Revised: 9/14,8/16,10/17

MONTOGOMERY COUNTY, OH JUVENILE

aramark

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs (Grades 9-12)—Jan. 2012
Fluid milk choice at breakfast and lunch must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).
This institution is an equal opportunity provider Cycle Average 2900 calories per day

TUESDAY

WEDNESDAY

Week:

MONDAY

THURSDAY FRIDAY

SATURDAY

SUNDAY

Meal Name: Breakfast											
100% Juice (4 oz) 1 each	100% Juice (4 oz)	each 1	100% Juice (4 oz)	each	100% Juice (4 oz)	each	100% Juice (4 oz) 1 each	100% Juice (4 oz)	each	100% Juice (4 oz)	each
Toasted Oats Cereal 1 cup	T. Ham	_	Scrambled Eggs	3 ozw	Breakfast Sausage (1 ozw each)	patty	Toasted Oats Cereal 1 cup	Scrambled Eggs	wzo	Toasted Oats Cereal	е С
Whole Grain French Toast Sticks 2 each	Whole Wheat Bread 2	slice	Cajun Potatoes LF	1/2 cup	Whole Grain Waffles 2		Cajun Potatoes LF 1/2 cup	Whole Wheat Pancakes 2	each	Whole Grain Bagel	each
Syrup 1 floz	Whipped Margarine	1/3 ozw \	WG Flour Tortilla (6")	each	Syrup 1	fl oz	Whole Wheat Bread 1 slice	Syrup 1	fl oz	Whipped Margarine	1/3 ozw
Fruit (1@ or 1/2 cup equivalent) 1 portion	Jelly		Salsa	1 floz	Fruit (1@ or 1/2 cup equivalent)	portion	Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent)	portion	Fruit (1@ or 1/2 cup equivalent)	portion
Sugar 1 packet	Fruit (1@ or 1/2 cup equivalent)	_	Fruit (1@ or 1/2 cup equivalent)	portion	Milk-Student Choice (Half Pint)	each	Sugar 1 packet	Milk-Student Choice (Half Pint)	_	Sugar 1	packet
Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint)		Milk-Student Choice (Half Pint)	each			Whipped Margarine 1/3 ozw			Jelly 1	/2 fl oz
							Milk-Student Choice (Half Pint) 1 each			Milk-Student Choice (Half Pint)	each
Meal Name: Lunch											
Glazed BBQ Patty (3 ozw each) 1 patty	T. Hot Dogs (1.5 oz each)	each	T. Bologna	4 ozw	Sloppy Joe LS (3 oz^) 4	WZO	Farmhouse Stew LF/LS (3 oz^) 12 ozw	Baked Meatloaf (3 ozw each)	patty	T. Ham	4 ozw
Cajun Potatoes LF/LS 1 cup	Baked Beans	1/2 cup	Whole Wheat Bread 2		Whole Wheat Bread 2			Baked Beans	_	Mustard 1	packet
Carrots LF 3/4 cup	Mustard 1	packet	Mustard 1	packet	Pinto Beans LF/LS	1/2 cup	Carrots LF 1/2 cup	Creamy Coleslaw LF		Whole Wheat Bread 2	2 slice
Whole Wheat Bread 2 slice	Creamy Coleslaw LF	1/2 cup	O'Brien Potatoes LF	1/2 cup	Broccoli LF	1/2 cup	Whole Wheat Bread 2 slice	Whole Wheat Bread 2		Potato Salad LF	cup Cup
Fruit (1@ or 1/2 cup equivalent) 1 portion	Whole Wheat Bread	slice	Cabbage LF	1/2 cup	Fruit (1@ or 1/2 cup equivalent)	portion	Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent)		Fruit (1@ or 1/2 cup equivalent)	portion
100% Juice (4 oz) 1 each	Fruit (1@ or 1/2 cup equivalent)		Fruit (1@ or 1/2 cup equivalent)	portion	100% Juice (4 oz)	each	100% Juice (4 oz) 1 each	100% Juice (4 oz)	each	100% Juice (4 oz)	each
Milk-Student Choice (Half Pint) 1 each	100% Juice (4 oz)	each 1	100% Juice (4 oz) 1	each	Milk-Student Choice (Half Pint) 1	each	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint)		Milk-Student Choice (Half Pint)	each
Pepper 1 packet	Milk-Student Choice (Half Pint)	each	Milk-Student Choice (Half Pint)		Pepper 1 p	packet	Pepper 1 packet	Pepper 1 p		Pepper 1	packet
	Pepper 1	packet	Pepper 1	packet							
Meal Name: Dinner										VICTOR DE LA CONTRACTOR	

