

Proposed: 7/12

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

MONTGOMERY COUNTY, OH

JUVENILE

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: 1

MONDAY

Meal Name: Breakfast

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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)	1 each
Toasted Oats Cereal	1 cup	T. Ham	1 ozw	Scrambled Eggs	3 ozw	Breakfast Sausage (1 ozw each)	1 patty	Toasted Oats Cereal	1 cup	Scrambled Eggs	1 each	Toasted Oats Cereal	1 cup
Whole Grain French Toast Sticks	2 each	Whole Wheat Bread	2 slice	Cajun Potatoes LF	1/2 cup	Whole Grain Waffles	2 each	Cajun Potatoes LF	1/2 cup	Whole Wheat Pancakes	2 each	Whole Grain Bagel	1 each
Syrup	1 fl oz	Whipped Margarine	1/3 ozw	W/C Flour Tortilla (6")	2 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	1/2 fl oz	Salsa	1 fl oz	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion
Sugar	1 packet	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Milk-Student Choice (Half Pint)	1 each	Sugar	1 packet	Milk-Student Choice (Half Pint)	1 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	Whipped Margarine	1 packet	Whipped Margarine	1 packet	Milk-Student Choice (Half Pint)	1 each	Jelly	1 packet
						Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each			Milk-Student Choice (Half Pint)	1 each

Meal Name: Lunch

Glazed BBQ Patty (3 ozw each)	1 patty	T. Hot Dogs (1.5 oz each)	2 each	T. Bologna	4 ozw	Sloppy Joe LS (3 oz <sup>2</sup> )	4 ozw	Farmhouse Stew LF/LS (3 oz <sup>2</sup> )	1/2 ozw	Baked Meatloaf (3 ozw each)	1 patty	T. Ham	4 ozw
Cajun Potatoes LF/LS	1 cup	Baked Beans	1/2 cup	Whole Wheat Bread	2 slice	Whole Wheat Bread	2 slice	Whole Grain Brown Rice LF	1/2 cup	Baked Beans	1/2 cup	Mustard	1 packet
Carrots LF	1 cup	Mustard	1 packet	Mustard	1 packet	Pinto Beans LF/LS	1/2 cup	Carrots LF	1/2 cup	Creamy Coleslaw LF	1/2 cup	Whole Wheat Bread	2 slice
Whole Wheat Bread	3/4 cup	Creamy Coleslaw LF	1 packet	O'Brien Potatoes LF	1/2 cup	Broccoli LF	1/2 cup	Whole Wheat Bread	2 slice	Whole Wheat Bread	2 slice	Potato Salad LF	1 cup
Fruit (1 @ or 1/2 cup equivalent)	1 portion	Whole Wheat Bread	2 slice	Cabbage LF	1/2 cup	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	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)	1 portion	100% Juice (4 oz)	1 each	100% Juice (4 oz)	1 each	100% Juice (4 oz)	1 each	100% Juice (4 oz)	1 each
Milk-Student Choice (Half Pint)	1 each	100% Juice (4 oz)	1 each	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)	1 each	Milk-Student Choice (Half Pint)	1 each
Pepper	1 packet	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Pepper	1 packet	Pepper	1 packet	Pepper	1 packet	Pepper	1 packet
		Pepper	1 packet	Pepper	1 packet								

Meal Name: Dinner

Chili con Carne w/ Beans (2 oz <sup>2</sup> )	1/2 ozw	T. Salmi	4 ozw	Pizza (1-3/4 oz <sup>2</sup> & cheese)	5 ozw	Baked Meatloaf (3 ozw each)	1 patty	Tex-Mex Taco Filling (2 oz <sup>2</sup> )	4 ozw	Satisfury Steak (3 ozw each)	1 patty	Roast Turkey	3 ozw
Rice	1 cup	Potato Salad	1 cup	Noodles w/ Tomato Sauce	1 cup	Mashed Potatoes	1 cup	Flour Tortilla (6")	2 each	Onion Gravy	2 fl oz	Parsley Potatoes	1 cup
Mixed Vegetables	1/2 cup	Broccoli	1/2 cup	Garden Salad	1 cup	Gravy	3 fl oz	Rice	1 cup	Mashed Potatoes	1 cup	Mixed Vegetables	3 fl oz
Fresh Baked Roll (1 oz 2 @)	2 ozw	Enriched Bread or Rolls	2 each	Salad Dressing LF	1/2 fl oz	Green Beans	1 cup	Corn	1/2 cup	Peas	1/2 cup	Enriched Bread or Rolls	2 each
Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Mandarin Oranges (canned)	1/2 cup	Enriched Bread or Rolls	2 each	Shredded Lettuce	1/2 cup	Enriched Bread or Rolls	2 each	Whipped Margarine	2 each
Sherbet Cup (4 oz)	1 each	Mustard	1 packet	Sandwich Cookies	4 each	Whipped Margarine	1/2 ozw	Sherbet Cup (4 oz)	1 each	Whipped Margarine	1/2 ozw	Sandwich Cookies	4 each
Fruit Drink w/ Vitamin C	1 cup	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit Drink w/ Vitamin C	1 cup	Iced Cake	1/54 cut	Fruit Drink w/ Vitamin C	1 cup	Iced Cake	1/54 cut	Fruit Drink w/ Vitamin C	1 cup
Salt & Pepper Packets	1 each	Fruit Drink w/ Vitamin C	1 cup	Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 each

