

BOARD OF COMMISSIONERS
SARPY COUNTY, NEBRASKA

RESOLUTION AWARDING BID FOR FOOD SERVICE FOR THE JUVENILE JUSTICE CENTER

WHEREAS, pursuant to Neb. Rev. Stat. §23-104(6)(Reissue 2007), the County has the power to do all acts in relation to the concerns of the County necessary to the exercise of its corporate powers; and,

WHEREAS, pursuant to Neb. Rev. Stat. §23-103 (Reissue 2007), the powers of the County as a body are exercised by the County Board; and,

WHEREAS, bids for food service for the Juvenile Justice Center have been solicited, made, opened and reviewed pursuant to applicable Nebraska State Statutes; and,

WHEREAS, based on those proceedings, and after a public hearing, this Board has duly deliberated and considered the bids received; and,

WHEREAS, this Board desires to proceed forthwith in order to expedite and facilitate service to the citizens of Sarpy County.

NOW, THEREFORE, BE IT RESOLVED BY THIS BOARD OF COUNTY COMMISSIONERS THAT:

- (1) The low bid for Food Service for the Juvenile Justice Center of DVAL Enterprises, Inc. in the amounts of \$2.33 per breakfast, \$2.97 per lunch, \$2.74 per dinner and \$.46 per snack as listed in the base bid is accepted, ratified, and confirmed.
- (2) This Board's Chairman, Clerk, and Attorney are hereby authorized and directed to execute such ancillary documents as may be required to evidence the contract and take any and all steps necessary or required in order to carry out the terms of such contract after said documents have been reviewed by the Attorney, Fiscal Administrator, and County Administrator.

The above Resolution was approved by a vote of the Sarpy County Board of Commissioners at a public meeting duly held in accordance with applicable law on the 20th day of November, 2012.


 Sarpy County Board Chairman

Attest:
 SEAL




 County Clerk *Chief Deputy*

Sarpy County Purchasing Department

SARPY COUNTY COURTHOUSE
1210 GOLDEN GATE DRIVE
PAPILLION, NE 68046



Brian Hanson, Purchasing Agent
(402) 593-2349

Debby Peoples, Asst. Purchasing Agent
(402) 593-4164

Beth Garber, Senior Buyer/Contract Administrator
(402) 593-4476

Lois Spethman, Supply Clerk/Purchaser
(402) 593-2102

Memo

To: Sarpy County Board of Commissioners

From: Beth Garber

Re: JJC Food Service

On November 1, 2012 the Purchasing Department received and opened two (2) bids for the Juvenile Justice Center (JJC) Food Service. DVAL has been the food service provider for the JJC since 2002 and the provider for the jail since 1992. This relationship has been very beneficial for the County.

The proposed new pricing in the base bid increases the daily rate by \$.65, or averaging \$140.64 per week. This rate includes delivery to the JJC along with meeting all new USDA food guidelines. The base bid will allow the County to receive reimbursement from the State Department of Education for some of the meals. Option 1 would not qualify for reimbursement. While pricing is higher, we will not have to pay a weekly delivery price of \$52.50, which will offset some of the increase.

Both staff at the JJC and Purchasing are comfortable with this price and are confident DVAL has the ability to provide excellent service to the juveniles at the JJC. Therefore, it is recommended to be approved. Please email me at bgarber@sarpy.com with any questions.

November 8, 2012



Beth Garber

Cc: Deb Houghtaling
Mark Wayne
Scott Bovick
Brian Hanson
Dick Shea



OFFICE OF THE SHERIFF
Sarpy County Juvenile Justice Center
MEMORANDUM



JUVENILE SERVICES DIVISION

Name: Ms. Beth Garber, Purchasing Agent
From: Richard Shea, Director
Date: November 7, 2012
Re: Food Service Bid

After a careful review of both bids which have been submitted for consideration, I am recommending that we accept the bid from DVAL Enterprises, Inc. The proposal meets the USDA guidelines and is also the lowest bid.

I appreciate your assistance in preparing the bid.

Respectfully submitted,

Richard Shea, Director

Bid Tab
for the
JJC Food Service

Bid Opened:
2:00 Thursday
November 1, 2012

Meal	Weekly Average	Current Pricing - DVAL		DVAL Enterprises, Inc.		Treat America Food Service	
		Unit Price	Extended Price	Unit Price	Extended Price	Unit Price	Extended Price
Breakfast	164			\$2.33	\$382.12	\$1.72	\$282.08
Lunch	201			\$2.97	\$596.97	\$3.76	\$755.76
Dinner	164			\$2.74	\$449.36	\$3.82	\$626.48
Snack	164			\$0.46	\$75.44	\$0.79	\$129.56
Weekly Total					\$1,503.89		\$1,793.88
Option 1: Current Standards							
Breakfast	164	\$1.74	\$285.36	\$2.38	\$390.32	\$1.56	\$255.84
Lunch	201	\$2.05	\$412.05	\$2.25	\$452.25	\$3.62	\$727.62
Dinner	164	\$3.60	\$590.40	\$2.74	\$449.36	\$3.70	\$606.80
Snack	164	Wk Delivery	\$52.50	\$0.46	\$75.44	\$0.79	\$129.56
Weekly Total			\$1,340.31		\$1,367.37		\$1,719.82

JJC Food Service
Price Evaluation

Meal	Weekly Average	Current Pricing - DVAL		Proposed Pricing - DVAL		Price Comparison - Current to Proposed	
		Unit Price	Extended Price	Unit Price	Extended Price	Unit Price Difference	Extended Price Difference
Breakfast	164	\$1.74	\$285.36	\$2.33	\$382.12	\$0.59	\$96.76
Lunch	201	\$2.05	\$412.05	\$2.97	\$596.97	0.92	\$184.92
Dinner	164	\$3.60	\$590.40	\$2.74	\$449.36	-\$0.86	-\$141.04
Snack	164	Wk Delivery	\$52.50	\$0.46	\$75.44		
Weekly Total			\$1,340.31		\$1,503.89	\$0.65	\$140.64
Weekly Total w/o Snack					\$1,428.45		
Option 1: Current Standards							
Breakfast	164	\$1.74	\$285.36	\$2.38	\$390.32	\$0.64	\$104.96
Lunch	201	\$2.05	\$412.05	\$2.25	\$452.25	\$0.20	\$40.20
Dinner	164	\$3.60	\$590.40	\$2.74	\$449.36	-\$0.86	-\$141.04
Snack	164	Wk Delivery	\$52.50	\$0.46	\$75.44		
Weekly Total			\$1,340.31		\$1,367.37	-\$0.02	-10.58
Weekly Total w/o Snack					\$1,291.93		

AGREEMENT

This Agreement is entered into by and between the County of Sarpy, in the State of Nebraska, a body politic and corporate, and hereinafter "County", and DVAL Enterprises, Inc., hereinafter "Vendor".

WHEREAS, County is desirous of contracting for Food Service for the Sarpy County Juvenile Justice Center; and,

WHEREAS, the Vendor has been awarded this Agreement as a result of the bid made by Vendor in response to the Specifications and Request for Proposals prepared by County;

NOW, THEREFORE, for and in consideration of the declarations and mutual promises and covenants contained herein, the County and Vendor agree as follows:

I. DUTIES OF VENDOR:

- A. Services to be rendered by Vendor under this Agreement shall be all those services necessary and proper for the installation and materials for Food Service in conformity with each and every term, condition, specification, and requirement of the Bid Specifications and the Bid submitted by the Vendor.
- B. All provisions of each document and item referred to in Paragraph A above shall be strictly complied with the same as if rewritten herein, and in the event of conflict among the provisions of said documents, the provisions most favorable to the County shall govern.
- C. Prior to the commencement of any work, Vendor will place on file with the Sarpy County Clerk, the required certificates of insurance, if applicable.
- D. Vendor will submit an invoice to County for work completed based on the amounts specified in Vendor's bid. Such invoices shall be submitted to:

Sarpy County Juvenile Justice Center
1210 Golden Gate Drive
Papillion, NE 68046

- E. The County and Vendor hereto specifically acknowledge, stipulate and agree that each and every term of the Bid Specifications and the Vendor's bid constitutes an essential term of this Agreement, and that, therefore, any violation of any term, condition, provision, or requirement constitutes a material breach hereunder, for which County shall have every right under the law to terminate this Agreement, and obtain any and all relief necessary.

