

MONTGOMERY CO. DETENTION CENTER, OH



Proposed: 7/12
Revised: 9/14, 8/16, 10/17, 6/21

Juvenile Menu

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

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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Meal Name: Lunch

Whole Grain T. Sausage & Cheese Pizza	1 each	T. Ham	2 each	Sticky Joe (2.5 MMA)–	4 ozw	Farmhouse Slew LFLS (3 oz 1 c veg)–	12 ozw	Smoked T. Sausage (3 oz each)	1 each	T. Ham	4 ozw
Broccoli LF	1/2 cup	Ketchup & Mustard Packets	1 each	Whole Grain Mac & Cheese	3/4 cup	Whole Grain Brown Rice LF	1/2 cup	Mustard	1 packet	Mustard	1 packet
Green Beans LF	1/2 cup	Pinto Beans LF	1 each	Peas & Carrots LF	1 cup	Mixed Vegetables LF	1/2 cup	Pinto Beans LF	3/4 cup	Collage Fries LF	3/4 cup
Fruit (1 @ or 1/2 cup equivalent)	1 portion	Carrots LF	1/2 cup	Whole Wheat Bread	2 slice	Whole Wheat Bread	1 slice	Green Beans LF	1/2 cup	Carrots LF	1/2 cup
100% Juice (4 oz)	1 each	Whole Wheat Bread	1/2 cup	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Whole Wheat Bread	2 slice	Whole Wheat Bread	2 slice
Milk-Student Choice (Half Pint)	1 each	Fruit (1 @ or 1/2 cup equivalent)	1 portion	100% Juice (4 oz)	1 each	100% Juice (4 oz)	1 each	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion
Pepper	1 packet	100% Juice (4 oz)	1 each	Milk-Student Choice (Half Pint)	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	Pepper	1 packet	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

Meal Name: Dinner

Meatballs (1/2 oz each)	6 each	Crispy Chicken Patty (3 ozw each)	1 patty	Baked Meatloaf (3 ozw each)	1 patty	Glazed BBQ Patty (3 ozw each)	1 patty	Tex-Mex Taco Filling (3 oz)–	4 ozw	Roast Turkey	3 ozw
Gravy	3 fl oz	Gravy	1 packet	Gravy	3 fl oz	Pasta Salad	1 cup	Taco Sauce	1 packet	Gravy	3 fl oz
Rice	1 cup	AuGratin Potatoes	1 cup	Mashed Potatoes	1 cup	Peas	1/2 cup	Rice	1 cup	Parsley Potatoes	1 cup
Mixed Vegetables	1/2 cup	Broccoli	1/2 cup	Green Beans	1 cup	Enriched Bread or Rolls	2 each	Corn	1/2 cup	Mixed Vegetables	1/2 cup
Enriched Bread or Rolls	2 each	Enriched Bread or Rolls	2 each	Enriched Bread or Rolls	2 each	Whipped Margarine	1/2 ozw	Flour Tortilla (6")	2 each	Enriched Bread or Rolls	2 each
Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Sandwich Cookies	5 each	Sandwich Cookies	5 each	Iced Cake	1/54 cut	Whipped Margarine	1/2 ozw
Sandwich Cookies	5 each	Frosted Cake	1/54 cut	Sweetened Tea	1 cup	Sweetened Tea	1 cup	Sweetened Tea	1 cup	Sandwich Cookies	5 each
Sweetened Tea	1 cup	Sweetened Tea	1 cup	Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 each	Sweetened Tea	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

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	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich	Whole Grain Muffin (1 oz)	1 muffin	Whole Grain Muffin (1 oz)	1 muffin	Peanut Butter & Jelly Sandwich (1 MMA / 1 oz Jelly)	1 sandwich
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	Milk-Student Choice (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 made with mechanically separated poultry in accordance with USDA standards.

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, calcium, and iron are included.

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.

