DEPARTMENT OF CORRECTIONS

MN DOC - Female : 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 - 0.75 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 - 1.00 CTN Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ Cold Cereal - 1.00 CUP Choice Hotcakes - 1.00 SVG Margarine Cup - 2.00 EA Syrup - 2.00 FL OZ Sugar Substitute - 2.00 EA Milk - 1.00 CTN Coffee - 1.00 PTN	Fresh Fruit - 1.00 EA WG Bran Flakes - 1.00 CUP Farmer's Breakfast - 0.75 CUP WG Toast - 1.00 SLC Soft Margarine Cup - 1.00 PKT Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CTN Coffee - 1.00 PTN	Canned Fruit - 0.50 CUP Hot Cereal - 0.75 CUP Breakfast Cookie - 1.00 EA FF Vanilla Yogurt - 4.00 OZ Sugar Substitute - 2.00 EA Milk - 1.00 CTN Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Oatmeal - 0.75 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 - 1.00 CTN Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Bran Flakes - 1.00 CUP Peanut Butter - 1.00 OZ English Muffin - 1.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CTN 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 - 1.00 SLC Soft Margarine Cup - 1.00 PKT Ketchup Packet - 1.00 PKT Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CTN Coffee - 1.00 PTN
Lunch	Hearty Soup - 8.00 FL OZ Choice Grilled Sandwich - 1.00 EA Creamy Coleslaw - 1.00 CUP Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ	Pork Loin - 3.00 OZ WG Macaroni Salad - 0.50 CUP Cooked Carrots - 0.50 CUP Spinach Salad - 1.00 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 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 Black Beans - 0.25 CUP Green Pepper Slices - 4.00 SLC Biscuit - 1.00 EA Margarine Cup - 2.00 EA Ranch Dressing - 2.00 FL OZ Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ	Sloppy Joe - 3.00 OZ Macaroni & Cheese - 0.50 CUP Cooked Broccoli - 1.00 CUP WG Hamburger Bun - 1.00 EA Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Cheesy Enchilada Bake - 1.00 CUP Choice Potato - 0.50 CUP Green Beans - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Ketchup Packet - 1.00 EA Assorted Cookies - 1.00 SVG Beverage - 8.00 FL OZ	Philly Sandwich: Beef - 2.00 OZ CKD Swiss Cheese Slice - 1.00 OZ WG Ital Pasta Salad - 0.50 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 FL OZ	Country Fried Fritter - 1.00 EA Baked Potato - 1.00 EA California Mixed Vegetables - 1.00 CUP Soft Margarine Cup - 1.00 PKT Sour Cream - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ
Dinner	Chicken Fried Rice - 1.00 CUP California Mixed Vegetables - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Canned Fruit - 0.50 CUP Milk - 1.00 CTN Beverage - 8.00 FL OZ	Chicken Chili - 1.00 CUP Fresh Veggies - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Baked Dessert - 1.00 EA Milk - 1.00 CTN Beverage - 8.00 FL OZ	Turkey in Gravy - 0.75 CUP Mashed Potatoes - 0.50 CUP Roasted Butternut Squash - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Fresh Fruit - 1.00 EA Milk - 1.00 CTN Beverage - 8.00 FL OZ	Beef Yakisoba - 1.00 CUP Corn - 0.50 CUP Asian Cabbage Salad - 0.50 CUP Baked Dessert - 1.00 EA Milk - 1.00 CTN Beverage - 8.00 FL OZ	Breaded Fish - 1.00 SVG WG Brown Rice - 0.50 CUP Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Tartar Sauce - 1.00 PKT Canned Fruit - 0.50 CUP Milk - 1.00 CTN Beverage - 8.00 FL OZ	Build Your Burrito: Taco Meat - 3.00 OZ Lettuce Blend - 1.00 CUP Shredded Cheese - 0.50 OZ Refried Beans - 0.25 CUP Choice Potato - 0.50 CUP Tortilla - 1.00 EA Taco Sauce - 2.00 EA Ketchup Packet - 1.00 PKT Fresh Fruit - 1.00 EA Milk - 1.00 CTN Beverage - 8.00 FL OZ	Meatballs in Cream Sauce - 0.50 CUP Egg Noodles - 0.50 CUP Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Baked Dessert - 1.00 EA Milk - 1.00 CTN 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 2000-2200 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 - 0.75 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 - 1.00 CTN Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Bran Flakes - 1.00 CUP Choice Hotcakes - 1.00 SVG Margarine Cup - 2.00 EA Syrup - 2.00 FL OZ Sugar Substitute - 2.00 EA Milk - 1.00 CTN Coffee - 1.00 PTN	Fresh Fruit - 1.00 EA WG Oat Rings - 1.00 CUP Breakfast Meat Gravy - 0.75 CUP Biscuit - 1.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 1.00 CTN Coffee - 1.00 PTN	Canned Fruit - 0.50 CUP Hot Cereal - 0.75 CUP Breakfast Cookie - 1.00 EA FF Vanilla Yogurt - 4.00 OZ Sugar Substitute - 2.00 EA Milk - 1.00 CTN Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Oatmeal - 0.75 CUP Hard Boiled Eggs - 2.00 EA Breakfast Muffin - 1.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 1.00 CTN Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Bran Flakes - 1.00 CUP Plain Bagel - 1.00 EA Cream Cheese - 1.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CTN 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 Ketchup Packet - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CTN Coffee - 1.00 PTN
Lunch	Dinner Sausage - 1.00 EA Fried Cabbage - 0.50 CUP Carrot Raisin Salad - 0.50 CUP WG Hotdog Bun - 1.00 EA Ketchup Packet - 1.00 PKT Assorted Cookies - 1.00 SVG Beverage - 8.00 FL OZ	Scalloped Ham and Potatoes - 1.00 CUP Cooked Broccoli - 0.50 CUP Black-Eyed Pea Salad - 0.50 CUP Dinner Roll - 1.00 EA Soft Margarine Cup - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Turkey Divan - 1.00 CUP Corn - 0.50 CUP Lettuce Blend - 1.00 CUP Wheat Roll - 1.00 EA Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ	Tator Tot O'le Casserole - 1.00 CUP Green Beans - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA 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 Broccoli Salad - 0.50 CUP Fresh Veggies - 0.50 CUP Frozen Dessert - 1.00 EA Beverage - 8.00 FL OZ	Chicken Fajita Mix - 0.75 CUP Mexi Brown Rice - 0.50 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 - 4.00 FL OZ Pasta - 0.75 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 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 Milk - 1.00 CTN Beverage - 8.00 FL OZ	Chicken Quesadilla - 1.00 EA Mexican White Rice - 0.50 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 Milk - 1.00 CTN Beverage - 8.00 FL OZ	Beef Stew - 8.00 FL OZ Harvard Beets - 1.00 CUP Banana Oat Bar - 1.00 EA Milk - 1.00 CTN Beverage - 8.00 FL OZ	Sweet and Sour Chicken - 0.75 CUP WG Brown Rice - 0.50 CUP Green Peas - 0.50 CUP Spinach Salad - 1.00 CUP Dressing - 1.00 EA Fresh Fruit - 1.00 EA Milk - 1.00 CTN Beverage - 8.00 FL OZ	Breaded Fish - 1.00 SVG Macaroni & Cheese - 0.50 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 Milk - 1.00 CTN Beverage - 8.00 FL OZ	Turkey a la King - 0.75 CUP Mashed Potatoes - 0.50 CUP Green Beans - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Biscuit - 1.00 EA Margarine Cup - 2.00 EA Canned Fruit - 0.50 CUP Milk - 1.00 CTN Beverage - 8.00 FL OZ	Hamburger - 1.00 EA Choice Potato - 0.50 CUP Corn - 1.00 CUP WG Hamburger Bun - 1.00 EA Ketchup Packet - 2.00 EA Mustard Packet - 1.00 PKT Pickle Slices - 3.00 EA Baked Dessert - 1.00 EA Milk - 1.00 CTN 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 - 0.75 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 - 1.00 CTN Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ Cold Cereal - 1.00 CUP Choice Hotcakes - 1.00 SVG Margarine Cup - 2.00 EA Syrup - 2.00 FL OZ Sugar Substitute - 2.00 EA Milk - 1.00 CTN Coffee - 1.00 PTN	Fresh Fruit - 1.00 EA WG Bran Flakes - 1.00 CUP Farmer's Breakfast - 0.75 CUP WG Toast - 1.00 SLC Soft Margarine Cup - 1.00 PKT Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CTN Coffee - 1.00 PTN	Canned Fruit - 0.50 CUP Hot Cereal - 0.75 CUP Breakfast Cookie - 1.00 EA FF Vanilla Yogurt - 4.00 OZ Sugar Substitute - 2.00 EA Milk - 1.00 CTN Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Oatmeal - 0.75 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 - 1.00 CTN Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Bran Flakes - 1.00 CUP Peanut Butter - 1.00 OZ English Muffin - 1.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CTN 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 - 1.00 SLC Soft Margarine Cup - 1.00 PKT Ketchup Packet - 1.00 PKT Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CTN Coffee - 1.00 PTN
Lunch	Turkey Stroganoff with Mushrooms- 0.75 CUP Egg Noodles - 0.50 CUP Cooked Broccoli - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ	Pork Loin - 3.00 OZ Smoky Lentils - 0.50 CUP Marinated Cabbage - 0.50 CUP California Mixed Vegetables - 0.50 CUP Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Breaded Chicken - 3.00 OZ Lettuce Blend - 2.00 CUP Black Beans - 0.25 CUP Green Pepper Slices - 4.00 SLC Corn Chips - 1.00 OZ Sweet Mustard Dressing - 2.00 OZ Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ	Sloppy Joe - 3.00 OZ Choice Potato - 0.50 CUP Fresh Veggies - 1.00 CUP WG Hamburger Bun - 1.00 EA Ketchup Packet - 1.00 PKT Applesauce Gelatin - 0.50 CUP Beverage - 8.00 FL OZ	Cheesy Enchilada Bake - 1.00 CUP Choice Potato - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Ketchup Packet - 1.00 EA Assorted Cookies - 1.00 SVG Beverage - 8.00 FL OZ	Golden Chicken Stew -1.50 CUP Green Peas - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Frozen Dessert - 1.00 EA Beverage - 8.00 FL OZ	Country Fried Fritter - 1.00 EA Baked Potato - 1.00 EA Country Gravy - 2.00 FL OZ Mixed Vegetables - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Canned Fruit - 0.50 CUP Beverage - 8.00 FL OZ
Dinner	Cold Cuts - 2.00 OZ American Cheese Slice - 1 OZ Plain Potato Chips - 1.00 EA Fresh Veggies - 1.00 CUP WG Bread - 2.00 SLC Sandwich Spread - 1.00 PKT Fresh Fruit - 1.00 EA Milk - 1.00 CTN Beverage - 8.00 FL OZ	Taco Meat - 2.00 OZ Shredded Cheese - 0.50 OZ WG Brown Rice - 0.50 CUP Lettuce Blend - 1.00 CUP Mexican Corn - 0.50 CUP Tortilla - 1.00 EA Taco Sauce - 2.00 EA Baked Dessert - 1.00 EA Milk - 1.00 CTN Beverage - 8.00 FL OZ	Turkey in Gravy - 0.75 CUP Mashed Potatoes - 0.50 CUP Roasted Butternut Squash - 1 CUP Canned Fruit - 0.50 CUP Milk - 1.00 CTN Beverage - 8.00 FL OZ	Chicken Patty - 1.00 EA Corn - 0.50 CUP Lettuce Blend - 1.00 CUP Croissant - 1.00 EA Dressing - 1.00 EA Sandwich Spread - 1.00 PKT Canned Fruit - 0.50 CUP Milk - 1.00 CTN Beverage - 8.00 FL OZ	Breaded Fish - 1.00 SVG White Rice - 0.50 CUP Green Beans - 0.50 CUP Spinach Salad - 1.00 CUP WG Hamburger Bun - 1.00 EA Dressing - 1.00 EA Tartar Sauce - 1.00 PKT Canned Fruit - 0.50 CUP Milk - 1.00 CTN Beverage - 8.00 FL OZ	Chicken Lo Mein w/Mushroom - 0.50 CUP Spaghetti Noodles - 0.75 CUP Cooked Broccoli - 0.50 CUP Carrot Raisin Salad - 0.50 CUP Canned Fruit - 0.50 CUP Milk - 1.00 CTN Beverage - 8.00 FL OZ	Chili Con Carne - 8.00 FL OZ Shredded Cheese - 0.50 OZ Cooked Carrots - 1.00 CUP Cornbread - 1.00 EA Soft Margarine Cup - 1.00 PKT Baked Dessert - 1.00 EA Milk - 1.00 CTN 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 - 0.75 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 - 1.00 CTN Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Bran Flakes - 1.00 CUP Choice Hotcakes - 1.00 SVG Margarine Cup - 2.00 EA Syrup - 2.00 FL OZ Sugar Substitute - 2.00 EA Milk - 1.00 CTN Coffee - 1.00 PTN	Fresh Fruit - 1.00 EA WG Oat Rings - 1.00 CUP Breakfast Meat Gravy - 0.75 CUP Biscuit - 1.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 1.00 CTN Coffee - 1.00 PTN	Canned Fruit - 0.50 CUP Hot Cereal - 0.75 CUP Breakfast Cookie - 1.00 EA FF Vanilla Yogurt - 4.00 OZ Sugar Substitute - 2.00 EA Milk - 1.00 CTN Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Oatmeal - 0.75 CUP Hard Boiled Eggs - 2.00 EA Breakfast Muffin - 1.00 EA Margarine Cup - 2.00 EA Sugar Substitute - 2.00 EA Milk - 1.00 CTN Coffee - 1.00 PTN	Fruit Juice - 4.00 FL OZ WG Bran Flakes - 1.00 CUP Plain Bagel - 1.00 EA Cream Cheese - 1.00 EA Jelly - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CTN 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 Ketchup Packet - 1.00 PKT Sugar Substitute - 2.00 EA Milk - 1.00 CTN Coffee - 1.00 PTN
Lunch	Dinner Sausage - 1.00 EA Fried Cabbage - 0.50 CUP Carrot Raisin Salad - 0.50 CUP WG Hotdog Bun - 1.00 EA Ketchup Packet - 1.00 PKT Assorted Cookies - 1.00 SVG Beverage - 8.00 FL OZ	Scalloped Ham and Potatoes - 1.00 CUP Black-Eyed Pea Salad - 0.50 CUP Cooked Broccoli - 0.50 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ	Turkey Divan - 1.00 CUP Lettuce Blend - 1.00 CUP Corn - 0.50 CUP Wheat Roll - 1.00 EA Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ	Turkey Tetrazzini - 1.00 CUP Lettuce Blend - 1.00 CUP California Mixed Vegetables - 0.50 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Frozen Dessert - 1.00 EA Beverage - 8.00 FL OZ	Tomato Soup - 8.00 FL OZ Grilled Cheese Sandwich on WG Bread - 1.00 EA Beets - 0.50 CUP Lettuce Blend - 1.00 CUP Dressing - 1.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ	Chicken Fajita Mix - 0.75 CUP Mexi Brown Rice - 0.50 CUP Lettuce Blend - 1.00 CUP Corn - 0.50 CUP Wheat Tortilla - 2.00 EA Dressing - 1.00 EA Taco Sauce - 2.00 EA Baked Dessert - 1.00 EA Beverage - 8.00 FL OZ	Creamy Goulash - 1.00 CUP Green Beans - 1.00 CUP Garlic Bread - 1.00 SLC Fresh Fruit - 1.00 EA Beverage - 8.00 FL OZ
Dinner	Chicken & Dumplings - 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 Milk - 1.00 CTN Beverage - 8.00 FL OZ	Beef Stew - 8.00 FL OZ Mixed Vegetables - 0.50 CUP Lettuce Blend - 1.00 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Dressing - 1.00 EA Baked Dessert - 1.00 EA Milk - 1.00 CTN Beverage - 8.00 FL OZ	Teriyaki Chicken - 4.00 OZ White Rice - 0.50 CUP Green Peas - 0.50 CUP Fresh Veggies - 0.50 CUP WG Bread - 1.00 SLC Soft Margarine Cup - 1.00 PKT Creamy Ginger Soy Sauce - 1 FL OZ Canned Fruit - 0.50 CUP Milk - 1.00 CTN Beverage - 8.00 FL OZ	Salisbury Patty - 1.00 EA Macaroni & Cheese - 0.50 CUP Green Beans - 0.50 CUP Spinach Salad - 1.00 CUP Dressing - 1.00 EA Fresh Fruit - 1.00 EA Milk - 1.00 CTN Beverage - 8.00 FL OZ	Breaded Fish - 1.00 SVG Oven Browned Potatoes - 0.50 EA Mixed Vegetables - 1 CUP WG Hamburger Bun - 1 EA Soft Margarine Cup - 1 PKT Tartar Sauce - 1 PKT Canned Fruit - 0.50 CUP Milk - 1 CTN Beverage - 8 FL OZ	Meat Pizza - 1 SLC Taco Pasta Salad - 0.50 CUP Cooked Carrots - 0.50 CUP Lettuce Blend - 1 CUP Dressing - 1 EA Canned Fruit - 0.50 CUP Milk - 1 CTN Beverage - 8 FL OZ	Hamburger - 1 EA Choice Potato - 0.50 CUP Cauliflower - 0.50 CUP Lettuce Garnish - 0.25 CUP WG Hamburger Bun - 1 EA Ketchup Packet - 2 EA Mustard Packet - 1 PKT Dressing - 1 EA Pickle Slices - 3 EA Baked Dessert - 1 EA Milk - 1 CTN Beverage - 8 FL OZ

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