DEPARTMENT OF CORRECTIONS

# MN DOC - Female : 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<br>WG Oatmeal - 0.75 CUP<br>American Cheese - 1 SLC<br>WG Toast - 2.00 SLC<br>Margarine Cup - 2.00 EA<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fruit Juice - 4.00 FL OZ<br>Cold Cereal - 1.00 CUP<br>Choice Hotcakes - 1 SVG<br>Margarine Cup - 2.00 EA<br>SF Syrup - 2.00 OZ<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fresh Fruit - 1 EA<br>WG Bran Flakes - 1.00 CUP<br>Scrambled Eggs - 0.50 CUP<br>WG Toast - 1.00 SLC<br>Soft Margarine Cup - 1 PKT<br>SF Jelly - 1.00 EA<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Canned Fruit - 0.50 CUP<br>Hot Cereal - 0.75 CUP<br>Bean Breakfast Bar - 1 EA<br>Sunflower Kernels - 1 OZ<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fruit Juice - 4.00 FL OZ<br>WG Oatmeal - 0.75 CUP<br>Scrambled Eggs - 0.50 CUP<br>Shredded Cheese - 0.50 OZ<br>Wheat Tortilla - 1.00 EA<br>Taco Sauce - 1.00 PKT<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fruit Juice - 4.00 FL OZ<br>WG Bran Flakes - 1.00 CUP<br>American Cheese - 1 SLC<br>English Muffin - 1.00 EA<br>Margarine Cup - 2.00 EA<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fruit Juice - 4.00 FL OZ<br>WG Oat Rings - 1.00 CUP<br>Choice Eggs - 2.00 EA<br>Choice Potato - 0.50 CUP<br>WG Toast + Marg- 1 SLC<br>Ketchup Packet - 1.00 PKT<br>SF Jelly - 1.00 EA<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN |
| **Lunch** | Peanut Butter - 2.00 OZ<br>Creamy Coleslaw - 0.50 CUP<br>WG Bread - 2.00 SLC<br>SF Jelly - 1.00 EA<br>Fresh Fruit - 1 EA<br>Beverage - 8.00 FL OZ | Fried Eggs - 2.00 EA<br>WG Macaroni Salad - 1/2 C<br>Cooked Carrots - 0.50 CUP<br>Spinach Salad - 1.00 CUP<br>WG Bread - 2.00 SLC<br>Sandwich Spread - 1.PKT<br>Dressing - 1.00 EA<br>Fresh Fruit - 1.00 EA<br>Beverage - 8.00 FL OZ | Cottage Cheese - 0.50 CUP<br>Lettuce Blend - 2.00 CUP<br>Black Beans - 0.50 CUP<br>Green Pepper - 4 SLC<br>Biscuit - 1.00 EA<br>Margarine Cup - 2.00 EA<br>Ranch Dressing - 2 FL OZ<br>Canned Fruit - 0.50 CUP<br>Beverage - 8.00 FL OZ | Hard Boiled Eggs - 2 EA<br>Mac & Cheese - 0.50 CUP<br>Cooked Broccoli - 1.00 CUP<br>WG Bread - 2.00 SLC<br>Sandwich Spread - 1.00 EA<br>Fresh Fruit - 1 EA<br>Beverage - 8.00 FL OZ | Soy Chik'n Stew - 1.25 CUP<br>Green Beans - 0.50 CUP<br>Lettuce Blend - 1.00 CUP<br>Breadstick - 1.00 EA<br>Soft Margarine Cup - 1 PKT<br>Dressing - 1.00 EA<br>Fresh Fruit - 1.00 EA<br>Beverage - 8.00 FL OZ | Soy Sloppy Joe - 4.00 OZ<br>WG Ital Pasta Salad - 0.50 C<br>Fresh Veggies - 1.00 CUP<br>WG Hotdog Bun - 1 EA<br>French Dressing - 1 PKT<br>Frozen Fruit Cup - 1 EA<br>Beverage - 8.00 FL OZ | Bean & Corn Burrito - 1 EA<br>California Mixed Vegetables - - 1.00 CUP<br>Canned Fruit - 0.50 CUP<br>Beverage - 8.00 FL OZ |