II. DUTIES OF COUNTY:

In return for full, faithful and diligent rendering of services set forth above, County agrees to pay to Vendor the amount specified in Vendor's bid upon submission of the required invoice and satisfactory completion of all required work.

III. BREACH:

Should Vendor breach, violate, or abrogate any term, condition, clause or provision of this agreement, the County shall notify Vendor in writing that such an action has occurred. If satisfactory provision does not occur within ten (10) days from such written notice, the County may, at its option, terminate this agreement and obtain an alternate provider to provide all required materials. This provision shall not preclude the pursuit of other remedies for breach of contract as allowed by law.

IV. SAVINGS CLAUSE:

This Agreement shall be interpreted, construed and enforced under the laws of the State of Nebraska. It is understood and agreed by the County and Vendor hereto that if any part, term, condition, or provision of this Agreement is held to be illegal or in conflict with any law of the State of Nebraska or of the United States, the validity of the remaining parts, terms, conditions, or provisions shall not be affected, and the rights and obligations of the County and Vendor shall be construed and enforced as if the Agreement did not contain the particular part, term, condition, or provision held to be invalid.

V. SCOPE OF AGREEMENT

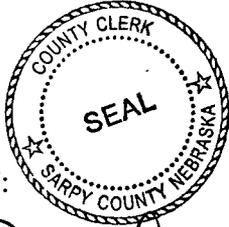
This Agreement, along with the Bid Specifications, and Bid by Vendor contains the entire Agreement between the County and Vendor, and there are no other written or oral promises, contracts or warrants which may affect it. This Agreement cannot be amended except by written agreement of both the County and Vendor. Notice to the County and Vendor shall be given in writing to the agents for each party named below:

County: Ms. Debra Houghtaling
Clerk of Sarpy County
1210 Golden Gate Drive
Papillion, NE 68046

Vendor: DVAL Enterprises, Inc.
PO Box 460907
Papillion, NE 68046

IN WITNESS WHEREOF, we the contracting parties, by our respective and duly authorized agents, hereto affix our signatures and seals in duplicate this 21st day of November, 2012.

(Seal)



ATTEST:

Renee Lussman
Sarpy County Clerk *Chief Deputy*

COUNTY OF SARPY, NEBRASKA,
A body Politic and Corporate

Rosey Ah 11-20-12
Chairperson
Sarpy County Board of Commissioners

Approved as to form and content:

[Signature]
Deputy County Attorney

Vendor: DUAL Enterprises, Inc.

By: Jeigh Beecham
Title: Sec/Treas.

Attest:

Witness

COMPANY NAME: DVAL Enterprises, Inc.

Sarpy County, Nebraska
 Food Service
 ~ Revised Bid Form ~

Meal	Average Weekly Count	Unit Price	Extended Price
Breakfast	164	\$ <u>2.33</u>	\$ <u>382.12</u>
Lunch	201	\$ <u>2.97</u>	\$ <u>596.97</u>
Dinner	164	\$ <u>2.74</u>	\$ <u>449.36</u>
Snack	<u>164</u>	\$ <u>.46</u>	\$ <u>75.44</u>
Weekly Total			\$ <u>1503.89</u>
Option 1: Current Meal Standards			
Breakfast	164	\$ <u>2.38</u>	\$ <u>390.32</u>
Lunch	201	\$ <u>2.25</u>	\$ <u>452.25</u>
Dinner	164	\$ <u>2.74</u>	\$ <u>449.36</u>
Snack	<u>164</u>	\$ <u>.46</u>	\$ <u>75.44</u>
Option 1 Weekly Total			\$ <u>1367.37</u>

*Prices are to be F.O.B. - 9701 Portal Road, Papillion, NE 68046

Selected Vendor must be able to start on January 1, 2013.

Base Bid complies with all requirements listed within the Specifications:

YES: ✓

NO:

Company Information:

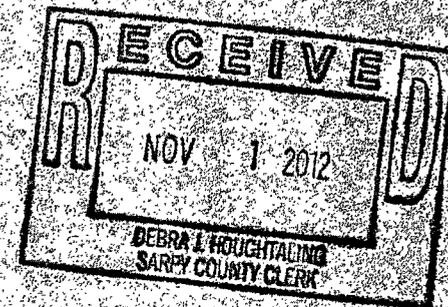
Years in business: 20 years

of employees 9

Total sales last 3 years
2009 - \$453,556
2010 - \$447,945
2011 - \$455,990

Papillion NE 68046

Sealed Bid -
Food Service



8:38 AM
gm

DVAL Enterprises, Inc.

2 pm 11/1/12

COMPANY NAME: DVAL Enterprises, Inc.

Sarpy County, Nebraska
Food Service
~ Revised Bid Form ~

Meal	Average Weekly Count	Unit Price	Extended Price
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Base Bid complies with all requirements listed within the Specifications:

YES: ✓

NO: _____

Company Information:

Years in business:

20 years

of employees

9

Total sales last 3 years

2009 - \$453,556
2010 - \$447,945
2011 - \$455,990

Company Overview

DVAL Enterprises, Inc. is a locally owned and operated corporation that has held the food service contract with the Sarpy County Jail since September of 1992. In addition, they have provided the food service to the Juvenile Justice Center since the current facility opened.

DVAL Enterprises is owned by Don and Valerie Bellino and Leigh Mann Beecham, who are all life-long Sarpy County residents. In addition to DVAL Enterprises, the Bellino's own numerous local corporations. Leigh Mann Beecham serves as Director of Operations for DVAL Enterprises, in addition to working as a Vice President with American National Bank.

Barbara Adler is the on-site dietary manager at the Sarpy County Jail kitchen facility and oversees the food service for both the Sarpy County Jail and Sarpy County Juvenile Justice Center. Barbara has been employed with DVAL Enterprises for almost four years. Barbara is a certified dietary manager, certified food protection professional and a Serv Safe Food Protection Manager and is a certified trainer of the program.

In addition to Barbara, we have two full-time staff cooks and two part-time staff cooks.

Description of Kitchen Facilities

DVAL Enterprises utilizes the kitchen facilities located at the Sarpy County Jail. This facility is used to prepare all meals for the inmates at the Sarpy County Jail. The kitchen meets all of the guidelines as established by the State Fire Marshal, the Nebraska Department of Agriculture Bureau of Dairies and Foods and the State Department of Health. It is inspected by the Nebraska Jail Standards, Sarpy County Department of Health and the State Fire Marshal.

Staffing Plan

DVAL Enterprises has staff on hand at the Sarpy County Jail facility from 3:30 am – 6:15 pm every day of the week. The staff is hired only after they pass all the necessary background checks as determined by the Sarpy County Sheriff's Department. These staff prepare meals for the Sarpy County Jail inmates and will be utilized to prepare and portion out the meals to be delivered to the Sarpy County Juvenile Justice Center. The exact amount of meals as ordered by the Juvenile Justice Center will be pre-portioned in Styrofoam containers and transported in insulated bags to ensure hot foods stay hot and cold food stay cold. Delivery drivers from DVAL will deliver the meals to the Juvenile Justice Center facility.

