DEPARTMENT OF CORRECTIONS

MN DOC - Male: General 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 Flavored Oatmeal - 1 CUP Hard Boiled Eggs - 2 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Jelly - 1.00 PKT 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 Breakfast Meat - 2.00 OZ Margarine Cup - 2.00 EA Syrup - 3.00 FL 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 Farmer's Breakfast - 0.75 C WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	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 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 Peanut Butter - 2.00 OZ English Muffin - 1.00 EA Jelly - 1.00 PKT 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 + Marg - 2 SLC Ketchup & Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN
Lunch	Hearty Soup - 8.00 FL OZ Grilled Sandwich - 1.00 EA Potato Chips - 1.00 OZ Creamy Coleslaw - 1 CUP Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ	Pork Loin - 3.00 OZ WG Macaroni Salad - 1 C Cooked Carrots - 1/2 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	Breaded Chicken - 3.00 OZ Lettuce Blend - 2.00 CUP Shredded Cheese - 1.00 OZ Black Beans - 0.50 CUP Green Pepper Slices - 4 SLC Biscuit - 1.00 EA Soft Margarine Cup - 1 PKT Ranch Dressing - 2 FL OZ Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ	Sloppy Joe - 4.00 OZ Macaroni-n-Cheese - 1 CUP Cooked Broccoli - 1.00 CUP WG Hamburger Bun - 1 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Cheesy Enchilada Bake - 1.25 CUP Choice Potato - 1.00 CUP Green Beans - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Ketchup Packet - 2.00 EA Assorted Cookies - 1 SVG Beverage - 8.00 FL OZ	Philly Sandwich: - 1 SVG Beef - 3.00 OZ Swiss Cheese Slice - 1 OZ WG Italian Pasta Salad - 1 C Fresh Veggies - 0.50 CUP Grilled Pep/Onions - 1/2 CUP WG Hotdog Bun - 1.00 EA Sandwich Spread - 1.00 PKT Frozen Dessert - 1.00 EA Beverage - 8.00 FL OZ	Country Fried Fritter - 1 EA Baked Potato - 1.00 EA California Mixed Vegetables - 1.00 CUP WG Bread - 1.00 SLC Margarine Cup - 2.00 EA Sour Cream - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ
Dinner	WG Chicken Fried Rice - 1.25 CUP Calif Mixed Vegs-1/2 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	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 FL OZ	Turkey in Gravy - 0.75 CUP Mashed Potatoes - 1 CUP Roasted 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 FL OZ	Beef Yakisoba - 1.25 CUP Asian Cabbage Salad - 0.50 CUP Corn - 0.50 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ	Breaded Fish - 1.00 SVG Brown Rice - 1.00 CUP Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP Dinner Roll + Marg - 2 EA Dressing - 1 EA Tartar Sauce - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Taco Meat - 3.00 OZ 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 + Ketchup- 2 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Meatballs in Cream Sauce - 0.75 CUP Egg Noodles - 1.00 CUP Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread + Marg- 2 SLC Dressing - 1.00 EA Baked Dessert - 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

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.