| **Dinner** | Lentil Lasagna Bake - 1 CUP<br>Calif Mixed Vegs - 0.50 CUP<br>Lettuce Blend - 1.00 CUP<br>Dressing - 1.00 EA<br>Canned Fruit - 0.50 CUP<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Greek Vanilla Yogurt - 6 OZ<br>Coconut Soy Crunch - 1/3 C<br>Fresh Veggies - 0.50 CUP<br>Lettuce Blend - 1.00 CUP<br>Dressing - 1.00 EA<br>Canned Fruit - 0.50 CUP<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Italian Soy Chicken - 3/4 CUP<br>Mashed Potatoes - 3/4 CUP<br>Roasted Squash - 0.50 CUP<br>Lettuce Blend - 1.00 CUP<br>Dressing - 1.00 EA<br>Fresh Fruit - 1 EA<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Peanut Sauce - 4 OZ<br>GF Spaghetti - 0.75 CUP<br>Asian Cabbage Salad- 1 CUP<br>Canned Fruit - 0.50 CUP<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Spanish Rice with Soy - 1 C<br>Shredded Cheese - 0.50 OZ<br>Green Peas - 0.50 CUP<br>Lettuce Blend - 1.00 CUP<br>Dressing - 1.00 EA<br>Canned Fruit - 0.50 CUP<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Italian Pasta & Beans- 1 CUP<br>Mozzarella Cheese - 1.00 OZ<br>Green Pepper - 4 SLC<br>Lettuce Blend - 1.00 CUP<br>Dressing - 1.00 EA<br>Fresh Fruit - 1 EA<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | PB Hummus - 0.33 CUP<br>Lettuce Blend - 1.00 CUP<br>Dressing - 1.00 EA<br>Tortilla - 1 EA<br>Fresh Fruit - 1 EA<br>Milk - 1.00 CTN<br>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<br>WG Oatmeal - 0.75 CUP<br>Hard Boiled Eggs - 2 EA<br>WG Toast + Marg- 2 SLC<br>SF Jelly - 1.00 EA<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fruit Juice - 4.00 FL OZ<br>WG Bran Flakes - 1.00 CUP<br>Choice Hotcakes - 1 SVG<br>Margarine Cup - 2.00 EA<br>SF Syrup - 2.00 OZ<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fresh Fruit - 1 EA<br>WG Oat Rings - 1.00 CUP<br>Scrambled Eggs - 0.50 CUP<br>Biscuit - 1.00 EA<br>Margarine Cup - 2.00 EA<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Canned Fruit - 0.50 CUP<br>Hot Cereal - 0.75 CUP<br>Bean Breakfast Bar - 1 SVG<br>Sunflower Kernels - 1 OZ<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fruit Juice - 4.00 FL OZ<br>WG Oatmeal - 0.75 CUP<br>Hard Boiled Eggs - 2 EA<br>Breakfast Muffin - 1 EA<br>Margarine Cup - 2.00 EA<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fruit Juice - 4.00 FL OZ<br>WG Bran Flakes - 1.00 CUP<br>Plain Bagel - 1.00 EA<br>Cream Cheese - 1.00 EA<br>SF Jelly - 1.00 EA<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fruit Juice - 4.00 FL OZ<br>WG Oat Rings - 1.00 CUP<br>Choice Eggs - 2 EA<br>Choice Potato - 0.50 CUP<br>Ketchup Packet - 1 PKT<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN |
| **Lunch** | Greek Vanilla Yogurt - 6 OZ<br>Coconut Soy Crunch - 1/3 C<br>Fried Cabbage - 0.50 CUP<br>Carrot Raisin Salad - 0.50 C<br>WG Bread - 1.00 SLC<br>Soft Margarine Cup - 1 PKT<br>Fresh Fruit - 1 EA<br>Beverage - 8.00 FL OZ | Veggie Burrito<br>with Soy - 1.00 EA<br>Black-Eyed Pea Salad<br>- 0.50 CUP<br>Cooked Broccoli - 0.50 CUP<br>Sour Cream - 1.00 EA<br>Fresh Fruit - 1 EA<br>Beverage - 8.00 FL OZ | Soy Sloppy Joe - 4.00 OZ<br>Lettuce Blend - 1.00 CUP<br>Corn - 0.50 CUP<br>Wheat Roll - 2.00 EA<br>Dressing - 1.00 EA<br>Canned Fruit - 0.50 CUP<br>Beverage - 8.00 FL OZ | Veg Fried Rice w/ Egg - 1 C<br>Green Beans - 0.50 CUP<br>Lettuce Blend - 1.00 CUP<br>WG Bread - 1 SLC<br>Soft Margarine Cup - 1 PKT<br>Dressing - 1.00 EA<br>Canned Fruit - 0.50 CUP<br>Beverage - 8.00 FL OZ | Peanut Butter - 2 OZ<br>Popcorn - 1 BAG<br>Fresh Veggies - 1.00 CUP<br>WG Bread - 2.00 SLC<br>SF Jelly - 1.00 EA<br>Frozen Fruit Cup - 1 EA<br>Beverage - 8.00 FL OZ | Monterey Egg Bake<br>- 0.75 CUP<br>WG Brown Rice - 0.50 CUP<br>Cooked Carrots - 0.50 CUP<br>Creamy Coleslaw - 0.50 CUP<br>Fresh Fruit - 1.00 EA<br>Beverage - 8.00 FL OZ | Peanut Sauce - 4 OZ<br>GF Spaghetti - 0.75 CUP<br>Cauliflower - 0.50 CUP<br>Lettuce Blend - 1 CUP<br>Dressing - 1 EA<br>Fresh Fruit - 1 EA<br>Beverage - 8 FL OZ |
| **Dinner** | Potato Casserole - 1 CUP<br>Mixed Vegetables - 0.50 CUP<br>Lettuce Blend - 1.00 CUP<br>Dressing - 1.00 EA<br>Canned Fruit - 0.50 CUP<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Meatless Shepards Pie- 3/4 C<br>Lettuce Blend - 1.00 CUP<br>Fresh Veggies - 0.50 CUP<br>Dressing - 1.00 EA<br>Canned Fruit - 0.50 CUP<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Veggie Pizza - 1.00 SLC<br>Harvard Beets - 0.50 CUP<br>Fresh Fruit - 1 EA<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Lentil Lasagna Bake - 1 CUP<br>Green Peas - 0.50 CUP<br>Spinach Salad - 1.00 CUP<br>Dressing - 1.00 EA<br>Fresh Fruit - 1 EA<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Black Bean Burger - 1 EA<br>American Cheese - 1 SLC<br>Stewed Tomatoes - 0.50 CUP<br>Lettuce Blend - 1.00 CUP<br>WG Hamburger Bun - 1.00 EA<br>Dressing & Ketchup- 1 EA<br>Fresh Fruit - 1 EA<br>Milk & Beverage- 1 EA | BBQ Beans - 0.50 CUP<br>Mashed Potatoes - 0.50 CUP<br>Green Beans - 0.50 CUP<br>Lettuce Blend - 1.00 CUP<br>Dressing - 1.00 EA<br>Margarine Cup - 2.00 EA<br>Canned Fruit - 0.50 CUP<br>Milk & Beverage - 1 EA | Grilled Cheese Sandwich<br>on WG Bread - 1 EA<br>Corn - 1.00 CUP<br>Canned Fruit - 0.50 CUP<br>Milk - 1.00 