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Most Name: Examina Smoot			each	Salt & Pepper Packets Fruit Drink w/ Vitamin C	- cup	Fruit (1@ or 1/2 cup equivalent)	l each	Mustard	MZ0 7/1	Whipped Margarine	7 MZ0 7	Enriched Bread or Rolls	1/2 cup	Broccoli	1 cup	Rice Potato Salad	12 ozw 4	Chill con Came w/ Beans (2 oz^) I. Salami
			cup	Salt & Pepper Packets	portion	Fruit Drink w/ Vitamin C	packet	Sandwich Cookies	1/2 ozw	Mandarin Oranges (canned)	each	Salad Dressing LF	1/2 cup	Garden Salad	cup	Noodles w/ Tomato Sauce	WZO	Pizza (1-3/4 oz^& cheese)
			1 each		1 cup		4 each		1/2 cup		1/2 fl oz		1 cup		1 cup	nato Sauce	5 ozw	& cheese)
		Salt & Pepper Packets		Fruit Drink w/ Vitamin C		Iced Cake		Whipped Margarine		Enriched Bread or Rolls		Green Beans		Gravy		Mashed Potatoes		Baked Meatloaf (3 ozw each)
	1 each		1 cup		1/54 cut	i	1/2 ozw		2 each		1 cup		3 floz		1 cup		1 patty	
			1 each	Salt & Pepper Packets	1 0	Fruit Drink w/ Vitamin C	1 each	Sherbet Cup (4 oz)	1/2 cup	Shredded Lettuce	1/2 cup	Com	1 0	Rice	2 each	Flour Tortilla (6")	4 ozw	Tex-Mex Taco Filling (2 oz^)
		Salt & Pepper Packets	ich	Fruit Drink w/ Vitamin C	cup	Iced Cake	H	Whipped Margarine	cup	Enriched Bread or Rolls	pup	Peas	cup	Mashed Potatoes	ch	Onion Gravy	\vdash	Salisbury Steak (3 ozw each)
	1 each		1 cup		1/54 cut		1/2 ozw		2 each		1/2 cup		1 cup		2 floz		1 patty	
		Salt & Pepper Packets		Fruit Drink w/ Vitamin C		Sandwich Cookies		Whipped Margarine		Enriched Bread or Rolls		Mixed Vegetables		Gravy		Parsley Potatoes		Roast Turkey
1					4		1/2 ozw		2 each		1/2 cup		3 floz					

Weal Name: Evening Snack

	1% MIIK (H	/ I UZ JEIIY	Peanut Bu
	IK (Half Pint)	,	tter & Jelly Sandwi
eaci	0	I Salidwich / Loz Jelly	
	1% Milk (Half Pint)	/ I oz Jelly)	tter
	int)	-	& Jelly Sandwich
each		sandwich	(1 MMA
	1% Milk (Half Pint)		Whole Grain Muffin (1 oz)
1 each		1 muttin	
	1% Milk (Half Pint)	/1 oz Jelly)	Peanut Butter & Jelly Sandw
1 each		sandwich	rich (1 MMA
	1% Milk (Half Pint)		Whole Grain Muffin (1 oz)
1 each		1 muffin	
	1% Milk (Half Pint)	/ 1 oz Jelly)	Peanut Butter & Jelly Sar
1 each		1 sandwich	andwich (1 MMA
	1% Milk (Half Pint)	/ 1 oz Jelly)	Peanut Butter & Jelly S
1 each		1 sandwich	sandwich (1 MMA

cookies, bread, rolls, and breadsticks made from mix or scratch are prior to baking. Pancakes made from mix or scratch are batter volume measurement prior to cooking. Side dishes are volume measurements. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat), No pork is used unless item is named pork. Imitation cheese with calcium is used "this item contains 125 mg calcium.

NUTRITION STATEMENT. This menu meets the nutritional guidelines of the American Correctional Association which are based upon the current DRI's for juveniles males and females 9 to 18 years as established by the Food and Nutrition Board of the Institute of All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and combination items made from scratch are based upon approximate cooked weight measurements. Weights on

Medicine, National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included.

This item made with mechanically separated poultry in accordance with USDA standards.

FLM QUARTERLY MENU REVIEW (initial/date) Q1 Q2 Q3 Q4 In accordance with ACA Standard (ref. 3-ALDF-4C-04) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings.