Meal Name: Evening Snack

Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich	Whole Grain Muffin (1 oz)	1 muffin	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich	Whole Grain Muffin (1 oz)	1 muffin	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich
1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each

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

<sup>a</sup> 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-AC-04) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings.

Reviewed: 2/19

ARAMARK Dietitian's Signature: \_\_\_\_\_

Signature

Client's Signature: \_\_\_\_\_

Date: 2-13-19

FLM Signature: \_\_\_\_\_

Date: \_\_\_\_\_



Proposed: 7/12

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

MONTGOMERY COUNTY, OH  
JUVENILE



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).*

Week: 2

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 each	100% Juice (4 oz)	1 each	100% Juice (4 oz)	1 each	100% Juice (4 oz)	1 each
Breakfast Sausage (1 ozw each)	1 patty	Toasted Oats Cereal	1 cup	Whole Grain Bagel	1 each	Scrambled Eggs	3 ozw	Toasted Oats Cereal	1 cup	Scrambled Eggs	1 cup
Whole Wheat Bread	2 slice	Whole Grain French Toast	2 each	Turkey Bacon	1 ozw	Whole Wheat Bread	2 slice	Whole Wheat Pancakes	2 each	Scrambled Eggs	3 ozw
Fruit (1 @ or 1/2 cup equivalent)	1 portion	Syrup	1 fl oz	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Whipped Margarine	1/3 ozw	Syrup	1 fl oz	Whole Wheat Bread	1 slice
Jelly	1/2 fl oz	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Jelly	1/2 fl oz	Milk-Student Choice (Half Pint)	1 each	Jelly	1/2 fl oz	Fruit (1 @ or 1/2 cup equivalent)	1 portion
Milk-Student Choice (Half Pint)	1 each	Sugar	1 packet	Milk-Student Choice (Half Pint)	1 each	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Sugar	1 packet	Fruit (1 @ or 1/2 cup equivalent)	1 portion
		Milk-Student Choice (Half Pint)	1 each			Milk-Student Choice (Half Pint)	1 each			Milk-Student Choice (Half Pint)	1 each

Meal Name: Lunch

100% Beef Patty (4 ozw raw)	1 patty	Sloppy Joe US (3 oz <sup>2</sup> )	4 ozw	T. Hot Dogs (1.5 oz each)	2 each	Glazed BBQ Patty (3 ozw each)	1 patty	Tex-Mex Taco Filling US (3 oz <sup>2</sup> )	4 ozw	Farmhouse Stew LF/LS (3 oz <sup>2</sup> )	1/2 ozw	Baked Meatloaf (3 ozw each)	1 patty
Mustard	1 packet	Whole Wheat Bread	2 slice	Ketchup & Mustard Packets	2 each	Pinto Beans LF/LS	1/2 cup	Whole Grain Flour Tortilla (10")	1 each	Whole Grain Brown Rice LF	3/4 cup	Mashed Potatoes LF	1 cup
Whole Wheat Bread	2 slice	O'Brien Potatoes LF	1 cup	Whole Wheat Bread	2 slice	Creamy Coleslaw LF	3/4 cup	Whole Grain Brown Rice LF	3/4 cup	Carrots LF	3/4 cup	Beef Gravy US	2 fl oz
Baked Beans	1/2 cup	Garden Salad	1 cup	Lyonnaise Potatoes LF	1/2 cup	Whole Wheat Bread	2 slice	Corn LF	3/4 cup	Whole Wheat Bread	1 slice	Broccoli LF	1/2 cup
Carrots LF	1/2 cup	Salad Dressing LF	1/2 fl oz	Carrots LF	1/2 cup	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Shredded Lettuce	1/2 cup	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Whole Wheat Bread	1 slice
Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	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
100% Juice (4 oz)	1 each	100% Juice (4 oz)	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	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Pepper	1 packet	Milk-Student Choice (Half Pint)	1 each	Pepper	1 packet	Milk-Student Choice (Half Pint)	1 each
Pepper	1 packet	Pepper	1 packet	Pepper	1 packet	Pepper	1 packet	Pepper	1 packet	Pepper	1 packet	Pepper	1 packet