CTN<br>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<br>WG Oatmeal - 0.75 CUP<br>American Cheese - 1 SLC<br>WG Toast - 2 SLC<br>Sugar Substitute - 2.00 EA<br>Margarine Cup - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fruit Juice - 4.00 FL OZ<br>Cold Cereal - 1.00 CUP<br>Choice Hotcakes - 1 SVG<br>Margarine Cup - 2.00 EA<br>SF Syrup - 2 OZ<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fresh Fruit - 1 EA<br>WG Bran Flakes - 1.00 CUP<br>Scrambled Eggs - 0.50 CUP<br>WG Toast + Marg - 1 SLC<br>SF Jelly - 1.00 EA<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Canned Fruit - 0.50 CUP<br>Hot Cereal - 0.75 CUP<br>Bean Breakfast Bar - 1 SVG<br>Sunflower Kernels - 1 OZ<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fruit Juice - 4.00 FL OZ<br>WG Oatmeal - 0.75 CUP<br>Scrambled Eggs - 0.50 CUP<br>Shredded Cheese - 0.50 OZ<br>Wheat Tortilla - 1 EA<br>Taco Sauce - 1 PKT<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fruit Juice - 4.00 FL OZ<br>WG Bran Flakes - 1.00 CUP<br>American Cheese - 1 SLC<br>English Muffin - 1.00 EA<br>Margarine Cup - 2 EA<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fruit Juice - 4.00 FL OZ<br>WG Oat Rings - 1.00 CUP<br>Choice Eggs - 2 EA<br>WG Toast + Marg - 1 SLC<br>SF Jelly - 1.00 EA<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN |
| **Lunch** | Lentil Chili - 8 FL OZ<br>Cooked Broccoli - 0.50 CUP<br>Lettuce Blend - 1 CUP<br>WG Bread - 1 SLC<br>Dressing - 1.00 EA<br>Soft Margarine Cup - 1 PKT<br>Canned Fruit - 0.50 CUP<br>Beverage - 8.00 FL OZ | Fried Eggs - 2 EA<br>Smoky Lentils - 0.50 CUP<br>Marinated Cabbage - 0.50 C<br>Calif Mixed Vegs - 0.50 CUP<br>WG Bread - 2 SLC<br>Sandwich Spread - 1.00 EA<br>Fresh Fruit - 1.00 EA<br>Beverage - 8.00 FL OZ | Cottage Cheese - 0.50 CUP<br>Lettuce Blend - 2.00 CUP<br>Black Beans - 0.50 CUP<br>Green Pepper - 4.00 SLC<br>Corn Chips - 1.00 OZ<br>Sweet Mustard Sauce- 2 OZ<br>Fresh Fruit - 1.00 EA<br>Beverage - 8.00 FL OZ | Bean Barley and Mushroom Pilaf- 0.75 CUP<br>Fresh Veggies - 1.00 CUP<br>Fresh Fruit - 1 EA<br>Beverage - 8.00 FL OZ | Soy Chik'n Stew - 1.25 CUP<br>Lettuce Blend - 1.00 CUP<br>Dressing - 1.00 EA<br>WG Bread - 1.00 SLC<br>Soft Margarine Cup - 1 PKT<br>Fresh Fruit - 1 EA<br>Beverage - 8.00 FL OZ | Black-Eyed Peas - 3/4 CUP<br>Mashed Potatoes - 0.50 C<br>Green Peas - 0.50 CUP<br>Lettuce Blend - 1.00 CUP<br>Soft Margarine Cup - 1 PKT<br>Dressing - 1.00 EA<br>Sour Cream - 1 PKG<br>Frozen Fruit Cup - 1 EA<br>Beverage - 8.00 FL OZ | Baked Cheesy Grits- 1 CUP<br>Lettuce Blend - 1.00 CUP<br>Mixed Vegs - 0.50 CUP<br>WG Bread - 1.00 SLC<br>Soft Margarine Cup - 1 PKT<br>Dressing - 1.00 EA<br>Canned Fruit - 0.50 CUP<br>Beverage - 8.00 FL OZ |