Client's Signature: *Curriculum Bureau will* Date: 3-1-22 FLM Signature: Date:

ARAMARK Dietitian's Signature: *FLM* Date: 6/21



MONTGOMERY CO. DIST. NUTRITION CENTER, OH
Juvenile Menu

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: 2
MONDAY
Meal Name: Breakfast

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
Breakfast Sausage (1 oz each)	1 patty	Toasted Oats Cereal	1 cup	Scrambled Eggs	1 each	Whole Grain Bagel	1 each	Scrambled Eggs	3 ozw	Toasted Oats Cereal	1 cup
Whole Wheat Bread	2 slice	Whole Grain French Toast Sticks	2 each	Whole Wheat Bread	2 slice	Turkey Bacon	1 ozw	Whole Wheat Bread	2 slice	Whole Grain Pancakes	2 each
Fruit (1 @ or 1/2 cup equivalent)	1 portion	Syrup	1 fl oz	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Whipped Margarine	1/3 ozw	Syrup	1 fl oz
Jelly	1/2 fl oz	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Jelly	1 each	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	Milk-Student Choice (Half Pint)	1 each	Fruit (1 @ or 1/2 cup equivalent)	1 portion	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											
100% Beef Patty (4 ozw raw)	1 patty	Sloppy Joe (2.5 MMA)-	4 ozw	T. Hot Dogs (1.5 oz each)	2 each	Whole Grain T. Sausage & Cheese	1 each	Tex-Mex Taco Filling (2.5 MMA)-	4 ozw	Farmhouse Stew LFLS (3 oz 1 c veg)-	12 ozw
Mustard	1 packet	O'Brien Potatoes LF	3/4 cup	Ketchup & Mustard Packets	1 each	Pinot Beans LF	3/4 cup	Whole Grain Brown Rice LF	1/2 cup	BBQ Sauce	1 fl oz
Pinto Beans LF	3/4 cup	Cabbage LF	1/2 cup	Potatoes Lyonnaise LF	3/4 cup	Mixed Vegetables LF	1/2 cup	Corn LF	3/4 cup	Celery Sticks	1/2 cup
Carrots LF	1/2 cup	Whole Wheat Bread	2 slice	Carrots LF	1/2 cup	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Shredded Lettuce	1/2 cup	Carrots LF	1/2 cup
Whole Wheat Bread	1 portion	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Whole Wheat Bread	2 slice	Whole Wheat Bread	1 each	Whole Grain Flour Tortilla (10")	1 each	Whole Wheat Bread	1/2 cup
Fruit (1 @ or 1/2 cup equivalent)	1 each	100% Juice (4 oz)	1 each	Fruit (1 @ or 1/2 cup equivalent)	1 portion	Fruit (1 @ or 1/2 cup equivalent)	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 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	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			Pepper	1 packet			Pepper	1 packet

Meal Name: Dinner											
Country Patty (3 ozw each)	1 patty	Salisbury Steak (3 ozw each)	1 patty	Oven Fried Breaded Fish Patty (3 ozw)	1 patty	Glazed BBQ Patty (3 ozw each)	1 patty	Meatballs (1/2 oz each)	8 each	Crispy Chicken Patty (3 ozw each)	1 patty
Gravy	3 fl oz	Gravy	1 cup	Tartar Sauce	1 packet	Macaroni & Cheese	1 cup	Noodles w/ Tomato Sauce	1 cup	Parsley Potatoes	1 cup
Rice	1 cup	Scalloped Potatoes	1 cup	Parsley Noodles	1/2 cup	Peas	1/2 cup	Carrots	1/2 cup	Cabbage	1/2 cup
Peas & Carrots	1/2 cup	Enriched Bread or Rolls	2 each	Mixed Vegetables	1/2 cup	Enriched Bread or Rolls	2 each	Enriched Bread or Rolls	2 each	Enriched Bread or Rolls	2 each
Enriched Bread or Rolls	2 each	Whipped Margarine	1/2 ozw	Enriched Bread or Rolls	2 each	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw
Whipped Margarine	1/2 ozw	Sandwich Cookies	5 each	Whipped Margarine	1/2 ozw	Sandwich Cookies	5 each	Sandwich Cookies	5 each	Sandwich Cookies	5 each
Iced Cake	1/54 cut	Sweetened Tea	1 cup	Iced Cake	1/54 cut	Sweetened Tea	1 cup	Sweetened Tea	1 cup	Sweetened Tea	1 cup
Sweetened Tea	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
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	Milk-Student Choice (Half Pint)	1 each

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

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.