Meal Name: Dinner

Oven Fried Breaded Fish Patty (3 ozw)	1 patty	Turkey Tetrazzini (2 oz diced turkey)	10 ozw	Meatballs (1/2 oz each)	8 each	Pizza (1-3/4 oz & cheese)	5 ozw	Spaghetti & Italian Tomato Sauce (3 oz <sup>2</sup> )	12 ozw	Crispy Chicken Patty (3 ozw each)	2 patty	Turkey a la King (4 oz diced turkey) ZIF	1/2 ozw
Hamburger Bun	1 each	Green Beans	1/2 cup	Italian Tomato Sauce	3 fl oz	Macaroni Salad LF	1 cup	Garlic Bread	1 slice	Candied Sweet Potatoes	1/2 cup	Rice	1 cup
Tartar Sauce	1 packet	Enriched Bread or Rolls	2 each	Sub Roll	1 each	Garden Salad	1/2 cup	Mixed Vegetables	1/2 cup	Greens	1/2 cup	Green Beans	1/2 cup
Ketchup	1 packet	Whipped Margarine	1/2 ozw	Noodles	1 cup	Salad Dressing LF	1/2 fl oz	Iced Cake	1/54 cut	Bakery Biscuit	1/54 cut	Enriched Bread or Rolls	2 each
French Fries	1 packet	Sherbet Cup (4 oz)	1 each	Corn	1/2 cup	Sandwich Cookies	4 each	Fruit Drink w/ Vitamin C	1 cup	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw
Creamy Coleslaw	1/2 cup	Fruit Drink w/ Vitamin C	1 cup	Iced Cake	1/54 cut	Fruit Drink w/ Vitamin C	1 cup	Salt & Pepper Packets	1 each	Sandwich Cookies	4 each	Iced Cake	1/54 cut
Iced Cake	1/54 cut	Salt & Pepper Packets	1 each	Fruit Drink w/ Vitamin C	1 cup	Salt & Pepper Packets	1 each			Fruit Drink w/ Vitamin C	1 cup	Salt & Pepper Packets	1 each
Fruit Drink w/ Vitamin C	1 cup	Salt & Pepper Packets	1 each										
Salt & Pepper Packets	1 each												

Meal Name: Evening Snack

Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich	Whole Grain Muffin (1 oz)	1 muffin	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich	Whole Grain Muffin (1 oz)	1 muffin	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich	Whole Grain Muffin (1 oz)	1 muffin	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich
1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each

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 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.

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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.

Reviewed: 2/19

ARAMARK Dietitian's Signature: \_\_\_\_\_

\_\_\_\_\_

Client's Signature: \_\_\_\_\_

\_\_\_\_\_

Date: 2-13-19

FLM Signature: \_\_\_\_\_

Date: \_\_\_\_\_



Proposed: 7/12

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

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JUVENILE

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Week: MONDAY 3

Meal Name: Breakfast

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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)	1 each
Breakfast Sausage (1 ozw each)	1 patty	Scrambled Eggs	3 ozw	Toasted Oats Cereal	1 cup	Toasted Oats Cereal	1 cup	Breakfast Sausage (1 ozw each)	1 patty	Scrambled Eggs	3 ozw	Toasted Oats Cereal	1 cup
Hash Browns	1/2 cup	Whole Wheat Bread	2 slice	Whole Grain French Toast	2 each	Whole Wheat Bread	1 slice	Whole Grain Bagel	1 each	Whole Wheat Bread	2 slice	Whole Wheat Pancakes	2 each
Whole Grain Biscuit	1 each	Whipped Margarine	1/3 ozw	Syrup	1 fl oz	Whipped Margarine	1/3 ozw	Whipped Margarine	1/3 ozw	Whipped Margarine	1/3 ozw	Syrup	1 fl oz
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	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Jelly	1/2 fl oz	Fruit (1 @ or 1/2 cup equivalent)	1 portion
Milk-Student Choice (Half Pint)	1 each	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Sugar	1 packet	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 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. Ham	4 ozw	T. Hot Dogs (1.5 oz each)	2 each	Whole Grain Spanish Rice (2.5 MMA <sup>a</sup> )	10 ozw	Glazed BBQ Patty (3 ozw each)	1 patty	T. Salami	4 ozw	Whole Grain Roini & Italian Sauce (2.5 MMA)	10 ozw	Tuna Salad LF (3 oz tuna)	4 ozw
Whole Wheat Bread	2 slice	Baked Beans	3/4 cup	Cabbage LF	1/2 cup	Cottage Fries LF/LS	1 cup	Mustard	1 packet	Carnois LF	1/2 cup	Potato Chips (1 oz bag)	1 bag
Mustard	1 packet	Carnois LF	3/4 cup	Garden Salad	1 cup	Mixed Vegetables LF	3/4 cup	Pinto Beans LF	1/2 cup	Green Beans LF	1/2 cup	Celery Sticks	3 ozw
Potato Salad LF/LS	3/4 cup	Whole Wheat Bread	2 slice	Salad Dressing LF	1/2 fl oz	Whole Wheat Bread	2 slice	Creamy Coleslaw LF	3/4 cup	Whole Wheat Bread	1 slice	Broccoli LF	1/2 cup
Broccoli LF	1/2 cup	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Whole Wheat Bread	2 slice	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Whole Wheat Bread	2 slice	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Whole Wheat Bread	2 slice
Fruit (1 @ or 1/2 cup equivalent)	1 portion	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	100% Juice (4 oz)	1 each	Fruit (1 @ or 1/2 cup equivalent)	1 portion
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)	1 each
Milk-Student Choice (Half Pint)	1 each	Pepper	1 packet	Milk-Student Choice (Half Pint)	1 each	Pepper	1 packet	Milk-Student Choice (Half Pint)	1 each	Pepper	1 packet	Milk-Student Choice (Half Pint)	1 each
Pepper	1 packet			Pepper	1 packet			Pepper	1 packet			Milk-Student Choice (Half Pint)	1 each

Meal Name: Dinner

Chili con Carne w/ Beans (3 oz <sup>a</sup> / 1/2 c Beans)	12 ozw	Ziti & Italian Meat Sauce (3 oz <sup>a</sup> )	12 ozw	Roast Turkey	3 ozw	Salsburg Steak (3 ozw each)	2 patty	Noodles & Gravy (3 oz <sup>a</sup> )	12 ozw	Chili Mac (2 oz <sup>a</sup> )	12 ozw	T. Bologna	2 ozw
Rice	1 cup	Garden Salad	1/2 cup	Bread Dressing	1/2 cup	Onion Gravy	3 fl oz	Peas & Carrots	1/2 cup	Mixed Vegetables	1/2 cup	Cheese	1/2 ozw
Mixed Vegetables	1/2 cup	Ranch Salad Dressing	1/2 fl oz	Gravy	3 fl oz	Mashed Potatoes	1 cup	Enriched Bread or Rolls	2 each	Southern Cornbread	1/54 cut	Enriched Bread	2 slice
Southern Cornbread	1/54 cut	Fresh Baked Roll (1 oz 2 @)	2 ozw	Carnois	1/2 cup	Green Beans	1/2 cup	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Cottage Fries	1 cup
Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Enriched Bread	2 slice	Fresh Baked Roll (1 oz 2 @)	2 ozw	Lemon Square	1/54 cut	Sandwich Cookies	4 each	Broccoli	1/2 cup
Sandwich Cookies	4 each	Iced Cake	1/54 cut	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Mustard	1 packet
Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1/54 cut	Iced Cake	1/54 cut	Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 each	Sandwich Cookies	4 each
Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 each	Fruit Drink w/ Vitamin C	1 cup					Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup
				Salt & Pepper Packets	1 each					Salt & Pepper Packets	1 each		

Meal Name: Evening Snack

Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich	Whole Grain Muffin (1 oz)	1 muffin	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich	Whole Grain Muffin (1 oz)	1 muffin	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich	Whole Grain Muffin (1 oz)	1 muffin	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich
1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each

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 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. Initiation cheese with calcium is used, this item contains 125 mg calcium

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Reviewed: 2/19

ARAMARK Dietitian's Signature: 