| **Dinner** | Peanut Butter - 2 OZ<br>Plain Potato Chips - 1 BAG<br>Fresh Veggies - 1.00 CUP<br>WG Bread - 2.00 SLC<br>SF Jelly - 1.00 EA<br>Fresh Fruit - 1 EA<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Sweet & Sour Soy - 3/4 CUP<br>WG Brown Rice - 0.50 CUP<br>Lettuce Blend - 1.00 CUP<br>Corn - 0.50 CUP<br>Dressing - 1.00 EA<br>Canned Fruit - 0.50 CUP<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Meatless Shepard's Pie - 0.75 CUP<br>Roasted Squash - 1 CUP<br>Canned Fruit - 0.50 CUP<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | BBQ Beans - 0.50 CUP<br>Corn - 0.50 CUP<br>Lettuce Blend - 1.00 CUP<br>Dressing - 1.00 EA<br>Canned Fruit - 0.50 CUP<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Veg Chow Mein with Soy & Mushrooms - 0.75 CUP<br>White Rice - 0.75 CUP<br>Green Beans - 0.50 CUP<br>Spinach Salad - 1.00 CUP<br>Dressing - 1.00 EA<br>Canned Fruit - 0.50 CUP<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Garden Pasta Sauce with Soy - 6 FL OZ<br>Spaghetti - 0.50 CUP<br>Sunflower Kernels - 1 OZ<br>Carrot Raisin Salad - 0.50 C<br>Cooked Broccoli - 0.50 CUP<br>Canned Fruit - 0.50 CUP<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Monterey Egg Bake - 0.75 C<br>Cooked Carrots - 1.00 CUP<br>Cornbread - 1 EA<br>Margarine Cup - 2.00 EA<br>Ketchup Packet - 1 EA<br>Fresh Fruit - 1 EA<br>Milk - 1.00 CTN<br>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<br>WG Oatmeal - 0.75 CUP<br>Hard Boiled Eggs - 2 EA<br>WG Toast + Marg - 2 SLC<br>SF Jelly - 1.00 EA<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fruit Juice - 4.00 FL OZ<br>WG Bran Flakes - 1 CUP<br>Choice Hotcakes - 1 SVG<br>Margarine Cup - 2.00 EA<br>SF Syrup - 2.00 OZ<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fresh Fruit - 1.00 EA<br>WG Oat Rings - 1.00 CUP<br>Scrambled Eggs - 0.50 CUP<br>Biscuit - 1.00 EA<br>Margarine Cup - 2.00 EA<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Canned Fruit - 0.50 CUP<br>Hot Cereal - 0.75 CUP<br>Bean Breakfast Bar - 1 SVG<br>Sunflower Kernels - 1 OZ<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fruit Juice - 4.00 FL OZ<br>WG Oatmeal - 0.75 CUP<br>Hard Boiled Eggs - 2 EA<br>Breakfast Muffin - 1 EA<br>Margarine Cup - 2.00 EA<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fruit Juice - 4.00 FL OZ<br>WG Bran Flakes - 1.00 CUP<br>Plain Bagel - 1.00 EA<br>Cream Cheese - 1 OZ<br>SF Jelly - 1.00 EA<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN | Fruit Juice - 4.00 FL OZ<br>WG Oat Rings - 1.00 CUP<br>Choice Eggs - 2.00 EA<br>Choice Potato - 0.50 CUP<br>Ketchup Packet - 1.00 PKT<br>Sugar Substitute - 2.00 EA<br>Milk - 1.00 CTN<br>Coffee - 1.00 PTN |
