Proposed: 10/08

Revised: 12/13,3/14,3/12/14, 12/14,1/15,3/15,9/16,8/17

WAUPACA COUNTY WISCONSIN Weekly Average 2700 Calories Per Day



Week: 1

MONDAY		TUESDAY		WEDNESD	PAY	THURSDAY	1	FRIDAY	SATURDAY	SUNDAY
Meal Name: Breakt	fast									
Fruit (1@ or 1/2 cup equivaler	nt) 1 portion	Corn Flakes Cereal	1 cup	Corn Flakes Cereal	1 cup	Corn Flakes Cereal	1 cup	Fruit (1@ or 1/2 cup equivalent)	Corn Flakes Cereal	Fruit (1@or 1/2 cup equivalent)
Corn Flakes Cereal	4	Streusel Coffeecake (1/60 2@)	1/201	Blueberry Muffins (1/60 2@		Streusel Coffeecake (1/60 2@)	100	Corn Flakes Cereal	Streusel Coffeecake (1/60 2@)	Corn Flakes Cereal
Blueberry Mullins (1/60 2@)	1 cup	Whipped Margarine	1/30 cut	Apple Jelly	1/30 cut	Whipped Margarine	1/30 cut	Blueberry Muffins (1/60 2@)	p 1/30 c Whipped Margarine	Blueberry Mulfins (1/60 2@)
Biddelly Wallins (1700 2@)	1/30 cut		1/2 ozw	· • • • • • • • • • • • • • • • • • • •	1/2 fl oz		1/2 ozw	1/30 c	ıt 1/2 oz	w 1/30 cut
Apple Jelly	1/2 fl oz	Morning Beverage	1 cup	Morning Beverage	1	Morning Beverage	4	Apple Jelly	Morning Beverage	Appte Jelly JD 1/2 fl oz
Morning Beverage	1/2 11 02) Cub		1 cup		1 c <u>up</u>	Morning Beverage	2 1 61	Morning Beverage
Werning Beverage	1 cup							1 cu	ρ	1 cup
Meal Name: Lunch)									
Farmhouse Stew (2 oz diced t		T, Salami		Spaghetti & Italian Sauce (2		American Goulash (2 oz^/soy)		Sloppy Joe (2 oz^/soy)	Smoked T. Sausage (3 oz each)	Spaghetti & Italian Sauce (2 oz^/soy)
c vea)	10 ozw		2 ozw	Canas Danas	10 ozw		10 ozw	Enriched Bread	Navy Beans	Greon Beans
Rice	3/4 cup	Mustard	1/3 fl oz	Green Beans	1/2 cup	Garden Salad	1/2 cup	2 slid		
Green Beans		Enriched Bread		Garden Salad		Italian Dressing		Pinto Beans	Garden Salad	Garden Salad
Fresh Baked Roll	1/2 cup	Pinto Beans	2 slice	Italian Dressing	1/2 cup	Ketile Blend Mixed Vegetables	1/2 fl oz	Garden Salad	Italian Dressing	up 1/2 cup
Fresh Baked Roll	1/40 cut	Pinto Beans	1 cup	italian Dressing	1/2 ft oz	Rettie Bierid Mixed Vegetables	1/2 cup	Garden Salad		
Whipped Margarine		Garden Salad		Fresh Baked Roll		Southern Cornbread		French Dressing LF	Enriched Bread	Southern Cornbread
Ontrod Continue	1/2 ozw	Const. Donnello 15	1/2 cup	MARKET AND ADDRESS OF THE PARKET OF THE PARK	1/40 cut	White and Marganian	1/60 cut	1/2 (10	z 1 slie Mustard	Whipped Margarine
Oatmeal Cookie Bar	1/60 cut	French Dressing LF	1/2 fl oz	Whipped Margarine	1/2 ozw	Whipped Margarine	1/2 ozw	Iced Yellow Cake		oz 1/2 ozw
Fruit Drink w/ Vitamins B12, C		Iced Yellow Cake		Oatmeal Cookie Bar		Fudge Brownio		Fruit Drink w/ Vitamins B12, C, D, E &	Iced White Cake	Oatmeal Cookie Bar
Calcium	1 cup		1/60 cut		1/60 cut		1/60 cut	Calcium 1 cu		
		Fruit Drink w/ Vitamins B12, C, E Calcium		Fruit Drink w/ Vitamins B12 Calcium	2, C, D, E & 1 cup	Fruit Drink w/ Vitamins B12, C, Calcium	D,E&		Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 c	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup
		Calcium	1 cup	Caklum	, cup	Calcium	1 cup		Calcium	P Galcium 1 cup
Meal Name: Dinner	•									
Charbroiled Patty (3 ozw)	4	Meatballs (1/2 oz each)		T. Hot Dogs (1.5 oz each)	0	Meatballs (1/2 oz oach)	0	Roast Turkoy	Baked Meatloal (3 ozweach)	T. Ham & Pinto Beans (2 oz diced
0	1 patty		6 each	Advantaged	2 each		6 each	2 oz	Gravy LF/LS	ly tham/ 3/4 c beans) 10 ozw Rice
Gravy LF/LS	3 II oz	Mashed Potatoes	1 cup	Mustard	1/2 fl oz	Gravy LF/LS	3 floz	Gravy LF/LS 3 (I)	z Gravy Li-/LS	
Scalloped Potatoes		Gravy LF/LS		Enriched Bread		Parsley Potatoes		Cottage Fries	Mashed Potatoes	Coleslaw Vinaigrette
	1 cup		3 floz	200 8: - 2	2 slice		1 cun	1 cu		IP 1/2 cup Fresh Baked Roll
Garden Salad	1/2 cun	Creamy Colesław	1/2 cup	BBQ Pinto Beans	3/4 cup	Gardon Salad	1/2 cup	Cabbage 1/2 cu	Carrots	
Ranch Salad Dressing		Fresh Baked Roll		Cottage Fries		Ranch Salad Dressing		Fresh Baked Roll	Southern Cornbread	Whipped Margarine
Southern Cornbread	1/2 fl oz	Whipped Margarine	1/40 cut	Iced White Cake	3/4 cup	Enriched Bread	1/2 fl oz	Whipped Margarino	Whipped Margarine 1/60 c	ut 1/2 ozw
Southern Combread	1/60 cut		1/2 ozw	icou vviille cake	1/60 cul	Ellicied bread	2 slice	1/2 oz	v 1/2 oz	w 1/60 cut
Whipped Margarine		Sugar Cookie Bar		Sweetened Tea		Whipped Margarine		Oatmeal Cookie Bar	Sugar Cookie Bar	Sweetened Tea
Iced White Cake	1/2 ozw	Sweetened Tea	1/60 cut		1 c <u>u</u> p	Sugar Cookie Bar	1/2 ozw	1/60 c Sweotened Tea	ut 1/60 c Sweetened Tea	ut 1 cu <u>p</u>
ICEG WIILE CARE	1/60 cut	Sweetallou rea	1 cup			Sugai Courie Dai	1/60 cut	Swedtened rea		ip
Sweetened Tea	_					Sweetened Tea				
	1 cup						1 cup			