Shanon RD.LDN #815923

Client's Signature: Mouthwo S Horhoate: 3-13-19 FLM Signature:

_Date:

Proposed: 7/12

Revised: 9/14,8/16,10/17

MONTOGOMERY COUNTY, OH JUVENILE

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Cycle Average 2900 calories per day

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs (Grades 9-12)—Jan. 2012

Fluid milk choice at breakfast and lunch must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

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MONDAY
Meal Name: Breakfast Week:

N

WEDNESDAY

TUESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 each	1% Milk (Half Pint)	1% Milk (Half Pint) 1 each	1 each	1% Milk (Half Pint)	1% Milk (Half Pint) 1 each	1 each	1% Milk (Half Pint)	alf Pint) 1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)
ch (1 MMA sandwich	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly) 1 sandwich	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly) 1 sandwich	1 muffin	Whole Grain Muffin (1 oz)	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly) 1 sandwich	1 muffin	Whole Grain Muffin (1 oz)	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly) 1 sandwich		Peanut Butter & Jelly Sandwich (1 MMA 1 oz Jelly) 1 sandwich	Peanut Butter & Jo / 1 oz Jelly)
									ck	Meal Name: Evening Snack	Meal Name:
										kets 1 each	Salt & Pepper Packets
1 each	Salt & Pepper Packets	Salt & Pepper Packets 1 each				1 each	Salt & Pepper Packets			nin C 1 cup	Fruit Drink w/ Vitamin C
1 cup	Fruit Drink w/ Vitamin C	7			Salt & Pepper Packets 1 each	1 cup	Fruit Drink w/ Vitamin C	Salt & Pepper Packets 1 each	Salt & Pep		Iced Cake
1/54 cut	Iced Cake	Sandwich Cookies 4 each	1 each	Salt & Pepper Packets	Fruit Drink w/ Vitamin C 1 cup	1/54 cut	Iced Cake	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink	1/2 cup	Creamy Colesiaw
1/2 ozw	Whipped Margarine	Whipped Margarine 1/2 ozw	1 cup	Fruit Drink w/ Vitamin C	Sandwich Cookies 4 each	1/2 cup	Com	лр (4 oz) 1 each	Sherbet Cup (4 oz)	1 cup	French Fries
2 each	Enriched Bread or Rolls	Bakery Biscuit 1/54 cut	-	Iced Cake	Salad Dressing LF 1/2 fl oz	1 cup S	Noodles	Margarine 1/2 ozw	Whipped Margarine	1 packet	Ketchup
1/2 cup	Green Beans	Greens 1/2 cup	1/2 cup	Mixed Vegetables	Garden Salad 1/2 cup	-	Sub Roll	Enriched Bread or Rolls 2 each	Enriched B	1 packet	Tartar Sauce
1 cup	Rice	Candied Sweet Potatoes 1/2 cup	1 slice	Garlic Bread	Macaroni Salad LF 1 cup	3 floz N	Italian Tomato Sauce	ns 1/2 cup	Green Beans	1 each	Hamburger Bun
urkey) ZTF 12 ozw	Turkey a la King (4 oz diced turkey) ZTF 12 ozw	Crispy Chicken Patty (3 ozw each) 2 patty	wzo	Spaghetti & Italian Tomato Sauce (3 oz^)	Pizza (1-3/4 oz^& cheese) 5 ozw	8 each	Meatballs (1/2 oz each)	Turkey Tetrazzini (2 oz diced turkey) 10 ozw	Turkey Tet	Oven Fried Breaded Fish Patty (3 ozw) 1 patty	Oven Fried Bread
										Dinner	Meal Name: Dinner
1 packet	Pepper		1 packet	Pepper		1 packet	Pepper	1 packet	Pepper	1 packet	Pepper
