Fresh Fruit - 1 EA Beverage - 8.00 FL OZ	Bean & Oat Burger - 1 EA Choice Potato - 0.50 CUP Cooked Broccoli - 1 CUP WG Hamburger Bun- 1 EA Ketchup Packet - 2 EA Fresh Fruit - 1 EA Beverage - 8.00 FL OZ	Lentil Chili - 8 FL OZ Lettuce Blend - 1.00 CUP Corn - 0.50 CUP Wheat Roll + Marg- 2 EA Shredded Cheese- 1/2 OZ Dressing - 1.00 EA Fresh Fruit - 1 EA Beverage - 8.00 FL OZ	Hard Boiled Eggs - 2 EA Veggie Crackers - 1 PKG Blk Bean Hummus - 1/2 C Calif Mixed Vegs- 1/2 CUP Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Peanut Butter - 2 OZ Popcorn - 1 BAG Lettuce Blend - 1.00 CUP Beets - 0.50 CUP WG Bread - 2.00 SLC Dressing & SF Jelly - 1 EA Frozen Fruit Cup - 1 EA Beverage - 8.00 FL OZ	Potato Casserole - 1.25 C Corn - 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 EA Beverage - 8.00 FL OZ	Peanut Sauce - 6 FL OZ GF Spag Noodles - 1 CUP Green Beans - 1.00 CUP WG Bread - 1.00 SLC Margarine Cup - 1 PKT Fresh Fruit - 1 EA Beverage - 8.00 FL OZ
Dinner	Veggie Soy Burrito - 1 EA Tortilla Chips - 1.00 OZ Lettuce Blend - 1.00 CUP Green Beans - 0.50 CUP Dressing - 1.00 EA Sour Cream - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Veggie Pizza - 1 SLC Lettuce Blend - 1.00 CUP Mixed Vegs - 0.50 CUP Fava Bean Crisps - 1 OZ Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Spanish Rice w/Soy - 1.25 CUP Mozzarella Cheese - 1 OZ Fresh Veggies - 1 CUP Bread - 2 SLC Margarine Cup - 2 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Bean & Corn Burrito- 1 EA Corn Chips - 1.00 OZ Green Beans - 0.50 CUP Spinach Salad - 1 CUP Dressing - 1.00 EA Fresh Fruit - 1 EA Beverage - 8.00 FL OZ	Greek Vanilla Yogurt - 6 OZ Coconut Soy Crunch - 1/3 C Oven Potatoes - 0.50 EA Mixed Vegetables - 1 CUP Graham Crackers - 1 PKG Soft Margarine Cup - 1 PKT Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Veg Fried Rice - 1.25 C Ckd Carrots - 0.50 CUP Lettuce Blend - 1.00 CUP Sunflower Kernels - 1 OZ WG Bread + Marg- 1 SLC Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Black Bean Chowder- 1 C Shredded Cheese - 1 OZ Cauliflower - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Sour Cream - 1 PKG Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ

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