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 made with mechanically separated poultry & soy used in accordance with USDA standards.

NUTRITION STATEMENT: This menu meets the nutritional guidellnes of the American Correctional Association which are based upon the current DRI's for males and females 19 to 50 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.

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WAUPACA COUNTY WISCONSIN

Weekly Average 2700 Calories Per Day

FRIDAY



SUNDAY

SATURDAY

Week:	2	
MONDAY		

TUESDAY

WEDNESDAY

Meal Name: Breakfast Fruit (1@ or 1/2 cup oquivalent) Corn Flakes Cereal Corn Flakes Cereal Corn Flakes Cereal Corn Flakes Cereal Fruit (1@ or 1/2 cup equivalent) Fruit (1@ or 1/2 cup equivalent) 1 cup portion 1 CUD portion 1 cup Corn Flakes Cereal Blueberry Muffins (1/60 2@) Corn Flakes Cereal Streusel Coffeecake (1/60 2@) Blueberry Muffins (1/60 2@) Corn Flakes Cereal Blueberry Muffins (1/60 2@) 1/30 cut 1/30 cut 1/30 cut 1/30 cut 1 cup 1 cup Streusel Coffeecake (1/60 2@ Apple Jelly Streusel Coffeecake (1/60 2@) Streusel Coffeecake (1/60 2@) Whipped Margarine Apple Jelly Apple Jelly 1/30 cut 1/30 cut 1/2 fl oz 1/30 cut 1/2 fl oz 1/2 ozw 1/2 fl oz Morning Beverage Whipped Margarine Whipped Margarine Morning Beverage Morning Beverage Whipped Margarine Morning Beverage 1 cup 1/2 ozw 1 cup 1/2 ozw Morning Beverage Morning Beverage Morning Beverage 1 cup 1 cup