By using the Styrofoam containers the DVAL staff and JJC staff is ensured that the proper portion of food items is given to each juvenile and that every meal given to each juvenile looks exactly the same. This is necessary so that the meal can be considered "reimbursable" through the USDA standards. This also helps the Juvenile Justice Center staff in that their only responsibility will be to "hand out" the containers.

DVAL will maintain adequate records of the cycle menu, actual number of meals served, and any special diets served for a minimum of three years. These records will be made available to Sarpy County upon request.

DVAL utilizes the services of a dietician through Sysco Lincoln, which is one of our food suppliers. This dietician can be consulted for any medical diet needs.

Food Service and Meal Plans

DVAL Enterprises is committed to delivering high quality food service to the Juvenile Justice Center that will meet all necessary USDA guidelines so that Sarpy County can receive the appropriate reimbursement from the State of Nebraska. We will meet all standards as set forth by Sarpy County, the State of Nebraska and national standards of the USDA National School Lunch Program and the School Breakfast Program.

The menus attached meet all of the necessary guidelines. Accompanying the menus is a printout from the USDA website for the school lunch and breakfast guidelines. It shows for each meal if the meal meets the requirements for reimbursement. Considered in these requirements is the caloric count for each meal and also the balance between carbohydrates, protein, fats, etc. You can clearly see that all of our meals do meet the guidelines, again, allowing Sarpy County to get reimbursed through the State of Nebraska for every lunch and breakfast that is served.

Again, we are proposing that we deliver the meals in Styrofoam containers with the meals pre-portioned out. This will eliminate any food handling, beyond just handing out the containers, that the Juvenile Justice Center would need to do.

On Monday – Friday, we will deliver three meals. On Saturday and Sunday, we will deliver two meals – lunch and dinner. The weekend breakfast meal will be a cold breakfast and will be delivered the preceding evening. For example on Friday night, we will deliver Saturday’s breakfast items and on Saturday night, we will deliver Sunday’s breakfast items.

A sample of various “special” diet menus are also attached. The DVAL Staff will work with the medical staff to ensure that any request for a special diet is responded to appropriately. We have a lot of experience in this area through our contract with the Sarpy County Jail.

An evening snack is also being requested by the Juvenile Justice Center. We will send the evening snack with the dinner meal. Examples of what a snack might consist of are:

- 1-8 oz. Carton skim milk and 1-4 inch chocolate chip cookie
- 1-8 oz. Carton skim milk and 1 2-inch square piece of cake
- 1 slice whole grain bread with 1 Tablespoon Peanut Butter
- 1 apple with 1 Tablespoon Peanut Butter

The Option 1 meal plans that are attached are the exact same meals as what we serve at the Sarpy County Jail facility. These menus meet all the guidelines of Nebraska Jail Standards.

If additional food items are requested by the JJC, these items must be requested one week in advance, as we may not always have the requested items in stock. These items can be ordered through any of the kitchen staff. DVAL Enterprises will provide an invoice monthly to Sarpy County for these items. The items will be billed at fair market value.

We would like to reiterate that the main focus of the base bid meals is to provide quality food that meets all necessary guidelines to receive reimbursement through the USDA school lunch and breakfast programs.

Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	1Cup Fresh Fruit 1 Each Baked Oatmeal 8 oz Milk 2 pkts. Sugar	1 cup Fresh Fruit 1/2 cup Oatmeal 1 each Boiled Eggs 8 oz Milk 2 pkts Sugar	1Cup Fresh Fruit 2 each Pancakes 2 oz Syrup 1 oz Margarine 8 oz Milk 2 each Sugar Pkts	1Cup Fresh Fruit 4 oz. Scrambled Eggs 1 each Muffins 8 oz Milk 2 each Sugar Pkts	1Cup Fresh Fruit 4 oz Creamed Beef 1 each Biscuits 8 oz Milk 2 each Sugar Pkts	1Cup Fresh Fruit 1 Each Bread Pudding 8 oz Milk 2 each Sugar Pkts	1Cup Fresh Fruit 1 oz Cheerios 1 each Boiled Eggs 8 oz Milk 2 each Sugar Pkts
Lunch	3 oz. Ham Salad 2 slices Whole Wheat Bread 1 oz. Potato Chips 1 cup Carrots 1Cup Fresh Fruit 8 oz. Milk	2 oz. Turkey Hot Dog 2 oz. Chili 1 each Bun 1/2 cup Macaroni Salad 1 cup Italian Blend Veg 1Cup Fresh Fruit 8oz Milk	3 oz Chicken Patty 2 each Whole Wheat Bread 1 oz. Mayo 1 oz. Potato Chips 1 cup Beets 1Cup Fresh Fruit 8 oz Milk	1 each Burrito 2 oz. Cheese Sauce 1/2 cup Veg. Refried Beans 1 cup Mexi Corn 1/24 sq Gelatin 1Cup Fresh Fruit 8 oz Milk	3 oz. Chicken Salad 2 slices Whole Wheat Bread 6 oz Vegetable Soup 2 pkts Saltines 4 oz Carrots 1Cup Fresh Fruit 1 each Cookie 8 oz Milk	3 oz Hamburger 1 each Bun 1oz Ketchup 1 oz Mustard 4 oz French Fries 1Cup Fresh Fruit 1/2 cup Green Beans 8 oz Milk	6 oz Ham & Bean Soup 2 - 2x2 Corn Bread 1 oz. Margarine 1 Cup Broccoli 1Cup Fresh Fruit 8 oz Milk
Dinner	3 each Swedish Meatballs 2oz. Gravy 4 oz. Mashed Potato 1/2 cup Green Beans 2x2 sq. White Cake 3 each Sliced Bread 1 oz Margarine 8 oz. Drink Mix	1 each Chicken Fried Steak 2 oz. Gravy 1/2 cup Mashed Potatoes 1/2 cup Corn 1 sq Chocolate Cake 3 each Sliced Bread 1 oz Margarine 8 oz. Drink Mix	1 cup Meat Sauce/Rotini 1 cup Lettuce Salad 1 oz Dressing 1/2 cup Fruit Crisp 1 Each Garlic Breadstick 8 oz Drink Mix	1 cup Chicken ala King 1/2 cup Carrots 1/2 cup Mixed Fruit 1 sq Marble Cake 3 each Sliced Bread 1 oz Margarine 8 oz. Drink Mix	1 cup Beef Stew 2 each Biscuits 1 cup Lettuce Salad 1oz Dressing 1/2 cup Mixed Fruit 1 oz. Margarine 8 oz Drink Mix	1 each Kielbasa 2 oz Sauerkraut 4 oz. Cheesy Mash Pot. 1/2 oz Carrots 6 X 10 Spice Cake 3 each Sliced Bread 1 oz. Margarine 8 oz. Drink Mix	1 cup Goulash 1/2 cup Corn 1/2 cup Lettuce 1 oz. Dressing 6 X 10 Fruit Cocktail Cake 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix

Base Bid
 USDA compliant menu

Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	1 Cup Fresh Fruit 1/2 cup Oatmeal 1 Each Boiled Eggs 8 oz Milk 2 each Sugar Pkts	1 Cup Fresh Fruit 1 Each Bread Pudding 8 oz Milk 2 each Sugar Pkts	1 Cup Fresh Fruit 1 oz Rice Krispies 2 each Scrambled Eggs 8 oz Milk 2 each Sugar Pkts	1 Cup Fresh Fruit 2 Each Pancakes 2 oz Syrup 1 oz Margarine 8 oz Milk 2 each Sugar Pkts	1 Cup Fresh Fruit 1/2 c Oatmeal 1 each Boiled Eggs 8 oz Milk 2 each Sugar Pkts	1 Cup Fresh Fruit 2 Each Pancakes 2 oz Syrup 1 oz Margarine 8 oz Milk 2 each Sugar Pkts	1 Cup Fresh Fruit 1 each Baked Oatmeal 8 oz Milk 2 each sugar pkts
Lunch	2oz Cold Cuts 2 slices Whole Wheat Bread 1 oz Mayo 1 oz Chips 1 cup Kidney Bean Salad 1 Cup Fresh Fruit 8 oz Milk	3 oz Sloppy Joe 1 each Bun 1 cup Corn 1 Cup Fresh Fruit 1/24 sq Gelatin 8 oz Milk	6 X 4 Pizza Cheese 1 cup Lettuce Salad 1 oz. Salad Dressing 8 oz Carrots 2 each Fresh Fruit 1 each Cookie 8 oz Milk	3 oz Egg Salad 2 slices Whole Wheat Bread 6 oz Vegetable Soup 2 pkts Saltines 1/2 cup Pasta Salad 1 Cup Fresh Fruit 8 oz Milk	6 each Mini Corn Dogs 1 oz Ketchup 1 oz Mustard 1 c Pea Salad 1 Cup Fresh Fruit 1/2 c Vanilla Pudding 8 oz Milk	2 oz Cheese 1 oz Mayo 2 each Whole Wheat Bread 8 oz Broccoli 1 oz Potato Chips 1 Cup Fresh Fruit 8 oz Milk	3 oz Hamburger 2 each Whole Wheat Bread 1 oz Ketchup 1 oz Mustard 4 oz French Fries 1 Cup Fresh Fruit 4 oz Carrot Sticks 4 oz Celery Sticks 8 oz Milk
Dinner	5 each Chicken Nuggets 2 oz BBQ Sauce 1/2 cup Cheesy Mashed 1/2 cup Beets 6 X 10 Carrot Cake 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	1 cup Turkey Ham/Rotini 1/2 cup Italian Blend 1/2 cup Pineapple 1/2 cup Pudding 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	1 cup Beef & Pasta 4 oz. Mixed Vegetables 1/2 cup Mixed Fruit 6 X10 Cake 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	6 ea Ravioli 1 cup Lettuce Salad 1 oz Dressing 1/2 cup Fruit Crisp 1Each Garlic Breadstick 8 oz Drink Mix	6 oz. Tuna & Mac 1/2 c Carrots 1/2 c Pineapple 1 each Cookie 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	3 oz Salisbury Steak 2 oz Gravy 1/2 c Mashed Potato 1/2 c Corn 2x2 Banana Cake 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	3 oz Chicken FS 2 oz Cream Gravy 1/2 c Mash Potato 1/2 c Mix Veg 2x2 Cake 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix

Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	1 Cup Fresh Fruit 4 oz Creamed Beef 1, 2x2 Biscuits 1 oz Margarine 8 oz Milk 2 each Sugar Pkts	1 Cup Fresh Fruit 1/2 c Oatmeal 1 each Boiled Eggs 1 oz Margarine 8 oz Milk 2 each Sugar Pkt	1 Cup Fresh Fruit 2 each Pancakes 2 oz Syrup 1 oz Margarine 8 oz Milk 2 each Sugar Pkts	1 Cup Fresh Fruit 1/2 c Oatmeal 4 oz Scrambled Eggs 8 oz Milk 2 each Sugar Pkt	1 Cup Fresh Fruit 1 each Bread Pudding 8 oz Milk 2 each Sugar Pkts	1 Cup Fresh Fruit 2 each Pancakes 2 oz Syrup 1 oz Margarine 8 oz Milk 2 each Sugar Pkts	1 Cup Fresh Fruit 1 each Boiled Eggs 1 each Muffin 8 oz Milk 2 each Sugar Pkts

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	3 oz Ham Salad 2 slices Whole Wheat Bread 1/2 c Asian Coleslaw 1/2 c Carrots 1 Cup Fresh Fruit 8 oz Milk	1 each 4oz Burrito 2 oz Cheese Sauce 1/2 c Refried Beans 1 c Lettuce Salad 1 oz Dressing 1 Cup Fresh Fruit 8 oz Milk	6 oz Chili 2 pkts Saltines 1/2 c Pasta Salad 4 oz Carrot Sticks 4 oz Celery Sticks 1 Cup Fresh Fruit 8 oz Milk	3 oz Hamburger 1/2 oz Cheese 2 each Whole Wheat Bread 1 oz Ketchup 1 oz Mustard 4 oz French Fries 1 Cup Fresh Fruit 1 c Broccoli 8 oz Milk	3 oz Chick. Patty 2 each W W Bread 1/2 c Coleslaw 1/2 c Green Beans 2 each Fresh Fruit 8 oz Milk	3 oz Tuna Salad 2 each Whole Wheat Bread 6 oz Veg Soup 2 each Saltine pkts 1/2 c Carrots 1 Cup Fresh Fruit 8 oz Milk	2 oz Turkey Hot Dog 1 each Bun 1 oz Ketchup 1 oz Mustard 1 c Lettuce Salad 1 oz Dressing 1/2 c Corn 1 Cup Fresh Fruit 8 oz Milk

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinner	1 cup Beef Stroganoff 1 c Lettuce Salad 1 oz Dressing 1/2 c Green Beans 2x2 Spice Cake 3 each Sliced Bread 1 oz Margarine 8 oz Drink Mix	6 oz Scallop, Ham & Pot 1/2 c Mixed Veg 1/2 c Pineapple 4 oz Pudding 3 each Sliced Bread 1 oz Margarine 8 oz Drink Mix	3 oz Chicken Patty 2 oz Cacciatore Sauce 1/2 c Mashed Potato 1/2 c Green Beans 1/2 c Fruit Crisp 3 each Sliced Bread 1 oz Margarine 8 oz Drink Mix	3 oz Ribblet W / Sauce 1/2 c Spanish Rice 1/2 c Lettuce 1 oz Dressing 2x2 Brownie 3 each Sliced Bread 1 oz Margarine 8 oz Drink Mix	6 oz Chili Mac 1/2 c Peas 1/2 c Pineapple 2x2 Carrot Cake 3 each Sliced Bread 1 oz Margarine 8 oz Drink Mix	6 oz Chicken Rice, Broccoli 1 c Lettuce Salad 1 oz Dressing 1/2 c Mixed Fruit 2x2 Cake 3 each Sliced Bread 1 oz Margarine 8 oz Drink Mix	1 cup Meat Sauce/Pasta 1 c Lettuce Salad 1 oz Dressing 4 oz Corn 2x2 Cake 1 each Garlic Breadstick 8 oz Drink Mix

Week 4

	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Breakfast	1 Cup Fresh Fruit 1 each Baked Oatmeal 8 oz Milk 2 each Sugar Pkts	1 Cup Fresh Fruit 2 Each Pancakes 2 oz Syrup 1 oz Margarine 8 oz Milk 2 each Sugar Pkts	1 Cup Fresh Fruit 1 oz Corn Flakes 1 each Boiled Eggs 8 oz Milk 2 each Sugar Pkts	1 Cup Fresh Fruit 2 each Pancakes 2 oz Syrup 1 oz Margarine 8 oz Milk 2 each Sugar Pkts	1 Cup Fresh Fruit 1 oz Bran Flakes 1 each Boiled Eggs 8 oz Milk 2 each Sugar Pkts	1 Cup Fresh Fruit 1 each Bread Pudding 8 oz Milk 2 each Sugar Pkts	1 Cup Fresh Fruit 1 oz Cherrios 4 oz Scrambled Egg 8 oz Milk 2 each Sugar Pkts
Lunch	2 oz Cold Cuts 2 each Whole Wheat Bread 1 oz Mayo 1 oz Potato Chips 1 Cup Fresh Fruit 1 C 3 Bean Salad 8 oz Milk	3 oz Chicken Patty 2 each Whole Wheat Bread 1 oz Mayo 1/2 c Mac Salad 1 C Carrots 1 Cup Fresh Fruit 8 oz Milk	3 oz Taco Meat 1 oz Nacho Chips 1 oz Diced Tomato 2 oz Cheese Sauce 1/2 C Refried Beans 1 Cup Fresh Fruit 1 c Lettuce 1 oz. Dressing 8 oz Milk	6 X 4 Pizza Cheese 1 c Lettuce Salad 1 oz. Salad Dressing 4 oz Carrots 1 Cup Fresh Fruit 1/2 cup Jello 8 oz Milk	3 oz Hamburger 2 each W W Bread 1 oz Ketchup 1 oz Mustard 8 oz Corn 1 c 3 Bean Salad 1 Cup Fresh Fruit 8 oz Milk	2 oz Cheese 2 each W W Bread 1 oz Mayo 6 oz Veg Soup 1 Cup Fresh Fruit 1 ea Cookie 8 oz Milk	3 oz Fish Square 2 each W W Bread 1oz Tarter Sauce 1 oz. Potato Chips 1 c Carrots 1 Cup Fresh Fruit 8 oz Milk
Dinner	3 oz Meatloaf 4 oz. Mashed Potato 2 oz. Gravy 1/2 c Carrots 2x2 Banana Cake 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	6 oz Beef&Potato 1 c Lettuce Salad 1 oz Dressing 1/2 c Mixed Veg 1/2 c Fruit Crisp 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	6 oz Chicken Tetrizinni 1/2 c Green Beans 1/2 c Mixed Fruit 4 oz Pudding 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	3 oz Salisbury Steak 2 oz Gravy 1/2 c Mash Potato 1/2 c Italian Blend 1/2 c Pineapple 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	4 oz Turkey Supreme 2 oz Gravy 1/2 c Mash Potato 1/2 c Peas 2x2 Cake 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	3 oz Fish Wedge 2 oz Tarter Sauce 1/2 c Rice Pilaf 1/2 c Green Beans 4 oz Pudding 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	6 oz S&S Chick w/ rice 1/2 c Corn 2x2 Cake 1/2 cup Pineapple 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix

Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	1/2 cup Mandarin Oranges 1 oz. Corn Flakes 3 each Pancakes 2 oz. Syrup 1 oz. Margarine 16 oz. Milk 2 each Sugar Pkts	1 each Apple 1/2 cup Oatmeal 2 each Boiled Eggs 2 slices Bread 1 oz. Margarine 1 oz. Jelly 16 oz. Milk 2 each Sugar Pkts	1/2 cup Applesauce 1 oz. Cherrios 3 each Pancakes 2 oz. Syrup 1 oz. Margarine 16 oz. Milk 2 each Sugar Pkts	1/2 cup Fresh Fruit 1/2 cup Cream Of Wheat 2 each Scrambled Eggs 2 each Muffins 16 oz. Milk 2 each Sugar Pkts	1/2 cup Pears 1 oz. Raisin Bran 4 oz. Creamed Beef 2 each Biscuits 16 oz. Milk 2 each Sugar Pkts	1 each Apple 1/2 cup Oatmeal 2 slices French Toast 2 oz. Syrup 1 oz. Margarine 16 oz. Milk 2 each Sugar Pkts	1/2 cup Peaches 1 oz. Cheerios 2 each Boiled Eggs 2 each Muffins 16 oz. Milk 2 each Sugar Pkts
Lunch	3 oz. Ham Salad 2 slices Bread 1 oz. Potato Chips 1/2 cup Broccoli 1/2 cup Vanilla Pudding 8 oz. Drink Mix	1 each Turkey Hot Dog 2 oz. Chili 1 each Bun 1/2 cup Macaroni Salad 1/2 cup Mixed Vegetables 1/2 cup Pineapple 8oz Drink Mix	1 each Chicken Patty 2 each Sliced bread 1 oz. Mayo 1 oz. Potato Chips 1/2 cup Green Beans 1/2 cup Peaches 8 oz Drink Mix	1 each Burrito 2 oz. Cheese Sauce 1/2 cup Veg. Refried Beans 1/2 cup Mexi Corn 1/24 sq Gelatin 8 oz. Drink Mix	3 oz. Chick Salad Crunchy 2 slices Bread 6 oz. Vegetable Soup 2 pkts Saltines 1/2 cup Applesauce 1 each Cookie 8 oz Drink Mix	1 each Hamburger 2 each Bread 1oz Ketchup 1 oz Mustard 4 oz French Fries 1/2 cup Pears 1/2 cup Chocolate Pudding 8 oz Drink Mix	6 oz Ham & Bean Soup 2 - 2x2 CornBread 1 oz. Margarine 1/2 c Coleslaw 1/2 c Pears 8 oz Drink Mix
Dinner	3 each Swedish Meatballs 2oz. Gravy 4 oz. Mashed Potato 1/2 cup Green Beans 1/2 cup Peaches 2x2 sq. White Cake 3 each Sliced Bread 1 oz. Margarine 8 oz. Drink Mix	1 each Chicken Fried Steak 2 oz. Gravy 1/2 cup Mashed Potatoes 1/2 cup Corn 1 sq. Chocolate Cake 3 each Sliced Bread 1 oz. Margarine 8 oz. Drink Mix	1 cup Meat Sauce/Rotini 1 cup Lettuce Salad 1 oz. Dressing 1/2 cup Fruit Crisp 2 slices Garlic Bread 8 oz Drink Mix	1 cup Chicken ala King 1/2 cup Carrots 1/2 cup Mixed Fruit 1 sq. Marble Cake 3 each Sliced Bread 1 oz. Margarine 8 oz. Drink Mix	1 cup Beef Stew 2 each Biscuits 1 cup Lettuce Salad 1oz Dressing 1/2 cup Mixed Fruit 1 oz. Margarine 8 oz Drink Mix	1 each Polish Sausage 2 oz. Sauerkraut 4 oz. Cheesy Mash Pot. 1/2 oz Peas/Carrots 6 X 10 Spice Cake 3 each Sliced Bread 1 oz. Margarine 8 oz. Drink Mix	1 cup Goulash 1/2 cup Green Beans 1/2 cup Pineapple 6 X 10 Fruit Cocktail Cake 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix

Option 1 menus

Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	1 each Fresh Fruit 1/2 cup Oatmeal 4 oz. Scrambled Eggs 2 slices Bread 2 oz Jelly 1 oz. Margarine 16 oz. Milk 2 each Sugar Pkts	1 each Apple 1/2 cup Cream Of Wheat 2 slices French Toast 2 oz Syrup 1 oz Margarine 16 oz Milk 2 each Sugar Pkts	1/2 cup Mandarin Oranges 1 oz Rice Krispies 2 each Scrambled Eggs 2 each Muffins 16 oz. Milk 2 each Sugar Pkts	1 each Apple 1 oz Cherrios 3 - 4 in Pancakes 2 oz Syrup 1 oz Margarine 16 oz. Milk 2 each sugar pkts	1/2 c Pineapple 1/2 c Oatmeal 2 each Boiled Eggs 1 each Donut 16 oz Milk 2 each sugar pkts	1 each Apple 1/2c Cream of Wheat 3 - 4in Pancakes 2 oz Syrup 1 oz Margarine 8 oz Milk 2 each sugar pkts	1/2 c Peaches 1 oz Corn Flakes 2 each French Toast 2 oz Syrup 1 oz Margarine 16 oz Milk 2 each sugar pkts