nt) 1 each	Mik-Student Choice (Half Pint)	Pepper 1 packet	1 each	Milk-Student Choice (Half Pint)	Pepper 1 packet	1 each	Milk-Student Choice (Half Pint)	Milk-Student Choice (Half Pint) 1 each	Milk-Stude	-	Milk-Student Choice (Half Pint)
1 each	100% Juice (4 oz)	Milk-Student Choice (Half Pint) 1 each	1 each	100% Juice (4 oz)	Milk-Student Choice (Half Pint) 1 each	1 each	100% Juice (4 oz)	e (4 oz) 1 each	100% Juice (4 oz)	1 each	100% Juice (4 oz)
nt) 1 portion	Fruit (1@ or 1/2 cup equivalent)	100% Juice (4 oz) 1 each	portion	Fruit (1@ or 1/2 cup equivalent)	100% Juice (4 oz) 1 each	portion	Fruit (1@ or 1/2 cup equivalent)	Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ o	ip equivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent)
1 slice	Whole Wheat Bread	up equivalent) 1 portion	1/2 cup	Shredded Lettuce	Fruit (1@ or 1/2 cup equivalent) 1 portion	-	Carrots LF	1/2	Salad Dressing LF	1/2 cup	Carrots LF
1/2 cup	Broccoli LF	1 slice	-	Com LF	Whole Wheat Bread 2 slice	-	Lyonnaise Potatoes LF	1	Garden Salad	1/2 cup	Baked Beans
2 floz	Beef Gravy LS	3/4 cup	3/4 cup	Whole Grain Brown Rice LF	Creamy Coleslaw LF 3/4 cup	slice	Whole Wheat Bread	1	O'Brien Potatoes LF	2	Whole Wheat Bread
1 cup	Mashed Potatoes LF	in Brown Rice LF 3/4 cup	1 each	Whole Grain Flour Tortilla (10")	Pinto Beans LF/LS 1/2 cup	2 each	Ketchup & Mustard Packets	2	Whole Wheat Bread	1 packet	Mustard
1 patty	Baked Meatloaf (3 ozw each)	Farmhouse Stew LF/LS (3 oz^) 12 ozw	4 ozw	Tex-Mex Taco Filling LS (3 oz^)	Glazed BBQ Patty (3 ozw each) 1 patty	2 each	T. Hot Dogs (1.5 oz each)	Sloppy Joe LS (3 oz^) 4 ozw	Sloppy Joe	4 ozw raw) 1 patty	100% Beef Patty (4 ozw raw)
										Lunch	Meal Name: Lunch
nt) 1 each	Milk-Student Choice (Half Pint)	Milk-Student Choice (Half Pint) 1 each	1 each	Milk-Student Choice (Half Pint)				Milk-Student Choice (Half Pint) 1 each	Milk-Stude		
1 packet	Sugar		portion	Fruit (1@ or 1/2 cup equivalent)		alf Pint) 1 each	Milk-Student Choice (Half Pint)	1 packet	Sugar		Milk-Student Choice (Half Pint)
nt) 1 portion	Fruit (1@ or 1/2 cup equivalent)		-	Jelly	Milk-Student Choice (Half Pint) 1 each		Jelly	Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ o	1/2 fl oz	Jelly
1 slice	Whole Wheat Bread	Syrup 1 floz	1/3 ozw	Whipped Margarine	Fruit (1@ or 1/2 cup equivalent) 1 portion	portion	Fruit (1@ or 1/2 cup equivalent)	_	Syrup	ם ו	Fruit (1@ or 1/2 cup equivalent)
3 ozw	Scrambled Eggs	Whole Wheat Pancakes 2 each		Whole Wheat Bread	Turkey Bacon 1 ozw		Whole Wheat Bread	Whole Grain French Toast 2 each	Whole Grain	2	Whole Wheat Bread
1 cup	Toasted Oats Cereal	Toasted Oats Cereal 1 cup	3 ozw	Scrambled Eggs	Whole Grain Bagel 1 each		Scrambled Eggs	_	Toasted Oats Cereal		Breakfast Sausage (1 ozw each)
1 each	100% Juice (4 oz)	100% Juice (4 oz) 1 each	1 each	100% Juice (4 oz)	100% Juice (4 oz) 1 each	1 each 1	100% Juice (4 oz)	e (4 oz) 1 each	100% Juice (4 oz)	1 each	100% Juice (4 oz)
										Dicamasi	medi italiic.