THURSDAY

en						
	T. Bologna	T, Hot Dogs (1.5 oz each)	Crispy Chicken Patty (3 ozw each)	Hearty Spanish Rice (2 oz^/soy)	T. Bologna	Roast Turkey
4 0zw	2 ozw	2 each	1 patty	10_ ozw	2 0zw	2 ozw
	Mustard	Mustard			Mustard	Gravy LF/LS
2 slice						3 floz
	Potato Chips					Mashed Potatoes
3/4 cup	1 ozw					1 cup
						Garden Salad
3/4 cun		3/4 cup				1/2 cup
	Kettle Blend Mixed Vegetables	Creamy Colesiaw		Enriched Bread or Rolls	Creamy Coleslaw	French Dressing LF
1/60 cut	1/2 cup	3/4 cup	2 each	2 each		1/2 fl oz
, C, D, E &	Fresh Baked Oatmeal Cookie		Whipped Margarine	Whipped Margarine	iced Yellow Cake	Southern Cornbread
1 cun	2 ozw		1/2 ozw	1/2 ozw		1/60 cut
	Fruit Drink w/ Vitamins B12, C, D, E &	Fruit Drink w/ Vitamins B12, C, D, E &		Iced White Cake	Fruit Drink w/ Vitamins B12, C, D, E &	Whipped Margarine
	Calcium 1 cup	Calcium 1 cup	1/60 cut	1/60 cut	Calcium 1 cup	1/2 ozw
			Fruit Drink w/ Vitamins B12, C, D, E &	Fruit Drink w/ Vitamins B12, C, D, E &		Sugar Cookie Bar
			Calcium 1 cup	Calcium 1 cup		1/60 cut
						Fruit Drink w/ Vitamins B12, C, D, E &
	2, C, D, E &	T. Bologna 2 ozw	T. Bologna 2 ozw Mustard 2 each Mustard 2 each Mustard 2 each Mustard 2 each Mustard 1/2 fl oz 1/2 fl oz 2 each Mustard 2 each Mustard 1/2 fl oz 2 each Mustard 2 each 2 each 2 each Mustard 2 each 2 each 2 each Mustard 2 each 2 each	T. Bologna 2 ozw Mustard 2 slice Potato Chips 3/4 cup 3/4 cup Enriched Bread 2 slice Enriched Bread 2 slice BBQ Pinto Beans 3/4 cup Kottle Blend Mixod Vegetables 1/2 cup Fresh Baked Oatmeal Cookie 1 cup Fruit Drink w/ Vitamins B12, C, D, E & Calcium T. Hot Dogs (1.5 oz each) Mustard 2 each Mustard 1/2 fl oz 2 each Mustard 1/2 fl oz Cottage Fries 1 cup Colestaw Vinaigrette 3/4 cup Sugar Cookie Bar 1/60 cut Fruit Drink w/ Vitamins B12, C, D, E & Calcium T. Hot Dogs (1.5 oz each) Mustard 1/2 fl oz Cottage Fries 1 cup Colestaw Vinaigrette 1/2 cup Enriched Bread or Rolls Enriched Bread or Rolls Sugar Cookie Bar 1/60 cut Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1/60 cut Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1/60 cut Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1/60 cut Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1/60 cut Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1/60 cut Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1/60 cut Fruit Drink w/ Vitamins B12, C, D, E & Calcium	T. Bologna T. Bologna T. Hot Dogs (1.5 oz each) Mustard Dotato Chips 3/4 cup Potato Chips 3/4 cup Benriched Bread Sice Firesh Baked Oatmeal Cookie 1 cup Fruit Drink w/ Vitamins B12, C, D, E & Calcium T. Hot Dogs (1.5 oz each) Mustard T. Hot Dogs (1.5 oz each) Mustard Dogs (1.5 oz each) Dogs (1.5 oz each) Mustard Dogs (1.5 oz each) Dogs (1.5 oz each) Metried Pinto Beans 3/4 cup Cotlage Fries Banch Salad Dressing 1/2 flo oz Banch Salad Dressing Dogs (1.5 oz each) Dogs (1.5 oz each)	T. Bologna T. Bologna T. Hot Dogs (1.5 oz each) Mustard Mustard Togy LF/LS Gravy Coles av Mustard Mustard 1/2 ozw Mustard 1/2 ozw 1/2 floz Gravy Coles av 1/2 floz Gravy Col

Meal Name: Dinner

T, Salami		Roast Turkey		Cheesy T, Ham & Macaroni (2 or	z diced	Chili con Carne w/Boans (2 oz^/s	soy)	Glazed BBQ Patty (3 ozw oach)		Spaghetti & Italian Sauce (2 oz^/soy)	Baked Meatloaf (3 ozw each)	
	2 0zw		2 ozw	t.ham)	10 ozw	1	IO ozw	1 [patty	10 ozw		1 palty
Mustard		Gravy LF/LS		Carrots		Rice		Lyonnaise Polatoes		Green Beans	Gravy LF/LS	
	1/3 (i oz	-	3 floz		1/2 cuo		3/4 cup	1	CUD	1/2 c <u>up</u>		3 [l oz
Enriched Bread		Mashed Potatoes		Garden Salad		Garden Salad		Irish Blend Vegetables		Garden Salad	Rice	
	2 slice		1 cup		1/2cup		1/2 cup	1/2	auo S	1/2 c <u>up</u>		3/4 cup
Cottage Fries		Glazod Carrots		French Dressing LF		Italian Drossing		Bakery Biscuit		Italian Dressing	Irish Blend Vegetables	
	1 cup		1/2 cup		1/2 II oz		1/2 fl oz	1/60	0 cut	1/2 fl oz		1/2 cup
Macaroni Salad		Bakery Biscuit		Southern Cornbread		Southern Cornbread		Whipped Margarine		Southern Cornbread	Enriched Bread or Rolls	
	3/4 cup		1/60 cut		1/60 cut		1/60 cut	1/2	ozw	1/60 cut		2 each
Iced Yellow Cake		Whipped Margarine		Whipped Margarine		Whipped Margarine		Sugar Cookie Bar		Whipped Margarine	Whippod Margarine	
	1/60 cut	•	1/2 ozw		1/2 ozw		1/2 ozw	1/60	0 cut	1/2 ozw		1/2 ozw
Sweetened Tea		Fudge Brownie		Iced White Cake		Oatmeal Cookie Bar		Sweetened Tea		Oatmeal Cookie Bar	Iced White Cake	
	1 cup	1	1/60 cut	1	1/60 cut	1	1/60 cut	1	cup	1/60 cut		1/60 cut
		Sweetened Tea		Sweetened Tea		Sweetened Tea				Sweetened Tea	Sweetened Tea	
			1 cup		1 cup		1 cup			1 cun		1 Cun

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WAUPACA COUNTY WISCONSIN Weekly Average 2700 Calories Per Day