Client's Signature:  Date: 2-13-19

FLM Signature: \_\_\_\_\_ Date: \_\_\_\_\_



Proposed: 7/12

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MONTGOMERY COUNTY, OH

JUVENILE

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This institution is an equal opportunity provider



Week: 4

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 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
Turkey Bacon	1 ozw	Toasted Oats Cereal	1 cup	Scrambled Eggs	3 ozw	Scrambled Eggs	3 ozw	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)	patty	Whole Wheat Bread	2 slice	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 each	Jelly	1/2 fl oz	Whole Grain Biscuit	1 each	Whole Wheat Bread	1 slice	Syrup	1 fl oz	Whipped Margarine	1/3 ozw
Jelly	1/2 fl oz	Syrup	1 fl oz	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	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Sugar	1 packet	Fruit (1 @ or 1/2 cup equivalent)	1 portion
Milk-Student Choice (Half Pint)	1 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	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 <sup>1</sup> )	10 ozw	100% Beef Patty (4 ozw raw)	1 patty	Baked Meatloaf (3 ozw each)	1 patty	Sloppy Joe LS (3 oz <sup>1</sup> )	4 ozw	Tuna Salad LF (3 oz lun)	4 ozw	Whole Grain Spagetti w/Italian Sauce (2.5 MMA <sup>1</sup> )	10 ozw
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	Corn LF	1/2 cup	Cajun Potatoes LF	1/2 cup	Beef Gravy LS	2 fl oz	Broccoli LF	1/2 cup	Carrots LF	1/2 cup	Kettle Blend Mixed Vegetables LF	1 cup
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)	1 portion
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 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 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 each	100% Juice (4 oz)	1 each	Milk-Student Choice (Half Pint)	1 each	100% Juice (4 oz)	1 each	Pepper	1 packet
Milk-Student Choice (Half Pint)	1 each	Pepper	1 packet	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each	Pepper	1 packet	Milk-Student Choice (Half Pint)	1 each	Pepper	1 packet
Pepper	1 packet	Pepper	1 packet	Pepper	1 packet	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 ozw	Smoked T. Sausage (3 oz each)	1 each	Pizza (1-3/4 oz & cheese)	5 ozw	Saltbury Steak (3 ozw each)	1 patty	Crispy Chicken Patty (3 ozw each)	2 patty
Tartar Sauce	1/2 fl oz	BBC Sauce	1 fl oz	Gravy	2 fl oz	Noodles	1 cup	Pasta Salad	1 cup	Mashed Potatoes	1 cup	Candied Sweet Potatoes	1/2 cup
RICE O'BRIEN w/ MARGARINE LS	1 cup	Mixed Vegetables	1/2 cup	Parsley Potatoes	1 cup	Gravy	2 fl oz	Garden Salad	1 cup	Gravy	2 fl oz	Greens	1/2 cup
Peas	1/2 cup	Pinto Beans	1 cup	Garden Salad	1/2 cup	Mixed Vegetables	1/2 cup	Ranch Salad Dressing	1/2 fl oz	Peas	1/2 cup	Southern Cornbread	1/54 cut
Enriched Bread or Rolls	2 each	Enriched Bread	2 slice	Ranch Salad Dressing	1/2 fl oz	Enriched Bread or Rolls	2 each	Iced Cake	1/54 cut	Garlic Bread or Roll	2 each	Whipped Margarine	1/2 ozw
Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Enriched Bread	2 slice	Whipped Margarine	1/2 ozw	Fruit Drink w/ Vitamin C	1 cup	Sandwich Cookies	4 each	Blueberry & Whole Grain Oat Bar	1/54 cut
Iced Cake	1/54 cut	Sandwich Cookies	4 each	Whipped Margarine	1/2 ozw	Sandwich Cookies	4 each	Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Salt & Pepper Packets	1 each
Fruit Drink w/ Vitamin C	1 cup	Fruit Drink w/ Vitamin C	1 cup	Iced Cake	1/54 cut	Fruit Drink w/ Vitamin C	1 cup	Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 each
Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 each

Meal Name: Evening Snack

Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich	Whole Grain Muffin (1 oz)	1 muffin	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich	Whole Grain Muffin (1 oz)	1 muffin	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich
1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each

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

<sup>1</sup> 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.

Reviewed: 2/19

ARAMARK Dietitian's Signature: \_\_\_\_\_

Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

Client's Signature: \_\_\_\_\_

Signature: \_\_\_\_\_  
Date: 2-13-19

FLM Signature: \_\_\_\_\_

Date: \_\_\_\_\_