cookies, bread, rolls, and breadsticks made from mix or scratch are prior to baking. Pancakes made from mix or scratch are batter volume measurement prior to cooking. Side dishes are volume measurements. All starches, vegetables, and cooked cereal are prepared with marganine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used "this item contains 125 mg calcium.

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dance with USDA standards.
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In accordance with ACA Standard (ref. 3-ALDF-	FLM QUARTERLY MENU REVIEW (initial/date)
4C-0	2
4) (MANDATORY)	
Menu	2
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food service supervisory	
staff to	
to verify	
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Example 2.15.19 FLM Signature: MOUNTED S. 1584 Date: 2.15.19 FLM Signature:

Revised: 9/14,8/16,10/17

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 each	Oak & repper rackets					1 each	Sall & repper rackets	1 each	oalt & reppet rackets					
1 cup						1 cup	o la company	1 cup	Tak Cilik w viailiii (1 each	Car a report rackets	1 each	Car or acree	0
4 each	Sandwich Cookles	1 each	Salt & Pepper Packets	1 each	Salt & Pepper Packets	1/54 cut	ICED CAKE	1/54 cut	Early Disk w///themis C	1 cup	Fruit Drink W/ Vitamin C	1 cup	Fruit Urink w/ Vitamin C	בוב ב
1 packet	Mustard	1 cup	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1/2 ozw	Whipped Margarine	1/2 ozw	Whipped Margarine	1/54 cut	Iced Cake	4 each	Sandwich Cookies	Sand
1/2 cup	Broccoli	4 each	Sandwich Cookies	1/54 cut	Lemon Square	2 ozw	Fresh Baked Roll (1 oz 2@)	2 slice	Enriched Bread	1/2 ozw	Whipped Margarine	1/2 ozw	Whipped Margarine	Whipp
1 cup	Cottage Fries	1/2 ozw	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 cup	Green Beans	1/2 cup	Carrots	2 ozw	Fresh Baked Roll (1 oz 2@)	1/54 cut	Southern Combread	South
2 slice	Enriched Bread	1/54 cut	Southern Combread	2 each	Enriched Bread or Rolls	1 cup	Mashed Potatoes	3 floz	Gravy	1/2 fl oz	Ranch Salad Dressing	1/2 cup	Mixed Vegetables	Mixed
1/2 ozw	Cheese	1/2 cup	Mixed Vegetables	1/2 cup	Peas & Carrots	3 floz	Onion Gravy	1/2 cup	Bread Dressing	1/2 cup	Garden Salad	1 cup		Rice
2 ozw	T. Bologna	12 ozw	Chili Mac (2 oz^)	12 ozw	Noodles & Gravy (3 oz^)	2 patty	Salisbury Steak (3 ozw each)	3 ozw	Roast Turkey	12 ozw	Ziti & Italian Meat Sauce (3 oz^)	oz^/ 1/2 c 12 ozw	Chili con Came w/ Beans (3 oz^/ 1/2 c Beans) 12 ozw	Chili co Beans)
												*	Meal Name: Dinner	Mea
				1 packet	Pepper			1 packet	Pepper			1 packet	er	Pepper
1 each	Milk-Student Choice (Half Pint)	1 packet	Pepper	1 each	Milk-Student Choice (Half Pint)	1 packet	Pepper	t) 1 each	Milk-Student Choice (Half Pint)	packet	Pepper 1	1 each	Milk-Student Choice (Half Pint)	Milk-S
1 each	100% Juice (4 oz)	1 each	Milk-Student Choice (Half Pint)	1 each	100% Juice (4 oz)	1 each	Milk-Student Choice (Half Pint)	1 each	100% Juice (4 oz)	1 each	Milk-Student Choice (Half Pint)	1 each	100% Juice (4 oz)	100%
1 portion	Fruit (1@ or 1/2 cup equivalent)	1 each	100% Juice (4 oz)	nt) 1 portion	Fruit (1@ or 1/2 cup equivalent)	1 each	100% Juice (4 oz)	ъ	Fruit (1@ or 1/2 cup equivalent)	1 each	100% Juice (4 oz)	ent) 1 portion	Fruit (1@ or 1/2 cup equivalent)	Fruit (
2 slice	Whole Wheat Bread	portion	Fruit (1@ or 1/2 cup equivalent)	2 slice	Whole Wheat Bread	t) portion	Fruit (1@ or 1/2 cup equivalent)	2 slice	Whole Wheat Bread	portion	Fruit (1@ or 1/2 cup equivalent)	1/2 cup	oli LF	Broccoli LF
1/2 cup	Broccoli LF	1 slice	Whole Wheat Bread	3/4 cup	Creamy Coleslaw LF		Whole Wheat Bread	1/2 fl oz	Salad Dressing LF	2 slice	Whole Wheat Bread	3/4 cup	Potato Salad LF/LS	Potate
3 ozw	Celery Sticks	1/2 cup	Green Beans LF	1/2 cup	Pinto Beans LF	3/4 cup	Mixed Vegetables LF	1 cup	Garden Salad	3/4 cup	Carrots LF	1 packet	ırd	Mustard
1 bag	Potato Chips (1 oz bag)	1/2 cup	Carrots LF	1 packet	Mustard	1 cup	Cottage Fries LF/LS	1/2 cup	Cabbage LF	3/4 cup	Baked Beans	2 slice	Whole Wheat Bread	Whole
4 ozw	Tuna Salad LF (3 oz tuna)		Whole Grain Rotini & Italian Sauce (2.5 MMA) 10 ozw	4 ozw	T. Salami	1 patty	Glazed BBQ Patty (3 ozw each)	5 MMA^) 10 ozw	Whole Grain Spanish Rice (2.5 MMA^) 10 ozw	2 each	T. Hot Dogs (1.5 oz each)	4 ozw	з	T. Ham
		1										7	Meal Name: Lunch	Mea
1 each	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)				Milk-Student Choice (Half Pint)		Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)			
1 packet	Sugar	portion	Fruit (1@ or 1/2 cup equivalent)	t) 1 each	Milk-Student Choice (Half Pint)	1 packet	Sugar 1	1 packet	Sugar	portion	Fruit (1@ or 1/2 cup equivalent)		Milk-Student Choice (Half Pint)	Milk-s
t) 1 portion	Fruit (1@ or 1/2 cup equivalent)	1/2 fl oz	Jelly	nt) 1 portion	Fruit (1@ or 1/2 cup equivalent)		Fruit (1@ or 1/2 cup equivalent)	О	Fruit (1@ or 1/2 cup equivalent)	1/2 fl oz	Jelly	-	Fruit (1@ or 1/2 cup equivalent)	Fruit (
1 floz	Syrup	1/3 ozw	Whipped Margarine	1/3 ozw	Whipped Margarine	1/3 ozw	Whipped Margarine	1 floz	Syrup	-	Whipped Margarine	1 each	Whole Grain Biscuit	Whole
2 each	Whole Wheat Pancakes	2 slice	Whole Wheat Bread	1 each	Whole Grain Bagel	1 slice	Whole Wheat Bread	2 each	Whole Grain French Toast		Whole Wheat Bread	1/2 cup	Hash Browns	Hash
1 cup	Toasted Oats Cereal	3 ozw	Scrambled Eggs	_	Breakfast Sausage (1 ozw each)	1 cup	Toasted Oats Cereal	1 cup	Toasted Oats Cereal	3 ozw	Scrambled Eggs	ach) 1 patty	Breakfast Sausage (1 ozw each)	Break
1 each	100% Juice (4 oz)	1 each	100% Juice (4 oz)	1 each	100% Juice (4 oz)	1 each	100% Juice (4 oz)	1 each	100% Juice (4 oz)	1 each	100% Juice (4 oz)	1 each	100% Juice (4 oz)	100%
												fast	Meal Name: Breakfast	Mea