Week: 3

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MONDA		IOLODA		WEDINESDA	~ I	11101100		IIIDAI	OATORDAT		CONDAI	
Meal Name: Breal	kfast											
Fruit (1@ or 1/2 cup equival	lent)	Corn Flakes Cereal		Corn Flakes Cereal		Corn Flakes Cereal		Fruit (1@ or 1/2 cup equivalent)	Corn Flakes Cereal		Fruit (1@or 1/2 cup equivalen	nt)
True (Tee or Tre cup oquita	1 portion	Com Flancs Corear	1 cup	Com Hakes Corea	1 cup	Con riakes Corea	1 cup	1 portion		1 cup	Trutt (1 @ or 112 dap equivals)	1 portion
Corn Flakes Cereat	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Streusel Coffeecake (1/60 2		Blueberry Muffins (1/60 2@)		Streusel Coffeecake (1/60 20		Corn Flakes Cereal	Streusel Coffeecake (1/60 2@)		Corn Flakes Cereal	
	1 cup		1/30 cut	, (,, C,	1/30 cut		1/30 cut	1 c		1/30 cut		1 cup
Blueberry Muffins (1/60 2@))	Whipped Margarine		Apple Jelly		Whipped Margarine		Blueberry Muflins (1/60 2@)	Whipped Margarine		Blueberry Mulfins (1/60 2@)	
	1/30 cut		1/2 ozw	-	1/2 fl oz	-	1/2 ozw	1/30 c		1/2 ozw		1/30 cut
Apple Jelly		Morning Beverage		Morning Beverage		Morning Beverage		Apple Jelly	Morning Beverage	.	Apple Jelly	
	1/2 fl oz	-	1 c <u>up</u>		1 cup		1_cup	1/2 (1))2	1 cup		1/2 fl oz
Morning Beverage								Morning Beverage			Morning Beverage	
	1 c <u>up</u>							1 c	<u>IP</u>			1_ cup
Meal Name: Lunc	h											
T. Ham		T. Salami		Savory Rice & Peppers (2 oz	^/sov)	T. Ham & White Beans (2 oz	diced	T. Ham	T. Hot Dogs (1.5 oz each)		Tex-Mex Taco Filling (2 oz^/so	ov)
	2 ozw		2 ozw	,	10 ozw	t.ham)	10 ozw	2 02		2 each	· · · · · · · · · · · · · · · · · · ·	-, 4 ozw
Macaroni & Cheese		Mustard		Carrots		Carrots		AuGratin Potatoes	Mustard		Shredded Cheese	
	3/4 cup		1/3 floz		1/2 cup		1/2 cup	3/4 c		1/2 floz		1 ozw
Coleslaw Vinaigrette		Enriched Bread		Garden Salad		Garden Salad		Garden Salad	Enriched Bread		Flour Tortitla (6")	
, and the second	1/2 cup		2 slice		1/2 cun		1/2 cup	1/2 co	qı	2 slice		2 each
Southern Cornbread		Navy Beans		Ranch Salad Dressing		Italian Dressing		French Dressing LF	Baked Beans		Rice	
	1/60 cut	-	3/4 cup		1/2 fl oz		1/2 fl oz	1/2 fl		3/4 cup		3/4 cup
Whipped Margarine		Garden Salad		Fresh Baked Roll		Southern Cornbroad		Bakory Biscuit	Carrots		Refried Pinto Beans	
	1/2 ozw		1/2 cup		1/40 cut		1/60 cut	1/60 0		1/2 c <u>u</u> p		3/4 c <u>u</u> p
Oatmeal Cookie Bar		French Dressing LF		Whipped Margarine		Whipped Margarine		Whipped Margarine	iced Yellow Cake	4.00	Garden Salad	4.00