FLM Signature: Cassandra Brown Date: 3-1-22 Date: _____
F&Nch, IDON #B052733 Client's Signature: _____

ARAMARK Dietitian's Signature: _____ Date: _____

MONTGOMERY CO. D. ENTION CENTER, OH

Juvenile Menu

Cycle Average 2900 Calories Per Day

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs (Grades 9-12)– Jan. 2012
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Week: 3

MONDAY

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
Breakfast Sausage (1 oz each)	1 patty	Scrambled Eggs	3 ozw	Toasted Oats Cereal	1 cup	Toasted Oats Cereal	1 cup	Breakfast Sausage (1 oz each)	1 patty	Scrambled Eggs	3 ozw	Toasted Oats Cereal	1 cup
Hash Browns LF	1/2 cup	Whole Wheat Bread	2 slice	Whole Grain French Toast Sticks	2 each	Whole Wheat Bread	1 slice	Whole Grain Bagel	1 each	Whole Wheat Bread	2 slice	Whole Grain Pancakes	2 each
Whole Grain Biscuit	1 each	Whipped Margarine	1/3 ozw	Syrup	1/3 ozw	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	Sugar	1 packet	Milk-Student Choice (Half Pint)	1 each	Fruit (1@ or 1/2 cup equivalent)	1 portion	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	Milk-Student Choice (Half Pint)	1 each

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Meal Name: Lunch

T. Salami	4 ozw	T. Hot Dogs (1.5 oz each)	2 each	Whole Grain Spanish Rice (2.5 MMA)–	10 ozw	Sloppy Joe (2.5 MMA)–	4 ozw	T. Salami	4 ozw	Whole Grain Roast Italian Sauce (2.5 MMA)–	10 ozw	Whole Grain American Goulash (2.5 MMA)–	10 ozw
Mustard	1 packet	Ketchup & Mustard Packets	1 each	Peas LF	1/2 cup	Cottage Fries LF	3/4 cup	Mustard	1 packet	Carrots LF	1/2 cup	Com LF	1/2 cup
Potatoes Lyonnaise LF	3/4 cup	Pinto Beans LF	3/4 cup	Garden Salad	1 cup	Mixed Vegetables LF	1/2 cup	AuGratin Potatoes LF	3/4 cup	Green Beans LF	1/2 cup	Broccoli LF	1/2 cup
Broccoli LF	1/2 cup	Carrots LF	1/2 cup	Saled Dressing LF	1/2 fl oz	Whole Wheat Bread	1 slice	Cabbage LF	1/2 cup	Whole Wheat Bread	1 slice	Whole Wheat Bread	1 slice
Whole Wheat Bread	2 slice	Whole Wheat Bread	2 slice	Whole Wheat Bread	1 slice	Fruit (1@ or 1/2 cup equivalent)	1 portion	Whole Wheat Bread	2 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	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	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	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	Pepper	1 packet	Milk-Student Choice (Half Pint)	1 each	Pepper	1 packet	Pepper	1 packet

Meal Name: Dinner

Meatballs (1/2 oz each)	6 each	Crispy Chicken Patty (3 ozw each)	1 patty	Roast Turkey	3 ozw	Salisbury Steak (3 ozw each)	1 patty	Glazed BBQ Patty (3 ozw each)	1 patty	Smoked T. Sausage (3 oz each)	1 each	T. Bologna	2 ozw
Gravy	3 fl oz	Noodles w/ Tomato Sauce	1 cup	Gravy	3 fl oz	Onion Gravy	3 fl oz	Noodles with Garlic & Margarine	1 cup	Rice	1 cup	Cheese	1 ozw
Rice	1 cup	Carrots	1/2 cup	Mashed Potatoes	1 cup	Mashed Potatoes	1 cup	Peas & Carrots	1/2 cup	Mixed Vegetables	1/2 cup	Mustard	1 packet
Mixed Vegetables	1/2 cup	Enriched Bread or Rolls	2 each	Carrots	1 cup	Green Beans	1/2 cup	Enriched Bread or Rolls	2 each	Enriched Bread or Rolls	2 each	Cottage Fries	1 cup
Enriched Bread or Rolls	2 each	Whipped Margarine	1/2 ozw	Southern Cornbread	1/2 cup	Fresh Baked Roll (1 ozw)	2 each	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Broccoli	1/2 cup
Whipped Margarine	1/2 ozw	Ice Cake	1/54 cut	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Lemon Square	1/54 cut	Sandwich Cookies	5 each	Enriched Bread or Rolls	2 each
Sandwich Cookies	5 each	Sweetened Tea	1 cup	Lemon Square	1/54 cut	Ice Cake	1/54 cut	Sweetened Tea	1 cup	Sweetened Tea	1 cup	Sandwich Cookies	5 each
Sweetened Tea	1 cup	Salt & Pepper Packets	1 each	Sweetened Tea	1 cup	Sweetened Tea	1 cup	Salt & Pepper Packets	1 each	Salt & Pepper Packets	1 each	Sweetened Tea	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	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
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	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (Half Pint)	1 each

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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: 6/21

ARAMARK Dietitian's Signature:

Client's Signature:

FLM Signature:

Date:

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	Whole Grain French Toast Sticks	2 each	Whole Wheat Bread	2 slice	Hash Browns LF	1/2 cup	Hash Browns LF	1/2 cup	Whole Grain Pancakes	2 each	Whole Wheat Bread	2 slice
Whole Wheat Bread	2 slice	Syrup	1 fl oz	Jelly	1 fl oz	Whole Grain Biscuit	1/2 fl oz	Whole Wheat Bread	1 slice	Syrup	1 fl oz	Whipped Margarine	1/3 ozw
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	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	Sugar	1 packet	Milk-Student Choice (Half Pint)	1 each	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	Milk-Student Choice (Half Pint)	1 each	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

Meal Name: Lunch

T. Hot Dogs (1.5 oz each)	2 each	T. Bologna	4 ozw	100% Beef Patty (4 ozw raw)	1 patty	Meatballs (1/2 oz each)	8 each	T. Salami	4 ozw	Sloppy Joe (2.5 MMA)	4 ozw	Whole Grain Spaghetti w/Italian Sauce (2.5 MMA)	10 ozw
Ketchup & Mustard Packets	1 each	Mustard	1 packet	Mustard	1 packet	Mashed Potatoes LF	3/4 cup	Mustard	1 packet	Com LF	1/2 cup	Mixed Vegetables LF	1 cup
Pinto Beans LF	3/4 cup	Potatoes Cajun LF	3/4 cup	Pinto Beans LF	3/4 cup	Peas & Carrots LF	1/2 cup	Collage Fries LF	3/4 cup	Carrots LF	1/2 cup	Whole Wheat Bread	1 slice
Carrots LF	1/2 cup	Cabbage LF	1/2 cup	Whole Grain Pasta Salad (1/4 c Veg)	3/4 cup	Whole Wheat Bread	2 slice	Broccoli LF	1/2 cup	Whole Wheat Bread	2 slice	Fruit (1 @ or 1/2 cup equivalent)	1 portion
Whole Wheat Bread	2 slice	Whole Wheat Bread	2 slice	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	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	Milk-Student Choice (Half Pint)	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	Milk-Student Choice (Half Pint)	1 each	Pepper	1 packet
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		

Meal Name: Dinner

Oven Fried Breaded Fish Patty (3 ozw)	1 patty	Glazed BBQ Patty (3 ozw each)	1 patty	Roast Turkey	3 ozw	Smoked T. Sausage (3 oz each)	1 each	Charbroiled Patty (3 ozw)	1 patty	Salisbury Steak (3 ozw each)	1 patty	Crispy Chicken Patty (3 ozw each)	1 patty
Tartar Sauce	1 packet	Macaroni & Cheese	1 cup	Gravy	3 fl oz	Gravy	3 fl oz	Rice	1 cup	Gravy	3 fl oz	Cottage Fries	1 cup
O'Brien Potatoes	1 cup	Mixed Vegetables	1/2 cup	Parsley Potatoes	1 cup	Noodles	1 cup	Green Beans	1/2 cup	Mashed Potatoes	1 cup	Cabbage	1/2 cup
Peas	1/2 cup	Enriched Bread or Rolls	2 each	Green Beans	1/2 cup	Mixed Vegetables	1/2 cup	Enriched Bread or Rolls	2 each	Peas	1/2 cup	Garlic Bread or Roll	2 each
Enriched Bread or Rolls	2 each	Whipped Margarine	1/2 ozw	Enriched Bread or Rolls	2 each	Enriched Bread or Rolls	2 each	Whipped Margarine	1/2 ozw	Enriched Bread or Rolls	2 each	Whipped Margarine	1/2 ozw
Whipped Margarine	1/2 ozw	Sandwich Cookies	5 each	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Iced Cake	1/54 cut	Sandwich Cookies	5 each	Frosted Cake	1/54 cut
Iced Cake	1/54 cut	Sweetened Tea	1 cup	Iced Cake	1/54 cut	Sandwich Cookies	5 each	Sweetened Tea	1 cup	Sweetened Tea	1 cup	Sweetened Tea	1 cup
Sweetened Tea	1 cup	Salt & Pepper Packets	1 each	Sweetened Tea	1 cup	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
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	Milk-Student Choice (Half Pint)	1 each	Milk-Student Choice (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 made with mechanically separated poultry in accordance with USDA standards.

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.

FLM QUARTERLY MENU REVIEW (initial/date) Q1

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.

Q2

Q3

Q4