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and combination items made from scratch are based upon approximate cooked weight measurements. Weights on cooked, spead, rolls, and breadsticks made from mix or scratch are broad correct are repeated with manufacturers and the state of the same volume measurement. All starches, vegetables, and cooked cereal are prepared with manufacture states indicated as LF (Low Fat). No pork is used unless item is named pork. Initiation cheese with calcium is used. "This item contains 125 mg calcium."

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Meal Name: Evening Snack

1% Milk (Half Pint)

1 each

Peanut Butter & Jelly Sandwich (1 MMA Peanut Butter & Jelly Sandwich (1 MMA Whole Grain Muffin (1 oz) / 1 oz Jelly) 1 sandwich Whole Grain Muffin (1 oz)

1% Milk (Half Pint)

1 each

1% Milk (Half Pint)

1 muffin 1 each

Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)

Whole Grain Muffin (1 oz) 1% Milk (Half Pint)

1 muffin 1 each

1% Milk (Half Pint)

1 each

1% Milk (Half Pint)

1 each

Peanut Butter & Jelly Sandwich (1 MMA Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly) 1 sandwich / 1 oz Jelly) 1 sandwich

1% Milk (Half Pint)

1 each

FLM QUARTERLY MENU REVIEW (initial/date) Q1 Q2 Q3 Q4 In accordance with ACA Standard (ref. 3-ALDF-4C-04) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings.