5- 2- D. H 11/2 1 D.O.	1/60 cut	5 . 5	1/2 fl oz		1/2 ozw		1/2 ozw	1/2 02		1/60 cut	D	1/2 cub
Fruit Drink w/ Vitamins B12,		Fudge Brownie	1/60 cut	Iced White Cake	1/60 cut	Iced Yellow Cake	1/60 cut	Sugar Cookie Bar t/60 c	Fruit Drink w/ Vitamins B12, C, D	1 cup	Ranch Salad Dressing	1/2 fl oz
Calcium	1 cup								ut Calcium	i cup		1/2 11 02
		Fruit Drink w/ Vitamins B12,		Fruit Drink w/ Vitamins B12, 0		Fruit Drink w/ Vitamins B12, 0		Fruit Drink w/ Vitamins B12, C, D, E &	_		Fudge Brownie	1/60 cut
		Calcium	1 cup	Calcium	1 cup	Calcium	1 Cup	Calcium 1 cr	ib			
											FruitDrink w/ Vitamins B12, C	
											Calcium	1 cup
Meal Name: Dinne	er											
American Goulash (2 oz^/so	nv)	Charbroiled Patty (3 ozw)		T. Bologna		Meatballs (1/2 oz each)		Hearty Spanish Rice (2 oz^/soy)	Chifi con Carne w/Beans (2 oz^/s	(vos	Glazed BBQ Patty (3 ozw cac	:h)
	10 ozw		1 patty		2 ozw		6 each	10 02	w	10 ozw		1 patty
Garden Salad		BBQ Sauce		Mustard		Onion Gravy LF/LS		Refried Pinto Beans	Rico		Parsley Potatoes	
	1/2 cup		1 floz		1/3 fl oz		3 floz	3/4 ca		3/4 cup	•	3/4 cup
Italian Dressing		Noodles O'Brien		Enriched Bread		Mashed Potatoes		Creamy Colesiaw	Garden Salad		Irish Blend Vegetables	
	1/2 fl oz		3/4 cuo		2 slice		3/4 cub	1/2 ci		1/2 cup		1/2 c <u>u</u> p
Carrots		Creamy Coleslaw		BBQ Pinto Beans		Cabbage		Southern Cornbread	Italian Dressing		Southern Cornbread	
	1/2 cup_		1/2 cup		3/4 cup		1/2 cup	1/60 c		1/2 fl oz		1/60 cut
Bakery Biscuit		Southern Cornbread		Coleslaw Vinaigrette	4.00	Fresh Baked Roll		Whipped Margarine	Southern Cornbread	4/00 1	Whipped Margarine	410
MATERIA AL MANAGERIA	1/60 cut	NAME A A	1/60 cut	5 b B-1 10 b 10 11-	1/2 cup	14/L:	1/40 cut	1/2 02		1/60 cut	Curas Caplia Des	1/2 ozw
Whippod Margarine	1/2 ozw	Whipped Margarine	1/10	Fresh Baked Oatmeal Cookie		Whipped Margarine	1/2 ozw	Iced White Cake	Whipped Margarine	1/2 ozw	Sugar Cookie Bar	1/60 cut
Iced Yellow Cake	1/2 0ZW	Sugar Cookie Bar	1/2 ozw	Sweetened Tea	2 ozw	Finder Dravenia	1/2 0ZW	Sweetened Tea	Oatmeal Cookie Bar	1/2 OZW	Sweetened Tea	1/60 Cut
ICEO TENDW CARE	1/60 cut	Sugar Cookie Bar	1/60 cut	Sweetened rea	1 cup	Fudge Brownie	1/60 cut	Sweetened rea		1/60 cut	CWCGIGIIGO 169	1 cup
Sweetoned Tea	1/60 CUI	Sweetened Tea	1/60 cdt		i cup	Sweetened Tea	1700 CUI	1 66	Sweetened Tea	.,50 cut		
C	1 cup	Owestelled rea	1 cup			GWOCKETTOO TOO	1 cup		Sweetened rea	1 c <u>up</u>		
	, cap	ļ	i cab				, cup					