| **Lunch** | Caribbean Beans - 0.75 CUP<br>Fried Cabbage - 0.50 CUP<br>Carrot Raisin Salad - 0.50 C<br>Fresh Fruit - 1 EA<br>Beverage - 8.00 FL OZ | Bean and Oat Burger - 1.EA<br>Cooked Broccoli - 1.00 CUP<br>WG Hamburger Bun - 1 EA<br>Ketchup Packet - 1.00 PKT<br>Fresh Fruit - 1.00 EA<br>Beverage - 8.00 FL OZ | Lentil Chili - 8 FL OZ<br>Lettuce Blend - 1.00 CUP<br>Corn - 0.50 CUP<br>Wheat Roll + Marg- 1 EA<br>Dressing - 1.00 EA<br>Fresh Fruit - 1.00 EA<br>Beverage - 8.00 FL OZ | Hard Boiled Eggs - 2 EA<br>Veggie Crackers - 1 BAG<br>Calif Mixed Vegs - 0.50 CUP<br>Lettuce Blend - 1.00 CUP<br>WG Bread - 2 SLC<br>Dressing & Mayo- 1 EA<br>Frozen Fruit Cup - 1.00 EA<br>Beverage - 8.00 FL OZ | Peanut Butter - 2 OZ<br>Popcorn - 1 BAG<br>Lettuce Blend - 1.00 CUP<br>Beets - 0.50 CUP<br>WG Bread - 2.00 SLC<br>Dressing & SF Jelly - 1 EA<br>Fresh Fruit - 1.00 EA<br>Beverage - 8.00 FL OZ | Potato Casserole - 1 CUP<br>Corn - 0.50 CUP<br>Lettuce Blend - 1.00 CUP<br>Dressing - 1.00 EA<br>Fresh Fruit - 1 EA<br>Beverage - 8.00 FL OZ | Peanut Sauce - 4 OZ<br>GF Noodles - 0.75 CUP<br>Green Beans - 1.00 CUP<br>Fresh Fruit - 1 EA<br>Beverage - 8.00 FL OZ |
| **Dinner** | Veggie Soy Burrito - 1 EA<br>Green Beans - 0.50 CUP<br>Lettuce Blend - 1.00 CUP<br>Dressing - 1.00 EA<br>Canned Fruit - 0.50 CUP<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Veggie Pizza - 1 SLC<br>Lettuce Blend - 1.00 CUP<br>Mixed Vegs - 0.50 CUP<br>Dressing - 1.00 EA<br>Canned Fruit - 0.50 CUP<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Spanish Rice w/Soy - 1 CUP<br>Mozzarella Cheese- 0.50 OZ<br>Fresh Veggies - 1.00 CUP<br>WG Bread - 1.00 SLC<br>Soft Margarine Cup - 1 PKT<br>Canned Fruit - 0.50 CUP<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Bean & Corn Burrito - 1 EA<br>Green Beans - 0.50 CUP<br>Spinach Salad - 1.00 CUP<br>Dressing - 1.00 EA<br>Fresh Fruit - 1 EA<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Greek Vanilla Yogurt<br>- 6 FL OZ<br>Coconut Soy Crunch- 1/3 C<br>Mixed Vegetables - 1 CUP<br>Canned Fruit - 0.50 CUP<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Veg Fried Rice w/ Egg - 1 C<br>Cooked Carrots - 0.50 CUP<br>Lettuce Blend - 1.00 CUP<br>Sunflower Kernels - 1 OZ<br>Dressing - 1.00 EA<br>Canned Fruit - 0.50 CUP<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ | Black Bean Chowder - 8 OZ<br>Shredded Cheese - 0.50 OZ<br>Cauliflower - 0.50 CUP<br>Lettuce Blend - 1.00 CUP<br>Dressing - 1.00 EA<br>Canned Fruit - 0.50 CUP<br>Milk - 1.00 CTN<br>Beverage - 8.00 FL OZ |

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