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Week Two — **Week at a Glance**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit Juice - 4.00 FL OZ Flavored Oatmeal - 1 CUP Hard Boiled Eggs - 2 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Jelly - 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 CUP Choice Hotcakes - 1 SVG Breakfast Meat - 2.00 OZ Margarine Cup - 2.00 EA Syrup - 3.00 FL 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 Breakfast Meat Gravy - 0.75 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 Breakfast Cookie - 1.00 EA FF Vanilla Yogurt - 4.00 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 - 2.00 EA Breakfast Muffin - 1.00 EA Fried Potatoes - 0.50 CUP Margarine Cup - 2.00 EA Ketchup Packet - 1.00 PKT 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 - 1.00 EA Peanut Butter - 1.00 OZ Jelly - 1.00 PKT 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 Jelly - 1.00 PKT Ketchup Packet - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN
Lunch	Dinner Sausage - 1.00 EA Boiled Potatoes - 1.00 CUP Fried Cabbage - 0.50 CUP Carrot Raisin Salad - 1/2 C WG Hotdog Bun - 1.00 EA Ketchup Packet - 1.00 PKT Margarine Cup - 2.00 EA Assorted Cookies - 1 SVG Beverage - 8.00 FL OZ	Scalloped Ham & Potatoes - 1.25 CUP Black-Eyed Pea Salad- 1/2 C Cooked Broccoli - 0.50 CUP Dinner Roll - 2.00 EA Margarine Cup - 2.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	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 FL OZ	Tator Tot O'le Casserole - 1.25 CUP Green Beans - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Taco Sauce - 1.00 PKT Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ	Tomato Soup - 8.00 FL OZ Grilled Cheese Sandwich on WG Bread - 1.00 EA Popcorn - 1.00 EA Fresh Veggies - 0.50 CUP Broccoli Salad - 0.50 CUP Frozen Dessert - 1.00 EA Beverage - 8.00 FL OZ	Chicken Fajita Mix - 1 CUP Mexi Brown Rice - 1 CUP Cooked Carrots - 0.50 CUP Creamy Coleslaw- 0.50 CUP Wheat Tortilla - 2.00 EA Sour Cream - 1.00 EA Taco Sauce - 2.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ	Italian Meat Sauce - 6 OZ Plain Pasta - 1.00 CUP Cauliflower - 0.50 CUP Lettuce Blend - 1.00 CUP Garlic Bread - 1.00 SLC Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ
Dinner	Chicken Patty - 1.00 EA Baked Beans - 1.00 CUP Lettuce Blend - 1.00 CUP Mixed Vegs - 0.50 CUP Croissant - 1.00 EA Sandwich Spread - 1 PKT Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Chicken Quesadilla - 1 EA Mexican White Rice - 1 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 FL OZ	Beef Stew - 10.00 FL OZ Harvard Beets - 1.00 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Banana Oat Bar - 1.00 EA Beverage - 8.00 FL OZ	Sweet Sour Chicken - 3/4 C Brown Rice - 1.00 CUP Green Peas - 0.50 CUP Spinach Salad - 1.00 CUP Bread - 1.00 SLC Soft Margarine Cup - 1 PKT Dressing - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Breaded Fish - 1.00 SVG Macaroni-n-Cheese - 1 CUP Lettuce Blend - 1.00 CUP Stewed Tomatoes - 0.50 C WG Hamburger Bun - 1 EA Dressing - 1.00 EA Tartar Sauce - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Turkey a la King - 1.00 CUP Mashed Potatoes - 1 CUP 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	Hamburger - 1.00 EA Choice Potato - 1.00 CUP Corn - 1.00 CUP WG Hamburger Bun - 1 EA Ketchup Packet - 3.00 EA Mustard Packet - 1.00 PKT Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ

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Week Three — **Week at a Glance**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit Juice - 4.00 FL OZ Flavored Oatmeal - 1 CUP Hard Boiled Eggs - 2 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Jelly - 1.00 PKT 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 Breakfast Meat - 2.00 OZ Margarine Cup - 2.00 EA Syrup - 3.00 FL 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 Farmer's Breakfast - 0.75 C WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	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 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 Peanut Butter - 2.00 OZ English Muffin - 1.00 EA Jelly - 1.00 PKT 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 + Marg - 2 SLC Ketchup & Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN
Lunch	Hearty Soup - 8.00 FL OZ Grilled Sandwich - 1.00 EA Potato Chips - 1.00 OZ Creamy Coleslaw - 1 CUP Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ	Pork Loin - 3.00 OZ Smoky Lentils - 1.00 CUP Calif Mixed Vegs- 0.50 CUP Marinated Cabbage - 0.50 C WG Bread - 1.00 SLC Soft Margarine Cup - 1 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Breaded Chicken - 3 OZ Lettuce Blend - 2 CUP Shredded Cheese - 1 OZ Black Beans - 0.50 CUP Green Pepper Slices - 4 EA Corn Chips - 1.00 OZ Swt Mustard Dressing- 2 OZ Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ	Sloppy Joe - 4.00 OZ Choice Potato - 1.00 CUP Fresh Veggies - 1.00 CUP WG Hamburger Bun - 1 EA Ketchup Packet - 2.00 EA Applesauce Gelatin Beverage - 8.00 FL OZ	Cheesy Enchilada Bake Ch Rice Cass - 1.25 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Ketchup Packet - 2.00 EA Assorted Cookies - 1 SVG Beverage - 8.00 FL OZ	Golden Chicken Stew Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Dressing - 1.00 EA Frozen Dessert - 1.00 EA Beverage - 8.00 FL OZ	Country Fried Fritter - 1 EA Country Gravy - 3 FL OZ Baked Potato - 1.00 EA Lettuce Blend - 1.00 CUP Mixed Vegs - 0.50 CUP WG Bread + Marg- 2 SLC Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ
Dinner	Turkey Stroganoff -0.75 CUP Egg Noodles - 1.00 CUP Cooked Broccoli - 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 FL OZ	Taco Meat - 3.00 OZ Brown Rice - 1.00 CUP Mexican Corn - 0.50 CUP Lettuce Blend - 1.00 CUP Shredded Cheese - 1 OZ Tortilla - 1.00 EA Taco Sauce - 2.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ	Turkey in Gravy - 0.75 CUP Mashed Potatoes - 1 CUP Roasted Squash - 0.50 CUP Pea Salad - 0.50 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1 PKT Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Chicken Patty - 1.00 EA Macaroni-n-Cheese - 1 CUP Corn - 0.50 CUP Lettuce Blend - 1.00 CUP Croissant - 1.00 EA Sandwich Spread - 1.00 PKT Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Breaded Fish - 1 SVG White Rice - 1.00 CUP Spinach Salad - 1.00 CUP Green Beans - 0.50 CUP WG Hamburger Bun - 1 EA Dressing - 1.00 EA Tartar Sauce - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Chicken Lo Mein w/Mushroom - 0.75 CUP Spaghetti Noodles - 1 CUP Cooked Broccoli - 0.50 CUP Calif Ranch Salad- 0.50 CUP Graham Crackers - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Chili Con Carne - 8 FL OZ Tortilla Chips - 1.00 OZ Cooked Carrots - 1 CUP Shredded Cheese - 1 OZ Cornbread - 1.00 EA Margarine Cup - 2.00 EA Baked Dessert - 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 Flavored Oatmeal - 1 CUP Hard Boiled Eggs - 2 EA WG Toast - 2.00 SLC Margarine Cup - 2.00 EA Jelly - 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 CUP Choice Hotcakes - 1 SVG Breakfast Meat - 2.00 OZ Margarine Cup - 2.00 EA Syrup - 3 FL 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 Breakfast Meat Gravy - 0.75 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 Breakfast Cookie - 1.00 EA FF Vanilla Yogurt - 4.00 OZ Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Oatmeal - 1 CUP Hard Boiled Eggs - 2 EA Breakfast Muffin - 1.00 EA Fried Potatoes - 0.50 CUP Margarine Cup - 2 EA Ketchup Packet - 1 PKT Sugar Substitute - 2 EA Milk - 16.00 FL OZ	Fruit Juice - 4.00 FL OZ 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 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 Jelly & Ketchup- 1.00 PKT Sugar Substitute - 2.00 EA Milk - 16.00 FL OZ Coffee - 1.00 PTN
Lunch	Dinner Sausage - 1 EA Brown Rice - 1.00 CUP Carrot Raisin Salad - 1/2 C Fried Cabbage - 0.50 CUP WG Hotdog Bun - 1.00 EA Ketchup Packet - 1.00 PKT Assorted Cookies - 1 SVG Beverage - 8.00 FL OZ	Scalloped Ham & Black-Eyed Pea Salad Potatoes - 1.25 CUP Cooked Broccoli - 0.50 CUP - 0.50 CUP WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Turkey Divan Hotdish Lettuce Blend - 1.00 CUP - 1.25 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 FL OZ	Turkey Tetrazzini Lettuce Blend - 1.00 CUP - 1.25 CUP Calif Mixed Vegs - 0.50 C WG Bread - 2.00 SLC Margarine Cup - 2.00 EA Dressing - 1.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ	Tomato Soup - 8 FL OZ Grilled Cheese Sandwich on WG Bread - 1 EA Popcorn - 1.00 EA Lettuce Blend - 1.00 CUP Beets - 0.50 CUP Dressing - 1.00 EA Frozen Dessert - 1.00 EA Beverage - 8.00 FL OZ	Chicken Fajita Mix - 1 CUP Mexi Brown Rice - 1 CUP Lettuce Blend - 1.00 CUP Corn - 0.50 CUP Wheat Tortilla - 2.00 EA Sour Cream - 1.00 EA Dressing - 1.00 EA Taco Sauce - 2.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ	Creamy Goulash Green Beans - 1.00 CUP - 1.25 CUP Garlic Bread - 2.00 SLC Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ
Dinner	Chicken & Dumplings Green Beans - 0.50 CUP - 1.25 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	Beef Stew - 10 FL OZ Mixed Vegs - 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 FL OZ	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 Crmy Ginger Sauce - 1 OZ Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Salisbury Patty - 1.00 EA WG Mac-n-Cheese - 1 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 FL OZ	Breaded Fish - 1 SVG Oven Potatoes - 1.00 EA Mixed Vegs - 0.50 CUP Creamy Coleslaw - 0.50 C WG Hamburger Bun- 1 EA Tartar Sauce - 1.00 PKT Margarine Cup - 2.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Meat Pizza - 1 SLC Taco Pasta Salad - 1 CUP Cooked Carrots - 1.00 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Hamburger - 1 EA American Cheese - 1 SLC Choice Potato - 1.00 CUP Cauliflower - 0.50 CUP Lettuce Garnish - 0.25 CUP Onion Slice - 1.00 SLC WG Hamburger Bun - 1 EA Ketchup Packet - 3.00 EA Mustard Packet - 1.00 PKT Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ

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