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WAUPACA COUNTY WISCONSIN

Weekly Average 2700 Calories Per Day



Week: MONDAY

THECDAY WEDNESDAY THUDGDAY

CDIDAY

CATUDDAY

CHAIDAV

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meal Name: Breakfast						
Fruit (1@ or 1/2 cup equivalent) 1 portion	Corn Flakes Cereal 1 cup	Corn Flakes Cereal 1 cup	Corn Flakes Cereal 1 cup	Fruit (1@ or 1/2 cup equivalent) 1 portion	Corn Flakes Cereal 1 cup	
Corn Flakes Cereal 1 cup	Blueberry Muffins (1/60 2@) 1/30 cut	Streusel Coffeecake (1/60 2@) 1/30 cut	Blueberry Mulfins (1/60 2@) 1/30 cut	Corn Flakes Cereal 1 cup		Corn Flakes Cereal 1 cup
Streusel Coffeecako (1/60 2@) 1/30 cut	Apple Jelly 1/2 fl oz	Whipped Margarine 1/2 ozw	Apple Jelly 1/2 fl oz	Streusel Coffeecake (1/60 2@) 1/30 cut	Apple Jelly 1/2 fl oz	Streusel Coffeecake (1/60 2@) 1/30 cut
Whipped Margarine 1/2 ozw	Morning Beverage 1 cup	Morning Beverage	Morning Beverage 1 cup	Whipped Margarine 1/2 ozw	Morning Beverage 1 cup	
Morning Beverage 1 cup				Morning Beverage		Morning Beverage 1 cup
Meal Name: Lunch						
Sloppy Joe (2 oz^/soy) 4 ozw	T, Salami 2 ozw	American Goulash (2 oz^/soy) 10 ozw	Baked Meatloaf (3 ozw each) 1 patty	T. Bologna 2 ozw	Chili con Carne w/Beans (2 oz^/soy) 10 ozw	T. Ham 2 ozw
Cottage Fries 1 cup	Mustard 1/3 fl oz	Pinto Beans 3/4 cup	Gravy LF/LS 3 floz	Mustard 1/3 fl oz	Garden Salad	Macaroni & Cheese 3/4 cup
Colestaw Vinai grette 1/2 cup	Enriched Bread 2 slice	Garden Salad 1/2 cup	Mashed Potatoes	Enriched Bread 2 slice	Ranch Salad Dressing 1/2 fl oz	Garden Salad 1/2 cup
Enriched Bread 2 slice	Navy Beans 1 cup		Carrots 1/2 cup	Ranch Pinto Beans 3/4 cup	Southern Cornbread 1/60 cut	French Dressing LF 1/2 (I oz
Oatmeal Cookie Bar 1/60 cut	Garden Salad 1/2 cup	Southern Cornbroad 1/60 cut	Enriched Bread or Rolls 2 each	Garden Salad 1/2 cup	Whipped Margarine 1/2 ozw	Southern Cornbread 1/60 cut
Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Ranch Salad Dressing 1/2 II oz	Whipped Margarine 1/2 ozw	Whipped Margarine	French Dressing LF 1/2 fl oz	Sugar Cookie Bar 1/60 cut	Whipped Margarine 1/2 ozw
	Sugar Cookie Bar 1/60 cut	Fresh Baked Oatmeal Cookie 2 ozw	Fresh Baked Cookie 2 ozw	Iced Yellow Cake 1/60 cut	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Iced Yellow Cake 1/60 cut
	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup		Fruit Drink w/ Vltamins B12, C, D, E & Calcium 1 cup
Meal Name: Dinner					·	
Spaghetti & Italian Sauce (2 oz^/soy) 10 ozw	Roast Turkey 2 ozw	Crispy Chicken Patty (3 ozw each)	T. Hot Dogs (1.5 oz each) 2 each	Oven Fried Breaded Fish Patty (3 ozw) 1 patty	Turkey ala King (2 oz diced turkey) 6 ozw	Hearty Spanish Rice (2 oz^/soy) 10 ozw
Garden Salad	Gravy LF/LS 3 floz	Gravy LF/LS 3 floz	Mustard 1/2 fl oz	Tartar Sauce	Noodles O'Brien 3/4 cup	Pinto Beans 3/4 cup
Italian Dressing	Rice 3/4 cup	Parsloy Rotini 3/4 cup	Enriched Bread 2 slice	Cottage Fries	Garden Salad 1/2cup	Coloslaw Vinaigrette
Green Beans	Green Beans 1/2 cup	Irish Blend Vegetables	Baked Beans 1 cup	Croamy Coleslaw 1/2 cup	Italian Dressing 1/2 fl oz	Fresh Baked Roll 1/40 cut
Fresh Baked Roll 1/40 cut	Bakery Biscuit 1/60 cut	Enriched Bread or Rolls 2 each	Coleslaw Vinaigrette	Southern Cornbread 1/60 cut	Bakery Biscuit 1/60 cut	Whipped Margarine
Whipped Margarine 1/2 ozw	Whipped Margarine	Whipped Margarine	Iced White Cake	Whipped Margarine 1/2 ozw	Whipped Margarine 1/2 ozw	Oatmeal Cookie Bar 1/60 cut
fced White Cake	Iced Yellow Cake	Fudge Brownie 1/60 cut	Sweetened Tea 1 cup	Oatmeal Cookie Bar 1/60 cut	Iced White Cake 1/60 cut	Sweetened Tea 1 cup
Sweetened Toa 1 cup	Sweetened Tea 1 cup	Sweetened Tea 1 cup		Sweetened Tea 1 cup	Sweetened Tea 1 cup	

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 balter 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 made with mechanically separated poultry & soy used 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 males and females 19 to 50 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.