ARAMARK Dietitian's Signature:

Reviewed: 2/19

Sommon RD.LDN WHIS923

Client's Signature:

With S. Hoom Date: 2-13-19 FLM Signature:

Proposed: 7/12

Revised: 9/14,8/16,10/17

MONTOGOMERY COUNTY, OH JUVENILE

aramark

Cycle Average 2900 calories per day

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs (Grades 9-12)- Jan. 2012 Fluid milk choice at breakfast and lunch must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

This institution is an equal opportunity provider

Week: MONDAY

TUESDAY WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Meal Name: Breakfast							
100% Juice (4 oz) 1 each	100% Juice (4 oz) 1 each	100% Juice (4 oz) 1 e	each 100% Juice (4 oz) 1	1 each	100% Juice (4 oz) 1 each	100% Juice (4 oz) 1 each	100% Juice (4 oz) 1 each
Turkey Bacon 1 ozw	Toasted Oats Cereal 1 cup	Scrambled Eggs 3 o	Scrambled Eggs 3	wzo	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup	Breakfast Sausage (1 ozw each) 1 patty
Hash Browns LF 1/2 cup	Breakfast Sausage (1 ozw each)	Whole Wheat Bread 2 s	Hash Browns LF	1/2 cup	Hash Browns LF 1/2 cup	Whole Wheat Pancakes 2 each	Whole Wheat Bread 2 slice
Whole Wheat Bread 2 slice	Whole Grain French Toast Sticks 2	Jelly 1/2 fl oz	Whole Grain Biscuit	each	Whole Wheat Bread 1 slice	Syrup 1 floz	Whipped Margarine 1/3 ozw
Jelly 1/2 fl oz	Syrup 1 floz	Fruit (1@ or 1/2 cup equivalent) 1 portion	Jelly	1/2 fl oz	Whipped Margarine 1/3 ozw	Fruit (1@ or 1/2 cup equivalent) 1 portion	Jelly 1/2 fl oz
Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent) 1 portion	Milk-Student Choice (Half Pint)	Fruit (1@ or 1/2 cup equivalent)	portion	Fruit (1@ or 1/2 cup equivalent) 1 portion	Sugar 1 packet	Fruit (1@ or 1/2 cup equivalent)
Milk-Student Choice (Half Pint) 1 each	Sugar 1 packet		Milk-Student Choice (Half Pint)	each	Sugar 1 packet	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each
	Milk-Student Choice (Half Pint) 1 each				Milk-Student Choice (Half Pint) 1 each		
Meal Name: Lunch							
T. Hot Dogs (1.5 oz each) 2 each	Whole Grain Spanish Rice (2.5 MMA^) 10 ozw	100% Beef Patty (4 ozw raw) 1 p	Baked Meatloaf (3 ozw each) 1	patty	Sloppy Joe LS (3 oz^) 4 ozw	Tuna Salad LF (3 oz tuna) 4 ozw	Whole Grain Spaghetti w/Italian Sauce (2.5 MMA^)
Baked Beans 1/2 cup	Pinto Beans LF 1/2 cup	Baked Beans 3/4 cup	Mashed Potatoes LF	1/2 cup	Potato Salad LF 3/4 cup	Potato Chips (1 oz bag) 1 bag	Whole Wheat Bread 1 slice
Carrots LF 1/2 cup	Com LF 1/2 cup	Cajun Potatoes LF 1/2 cup	Beef Gravy LS	floz	Broccoli LF 1/2 cup	Carrots LF 1/2 cup	Kettle Blend Mixed Vegetables LF
Whole Wheat Bread 2 slice	Whole Wheat Bread 2 slice	Whole Wheat Bread 2 slice	Carrots LF	1/2 cup	Whole Wheat Bread 2 slice	Celery Sticks 3 ozw	Fruit (1@ or 1/2 cup equivalent)
Mustard 1 packet	Fruit (1@ or 1/2 cup equivalent) 1 portion	Mustard 1 packet	Whole Wheat Bread 2	slice	Fruit (1@ or 1/2 cup equivalent) 1 portion	Whole Wheat Bread 2 slice	100% Juice (4 oz) 1 each
Fruit (1@ or 1/2 cup equivalent) 1 portion	100% Juice (4 oz) 1 each	Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent)	portion	100% Juice (4 oz) 1 each	Fruit (1@ or 1/2 cup equivalent) 1 portion	Milk-Student Choice (Half Pint) 1 each
100% Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each	100% Juice (4 oz) 1 e:	each 100% Juice (4 oz) 1	each	Milk-Student Choice (Half Pint) 1 each	100% Juice (4 oz) 1 each	Pepper 1 packet
udent Choice (Half Pint)	Pepper 1 packet	Milk-Student Choice (Half Pint) 1 e	each Milk-Student Choice (Half Pint)	each	Pepper 1 packet	Milk-Student Choice (Half Pint) 1 each	
Pepper 1 packet		Pepper 1 packet	Pepper 1	packet		Pepper 1 packet	
Meal Name: Dinner							
Oven Fried Breaded Fish Patty (3 ozw) 1 patty	Chicken Nuggets WG (2 MMA/1BG) 8 each	Roast Turkey 3 c	Smoked T. Sausage (3 oz each)	each	Pizza (1-3/4 oz^& cheese) 5 ozw	Salisbury Steak (3 ozw each) 1 patty	Crispy Chicken Patty (3 ozw each) 2 patty
Tartar Sauce 1/2 fl oz	BBQ Sauce 1 floz	Gravy 2 f	Noodles 1	cup	Pasta Salad 1 cup	Mashed Potatoes 1 cup	Candied Sweet Potatoes
RICE O'BRIEN W/ MARGARINE LS	Mixed Vegetables 1/2 cup	Parsley Potatoes 1 1	cup Gravy 2	fl oz	Garden Salad 1 cup	Gravy 2 floz	Greens 1/2 cup