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	2oz Cold Cuts 1 oz. Cheese 2 slices Bread 1 oz Mayo 1 oz Nachos 2 oz Cheese Sauce 1/2 cup 3 Bean Salad 1/2 cup Fruit Crisp 8 oz Drink Mix	3 oz Sloppy Joe 1 each Bun 1/2 cup Baked Beans 1/2 cup Applesauce 1/24 sq Gelatin 8 oz Drink Mix	6 X 4 Pizza Ground Beef 1/2 cup Lettuce Salad 1 oz. Salad Dressing 1/2 cup Peaches 1 each Cookie 8 oz. Drink Mix	3 oz Egg Salad 2 slices Bread 6 oz Vegetable Soup 2 pkts Saltines 1/2 cup Pasta Salad 6 X 10 Cake 8 oz Drink Mix	1 each Corn Dog 1 oz Ketchup 1 oz Mustard 1/2 c Pea Salad 1/2 c Applesauce 1/2 c Vanilla Pudding 8 oz Drink Mix	2 oz Cold Cuts 1 oz Cheese 1 oz Mayo 2 each Sliced Bread 2 oz Carrot Sticks 2 oz Celery Sticks 1 oz Potato Chips 1/2 c Mixed Fruit 8 oz Drink Mix	4 oz Hamburger 2 each Bread 1 oz Ketchup 1 oz Mustard 4 oz French Fries 1/2 c Pineapple 2x2 PB Rice Krisp 8 oz Drink Mix

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinner	1 each Chicken Patty 2 oz BBQ Sauce 1/2 cup Scalloped Potatos 1/2 cup Peas / Carrots 6 X 10 Carrot Cake 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	1 cup Turkey Ham/Rotini 1/2 cup Broccoli 1/2 cup Pineapple 1/2 cup Vanilla Pudding 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	1 cup Beef & Noodles 4 oz. Mixed Vegetables 1/2 cup Mixed Fruit 6 X10 Pineapple Upside Down Cake 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	6 ea Ravioli 1 cup Lettuce Salad 1 oz Dressing 1/2 cup Vanilla Pudding 2 slices Garlic Bread 8 oz Drink Mix	6 oz. Tuna & Mac 1/2 c Carrots 1/2 c Pears 2x2 Choc Pie 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	3 oz Salisbury Steak 2 oz Gravy 1/2 c Mashed Potato 1/2 c Corn 2x2 Banana Cake 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	3 oz Chicken FS 2 oz Cream Gravy 1/2 c Mash Potato 1/2 c Mix Veg 2x2 Choc Cake 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix

Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	1 each Apple 1 oz Frosted Flakes 4 oz Creamed Beef 2, 2x2 Biscuits 1 oz Margarine 16 oz Milk 2 each Sugar Pkts	1/2 c Applesauce 1/2 c Oatmeal 2 each Boiled Eggs 2 each Sliced Bread 1 oz Margarine 16 oz Milk 2 each Sugar Pkts	1 each Apple 1 oz Cherrios 3 - 4in Pancakes 2 oz Syrup 1 oz Margarine 16 oz Milk 2 each Sugar Pkts	1/2 c M Orange 1/2 c Oatmeal 2 each Scrambled Eggs 2 each Muffins 16 oz Milk 2 each Sugar Pkts	1 each Apple 1/2 c Cream of Wheat 2 each French Toast 2 oz Syrup 1 oz Margarine 16 oz Milk 2 each Sugar Pkts	1/2 c Peaches 1 oz Corn Flakes 2 each Pancakes 2 oz Syrup 1 oz Margarine 16 oz Milk 2 each Sugar Pkts	1/2 c Applesauce 1/2 c Oatmeal 2 each Scrambled Egg 1 each Donut 16 oz Milk 2 each Sugar Pkts

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	3 oz. Ham Salad 2 slices Bread 1/2 c Asian Coleslaw 1/2 c Carrots 1 each Cookie 8 oz Drink Mix	1 each 4oz Burrito 2 oz Cheese Sauce 1/2 c Refried Beans 1 c Lettuce Salad 1 oz Dressing 1/2 c Pineapple 8 oz Drink Mix	6 oz Chili 2 pkts Saltines 1/2 c Pasta Salad 2 oz Carrot Sticks 2 oz Celery Sticks 1/2 c Mixed Fruit 8 oz Drink Mix	4 oz Hamburger 1/2 oz Cheese 2 each Bread 1 oz Ketchup 1 oz Mustard 4 oz French Fries 1/2 c Pineapple 2x2 Rice Krispie Bars 8 oz Drink Mix	8 oz Mac&Cheese 1/2 c Coleslaw 1/2 c Green Beans 1 each Cookie 8 oz Drink Mix	3 oz Tuna Salad 2 each Sliced Bread 6 oz Veg Soup 2 each Saltine pkts 1/2 c Mac Salad 1 each Cookie 8 oz Drink Mix	1 each Turkey Hot Dog 1 each Bun 1 oz Ketchup 1 oz Mustard 1 c Lettuce Salad 1 oz Dressing 1/2 c Baked Beans 1/2 c Pudding 8 oz Drink Mix

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinner	1 cup Beef Stroganoff 1 c Lettuce Salad 1 oz Dressing 1/2 c Green Beans 2x2 Spice Cake 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	6 oz Scallop, Ham & Pot 1/2 c Mixed Veg 1/2 c Pears 2x2 Lemon Pie 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	3 oz Chicken Patty 2 oz Cacciatore Sauce 1/2 c Mashed Potato 1/2 c Green Beans 1/2 c Fruit Crisp 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	3 oz Ribblet 1 oz BBQ Sauce 1/2 c Baked Beans 1/2 c Lettuce 1 oz Dressing 2x2 Pumpkin Bars 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	6 oz Chili Mac 1/2 c Sliced Carrot 1/2 c Applesauce 2x2 Carrot Cake 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	6 oz Chicken Rice, Broccoli 1 c Lettuce Salad 1 oz Dressing 1/2 c Mixed Fruit 2x2 Pumpkin Bar 3 each Sliced Bread 1 oz. Margarine 8 oz Drink Mix	1 cup Meat Sauce/Pasta 1 c Lettuce Salad 1 oz Dressing 2x2 White Cake 2 each Garlic Bread 8 oz Drink Mix

Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	1/2 c Pineapple 1 oz Rice Krispies 2 each French Toast 2 oz Syrup 1 oz Margarine 16 oz Milk 2 each Sugar Pkts	1/2 c Mixed Fruit 4 oz Oatmeal 3 - 4in Pancakes 2 oz Syrup 1 oz Margarine 16 oz Milk 2 each Sugar Pkts	1 each Apple 1 oz Corn Flakes 2 each Scrambled Egg 2 each Muffins 16 oz Milk 2 each Sugar Pkts	1/2 c Pears 4 oz Oatmeal 2 each Pancakes 2 oz Syrup 1 oz Margarine 16 oz Milk 2 each Sugar Pkts	1 each Apple 1 oz Raisin Bran 2 each Boiled Eggs 2 each Muffins 16 oz Milk 2 each Sugar Pkts	1/2 c Peaches 4 oz Oatmeal 2 each French Toast 2 oz Syrup 1 oz Margarine 16 oz Milk 2 each Sugar Pkts	1 each Fresh Fruit 1 oz Cherrios 2 each Scrambled Egg w/T Ham 1 each Donut 16 oz Milk 2 each Sugar Pkts

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	2 oz Cold Cuts 1 oz Cheese 2 each Bread 1 oz Mayo 1 oz Potato Chips 1/2 c Pears 1/2 Cup Chocolate Pudding 8 oz Drink Mix	3 oz Chicken Patty 2 each Sliced Bread 1 oz Mayo 1/2 c Mac Salad 1/2 c Peas 2x2 Raisin Bars 8 oz Drink Mix	3 oz Taco Meat 1 oz Nacho Chips 1 oz Diced Tomato 2 oz Cheese Sauce 1/2 c Refried Beans 1/2 c Jello 1/2 Cup Lettuce 1 oz Dressing 8 oz Drink Mix	6 X 4 Pizza Ground Beef 1/2 cup Lettuce Salad 1 oz Salad Dressing 1/2 cup Mixed Fruit 1/2 cup Jello 8 oz Drink Mix	4 oz Hamburger 2 each Bread 1 oz Ketchup 1 oz Mustard 1 oz Pickle 4 oz French Fries 1/2 c 3 Bean Salad 1/2 c Peaches 8 oz Drink Mix	2 oz Cold Cuts 1 oz Cheese 2 each Sliced Bread 1 oz Mayo 6 oz Veg Soup 1/2 c Pineapple 1 ea Cookie 8 oz Drink Mix	1 each Fish Square 2 each Bread 1oz Tarter Sauce 1 oz Potato Chips 1/2 cup Asian Coleslaw 4 oz Applesauce 8 oz Drink Mix

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinner	3 oz Meatloaf 4 oz Mashed Potato 2 oz Gravy 1/2 c Peas&Carrots 2x2 Banana Cake 3 each Sliced Bread 1 oz Margarine 8 oz Drink Mix	6 oz Beef&Potato 1 c Lettuce Salad 1 oz Dressing 1/2 c Mixed Veg 1/2 c Fruit Crisp 3 each Sliced Bread 1 oz Margarine 8 oz Drink Mix	6 oz Chicken Tetrazinni 1/2 c Broccoli 1/2 c Mixed Fruit 2x2 Choc Pie 3 each Sliced Bread 1 oz Margarine 8 oz Drink Mix	3 oz Salisbury Steak 2 oz Gravy 1/2 c Mash Potato 1/2 c Broccoli 1/2 c Applesauce 3 each Sliced Bread 1 oz Margarine 8 oz Drink Mix	3 oz Sliced Turkey 1 each Sliced Bread 2 oz Gravy 1/2 c Mash Potato 1/2 c Peas 2x2 Choc Cake 3 each Sliced Bread 1 oz Margarine 8 oz Drink Mix	3 oz Fish Wedge 2 oz Tarter Sauce 1/2 c Rice Pilaf 1/2 c Green Beans 2x2 Lemon Pie 3 each Sliced Bread 1 oz Margarine 8 oz Drink Mix	6 oz Sweet & sour chicken w/ rice 1/2 c Corn 2x2 Fruit Cocktail Cake 1/2 cup Pears 3 each Sliced Bread 1 oz Margarine 8 oz Drink Mix

Regular Diet

3 oz Chicken Patty
2 each Whole Wheat Bread
1 oz. Mayo
1 oz. Potato Chips
1 cup Beets
2 Each Fresh Fruit
8 oz Milk

Bland Diet

3 oz Chicken Patty
2 each Whole Wheat Bread
1 oz. Mayo
4 oz Celery Sticks
1 cup Beets
2 Each Fresh Fruit
8 oz Milk

Vegatarian Diet

3 oz Chicken Patty
2 each Whole Wheat Bread
1 oz. Mayo
1 oz. Potato Chips
1 cup Beets
2 Each Fresh Fruit
8 oz Milk

3 oz Hamburger
2 each Whole Wheat Bread
1 oz Ketchup
1 oz Mustard
4 oz French Fries
2 each Fresh Fruit
4 oz Carrot Sticks
4 oz Celery Sticks
8 oz Milk

3 oz Hamburger
2 each Whole Wheat Bread
1 oz Mustard
4 oz (Baked) French Fries
2 each Fresh Fruit
4 oz Carrot Sticks
4 oz Celery Sticks
8 oz Milk

3oz Cheese (Grilled Cheese)
2 each Whole Wheat Bread
1 oz Mayo
4 oz French Fries
2 each Fresh Fruit
4 oz Carrot Sticks
4 oz Celery Sticks
8 oz Milk

Diabetic Diets

Diabetics receive a regular meal and All Carb Counts are provided on each menu sheet. So their insulin can be administered correctly.

We work with the Medical Staff to insure all diet requirements are met. , For all types of diets while maintaining the meal as close as possible to the regular diet, as far as taste and visual appeal.

*Breakfast Report
Week 1,2,3,4*

**Daily Requirement Summary
Breakfast, Grades K-12**

[Go to instructions](#)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruit, Vegetable, Fruit Juice or Vegetable Juice Servings	Yes	Yes	Yes	Yes	Yes	Yes	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daily Breakfast Requirement Check	Yes	Yes	Yes	Yes	Yes	Yes	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Minimum Fluid Milk (cups)	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Variety: Skim/fat-free unflavored, Skim/fat-free flavored, Low-fat (less than 1%), unflavored	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Low-fat (1% or less), flavored							
Reduced fat (2% fat) or whole, unflavored and flavored							

Lunch Report Week 1

Weekly Report Lunch, Grades 9-12

Cells shaded this color means the daily minimum for the component is NOT met

[Go to instructions](#)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (cups)
Minimum Fruit (cups)	1	1	1	1	1	1	1	7	7

Weekly Requirement Check
Yes

Weekly Fruit Juice Limit Check (no more than half of total fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	Percent of total weekly fruit that is juice	Weekly requirement check
	7	0	0.00%	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (cups)
Minimum Vegetables	1	1	1 1/2	1	1	1 1/4	1	7 3/4	7
Cups of DARK GREEN	0	0	0	0	0	1	0	1	1/2
Cups of RED/ORANGE	0	0	0	1/2	0	0	1	1 1/2	1 1/4
Cups of BEANS/PEAS(Legumes)	0	0	1/2	0	0	1/2	0	1	1/2
Cups of STARCHY vegetables	0	0	1	1/2	1/2	0	0	2	1/2
Cups of OTHER (any other type of vegetable)	1	1	0	0	1/2	0	0	2 1/2	3/4

Weekly Requirement Check
Yes

Weekly Vegetable Juice Limit Check (no more than half of total vegetables)	Total Weekly Vegetables	Total Weekly Vegetable Juice	Percent of total weekly vegetables that is juice	Weekly requirement check
	7 3/4	0	0.00%	Yes

Comments Section

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (oz equivalents)
Minimum Meat/Meat Alternate	2.50	3.00	2.00	2.00	3.00	2.00	2.00	16.50	14
Maximum Meat/Meat Alternate	2.50	3.00	2.00	2.00	3.00	2.00	2.00	16.50	17

Weekly Requirement Check
Yes
Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (oz equivalents)	
Minimum Grain	3.00	2.00	2.00	2.00	2.00	2.00	2.00	15.00	14	
Maximum Grain	3.00	2.00	2.00	2.00	2.00	2.00	2.00	15.00	17	
Grain Based Dessert Total for all weekly meals									0.00	No more 2 oz equivalents
Whole Grain Rich Weekly Amount	Weekly Grains Total: 15.00	Weekly Whole Grain Rich Total: 8.00	Percent of Whole Grain Rich			53.3%	At least half whole grain rich			

Weekly Requirement Check
Yes
Yes
Yes
Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (cups)
Minimum Fluid Milk	1	1	1	1	1	1	1	7	7
Variety: Skim/fat-free unflavored, Skim/fat-free flavored, Low-fat (less than 1%), unflavored	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
Low-fat (1% or less), flavored									
Reduced fat (2% fat) or whole, unflavored and flavored									

Weekly Requirement Check
Yes

Cells shaded this color means the daily minimum for the component is NOT met

Go to instructions	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (cups)
Minimum Fruit (cups)	1	1	1	1	1	1	1	7	7

Weekly Requirement Check
Yes

Weekly Fruit Juice Limit Check (no more than half of total fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	Percent of total weekly fruit that is juice	Weekly requirement check
	7	0	0.00%	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (cups)
Minimum Vegetables	1	1	1	1	1	1 1/2	1	7 1/2	7
Cups of DARK GREEN	0	1/2	0	0	1	0	0	1 1/2	1/2
Cups of RED/ORANGE	0	1	0	0	0	1/2	0	1 1/2	1 1/4
Cups of BEANS/PEAS(Legumes)	0	0	0	0	0	0	1	1	1/2
Cups of STARCHY vegetables	1	0	0	1	0	1/2	0	2 1/2	1/2
Cups of OTHER (any other type of vegetable)	0	0	1	0	0	1/2	0	1 1/2	3/4

Weekly Requirement Check
Yes

Weekly Vegetable Juice Limit Check (no more than half of total vegetables)	Total Weekly Vegetables	Total Weekly Vegetable Juice	Percent of total weekly vegetables that is juice	Weekly requirement check
	7 1/2	0	0.00%	Yes

Comments Section

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (oz equivalents)
Minimum Meat/Meat Alternate	3.00	2.00	2.00	3.00	2.00	3.00	2.00	17.00	14
Maximum Meat/Meat Alternate	3.00	2.00	2.00	3.00	2.00	3.00	2.00	17.00	17

Weekly Requirement Check
Yes
Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (oz equivalents)	
Minimum Grain	2.00	2.00	2.00	2.00	2.00	2.00	2.00	14.00	14	
Maximum Grain	2.00	2.00	2.00	2.00	2.00	2.00	2.00	14.00	17	
Grain Based Dessert Total for all weekly meals									0.00	No more 2 oz equivalents
Whole Grain Rich Weekly Amount	Weekly Grains Total:	14.00	Weekly Whole Grain Rich Total:	8.00	Percent of Whole Grain Rich			57.1%	At least half whole grain rich	

Weekly Requirement Check
Yes
Yes
Yes
Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (cups)
Minimum Fluid Milk	1	1	1	1	1	1	1	7	7
Variety: Skim/fat-free unflavored, Skim/fat-free flavored, Low-fat (less than 1%), unflavored	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
Low-fat (1% or less), flavored									
Reduced fat (2% fat) or whole, unflavored and flavored									

Weekly Requirement Check
Yes

Lunch Report Week 3

Weekly Report
Lunch, Grades 9-12

Cells shaded this color means the daily minimum for the component is NOT met

[Go to instructions](#)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (cups)
Minimum Fruit (cups)	1	1	1	1	1	1	1	7	7

Weekly Requirement Check
Yes

Weekly Fruit Juice Limit Check (no more than half of total fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	Percent of total weekly fruit that is juice	Weekly requirement check
	7	0	0.00%	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (cups)
Minimum Vegetables	1	1 1/2	1 1/2	1	1	1	1	8	7
Cups of DARK GREEN	1/2	0	1	0	0	1/2	0	2	1/2
Cups of RED/ORANGE	0	1/2	0	0	1/2	0	1/2	1 1/2	1 1/4
Cups of BEANS/PEAS(Legumes)	1/2	1/2	0	0	0	0	0	1	1/2
Cups of STARCHY vegetables	0	0	1/2	0	0	1/2	0	1	1/2
Cups of OTHER (any other type of vegetable)	0	1/2	0	1	1/2	0	1/2	2 1/2	3/4

Weekly Requirement Check
Yes

Weekly Vegetable Juice Limit Check (no more than half of total vegetables)	Total Weekly Vegetables	Total Weekly Vegetable Juice	Percent of total weekly vegetables that is juice	Weekly requirement check
	8	0	0.00%	Yes

Comments Section

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (oz equivalents)
Minimum Meat/Meat Alternate	2.00	2.00	3.00	3.00	3.00	2.00	2.00	17.00	14
Maximum Meat/Meat Alternate	2.00	2.00	3.00	3.00	3.00	2.00	2.00	17.00	17

Weekly Requirement Check
Yes
Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (oz equivalents)
Minimum Grain	2.00	2.00	2.00	2.00	3.00	2.00	2.00	15.00	14
Maximum Grain	2.00	2.00	2.00	2.00	3.00	2.00	2.00	15.00	17
Grain Based Dessert Total for all weekly meals								0.00	No more 2 oz equivalents
Whole Grain Rich Weekly Amount	Weekly Grains Total:	15.00	Weekly Whole Grain Rich Total:	8.00	Percent of Whole Grain Rich			53.3%	At least half whole grain rich

Weekly Requirement Check
Yes
Yes
Yes
Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (cups)
Minimum Fluid Milk	1	1	1	1	1	1	1	7	7
Variety: Skim/fat-free unflavored, Skim/fat-free flavored, Low-fat (less than 1%), unflavored	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
Low-fat (1% or less), flavored									
Reduced fat (2% fat) or whole, unflavored and flavored									

Weekly Requirement Check
Yes

Cells shaded this color means the daily minimum for the component is NOT met

Go to instructions	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (cups)
Minimum Fruit (cups)	1	1	1	1	1	1	1	7	7

Weekly Requirement Check	Yes
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Weekly Fruit Juice Limit Check (no more than half of total fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	Percent of total weekly fruit that is juice	Weekly requirement check
	7	0	0.00%	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (cups)
Minimum Vegetables	1	1	1	1 1/2	1	1	1	7 1/2	7
Cups of DARK GREEN	0	1/2	1/2	0	1/2	0	0	1 1/2	1/2
Cups of RED/ORANGE	0	0	1/2	0	0	1	0	1 1/2	1 1/4
Cups of BEANS/PEAS(Legumes)	1/4	1/2	0	1/4	0	0	1/4	1 1/4	1/2
Cups of STARCHY vegetables	0	0	0	1	0	0	0	1	1/2
Cups of OTHER (any other type of vegetable)	3/4	0	0	1/4	1/2	0	3/4	2 1/4	3/4

Weekly Requirement Check	Yes

Weekly Vegetable Juice Limit Check (no more than half of total vegetables)	Total Weekly Vegetables	Total Weekly Vegetable Juice	Percent of total weekly vegetables that is juice	Weekly requirement check
	7 1/2	0	0.00%	Yes

Comments Section

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (oz equivalents)
Minimum Meat/Meat Alternate	3.00	2.00	2.00	3.00	2.00	3.00	2.00	17.00	14
Maximum Meat/Meat Alternate	3.00	2.00	2.00	3.00	2.00	3.00	2.00	17.00	17

Weekly Requirement Check	Yes
Weekly Requirement Check	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (oz equivalents)	
Minimum Grain	2.00	2.00	2.00	2.00	2.00	2.00	2.00	14.00	14	
Maximum Grain	2.00	2.00	2.00	2.00	2.00	2.00	2.00	14.00	17	
Grain Based Dessert Total for all weekly meals									0.00	No more 2 oz equivalents
Whole Grain Rich Weekly Amount	Weekly Grains Total:	14.00	Weekly Whole Grain Rich Total:	12.00	Percent of Whole Grain Rich			85.7%	At least half whole grain rich	

Weekly Requirement Check	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	Weekly Requirement (cups)
Minimum Fluid Milk	1	1	1	1	1	1	1	7	7
Variety: Skim/fat-free unflavored, Skim/fat-free flavored, Low-fat (less than 1%), unflavored	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
Low-fat (1% or less), flavored									
Reduced fat (2% fat) or whole, unflavored and flavored									

Weekly Requirement Check	Yes
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