Meal Name: Evening Snack

Salt & Pepper Packets Fruit Drink w/ Vitamin C

> 1 cup 1/54 cut

> > Fruit Drink w/ Vitamin C Sandwich Cookies Whipped Margarine Enriched Bread Pinto Beans

4 each 1 cup

Iced Cake Fruit Drink w/ Vitamin C

1/54 cut

1 cup

Salt & Pepper Packets Fruit Drink w/ Vitamin C

> 1 cup 4 each

1 each

1/2 ozw

Sandwich Cookies Whipped Margarine

1/2 ozw

2 each 1/2 cup 2 floz

Fruit Drink w/ Vitamin C Iced Cake Ranch Salad Dressing

> 1/54 cut 1/2 fl oz 1 cup

Sandwich Cookies Garlic Bread or Roll

2 each

Whipped Margarine Southern Combread

Blueberry & Whole Grain Oat Bar

1/54 cut 1/2 ozw 1/54 cut 1/2 cup

1/2 cup 2 floz

4 each

1 cup

Salt & Pepper Packets

1 each

1 cup

Fruit Drink w/ Vitamin C

Salt & Pepper Packets Fruit Drink w/ Vitamin C

1 each

Peas

1 cup

Whipped Margarine Enriched Bread Ranch Salad Dressing Garden Salad

2 slice

1/2 fl oz

1/2 cup 1 cup

Mixed Vegetables

Enriched Bread or Rolls

1/2 ozw 2 slice

each

Salt & Pepper Packets

1 each

Whipped Margarine Enriched Bread or Rolls

1/2 ozw 2 each 1/2 cup

cup

1/2 cup 1 cup

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יו פאר	1 Pach		1 Pach		1 each		1 each		1 each	
flilk (Half Pint)	1% N	1% Milk (Half Pint)	_	1% Milk (Half Pint)		1% Milk (Half Pint)		1% Milk (Half Pint)		1% Milk (Half Pint)
oz Jelly) 1 sandwich /	1 muffin / 1 oz		1 sandwich	/ 1 oz Jelly)	1 muffin		1 sandwich	/ 1 oz Jelly)	1 sandwich	/1 oz Jelly)
nut Butter & Jelly Sandwich (1 MMA F	Peanu	Whole Grain Muffin (1 oz)	elly Sandwich (1 MMA	Peanut Butter & Je		Whole Grain Muffin (1 oz)	lly Sandwich (1 MMA	Peanut Butter & Je	& Jelly Sandwich (1 MMA	tter

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and combination items made from scratch are based upon approximate cooked weight measurements. Weights on cookies, bread, rolls, and breadsticks made from mix or scratch are batter volume measurement prior to cooking. Side dishes are volume measurements. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used "this item contains 125 mg calcium."

Medicine, National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included. NUTRITION STATEMENT: This menu meets the nutritional guidelines of the American Correctional Association which are based upon the current DRI's for juveniles males and females 9 to 18 years as established by the Food and Nutrition Board of the Institute of

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ARAMARK Dietitian's Signature:

Reviewed: 2/19

Shason RD,LDN #815923

Client's Signature: Mobble S 1880 Bate: 2-13-19 FLM Signature: