

## WEEK I MENU CYCLE SY 14-15

Choice of Milk (8oz) is served daily (1% or Fat Free) at breakfast & lunch.

Water is available with all meals.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>B R E A K F A S T</b>	Sausage & Gravy Pizza – 3.25oz IW Orange Slices – ½ cup Grape Juice – 4 oz	Chicken Biscuit – 2 oz/2.51 oz IW Apple Slices – ½ cup Jelly – 1pk Orange Juice – 4 oz	Breakfast Burrito – 3.5 oz Salsa – 1oz Banana – ½ cup Apple Juice – 4 oz	IW Waffle – 2.47 oz Cheese Stick – 1 oz IW Grapes – ½ cup Orange Juice – 4 oz	Sausage Biscuit – 1.25 oz/2.51 oz IW Apple Slices - ½ cup Jelly – 1 pk Grape Juice – 4 oz	WW English Muffin with Egg & Ham– 2 oz/2 oz/1.5 oz Banana – ½ cup Jelly – 1 pk Apple Juice – 4 oz	Sunrise Flatbread – 2.44 oz Salsa – 1oz IW Orange Slices – ½ cup Grape Juice – 4 oz
<b>L U N C H</b>	Chicken Burrito* 2 shells (6") each w/ chopped lettuce & diced tomato ½ cup Brown Rice – ½ cup Salsa – 1 oz Jalapenos – 1/8 cup FF Sour Cream – 1 pk Black beans – ½ cup Tropical Fruit Mix – 1 cup	Hamburger 4oz on WW Bun – 1 each Tomato – 1 slice, Lettuce – 1 slice, & Pickles – 2 slice (total ¼ cup) Ketchup – 1 pk Mustard – 1 pk Steamed Broccoli - ½c Sweet Potato Tots – ¼c Watermelon – 1 cup	Grilled Chicken Filet 4 oz on WW Bun – 1 each Lite Mayo – 1 ea Mustard – 1 ea Lettuce – 1 slice Tomato – 1 slice Baby Carrots – ½ cup w/ Lite Ranch – 1 pk Green Beans* – ½ cup Strawberries & Bananas* – 1 cup	BBQ Riblet 3 oz on WW Bun – 1 each Tri Taters – 1 each Ketchup – 1 pk Romaine Salad* - 1 cup FF Italian Dressing– 1 pk Chilled Mandarin Orange Segments – 1 cup	Fish Nuggets – 4 each Ketchup – 1 pk Tartar Sauce – 1 pk Coleslaw* – ½ cup Seasoned Field Peas* – ½ cup Rosy Pears* – 1 cup WW Roll – 2 oz	Chili Con Carne* - 6 oz ladle WG Goldfish Crackers – 0.75 oz Celery Sticks – ½ cup w/Lite Jalapeno Ranch – 1 pk Chilled Peaches – 1 cup	Oven Fried Chicken* – 2 thighs 5.5 oz Mashed Potatoes* – ½ cup Seasoned Turnip Greens* – ½ cup Melon Cup – 1 cup Cinnamon Elf Grahams – 1 oz WW Roll – 2 oz
<b>D I N N E R</b>	Philly Cheese Steak Sandwich* – 1 each Onion Rings – 6 ea Ketchup – 1pkt Seasoned Green Beans* - ½ cup Jello Poke Cake Square* – 1 each Fruit Punch – 8 oz	Chicken Stir Fry *– ¾ cup Veggie Egg Roll – 1 each Sweet & Sour Sauce - 1pk WG Rice – ½ cup Chilled Sliced Peaches – ½ cup Sugar Cookie – 1 each Fruit Punch – 8 oz	Oven Fried Fish – 3 oz WG Rice Pilaf* – 3 oz Baked Beans* – ½ cup Jell-O w/ Fruit cocktail* – ½ cup WG Baked Bread Sticks – 1 each Chocolate Frosted Cake Square* – 1 each Fruit Punch – 8 oz	WG Spaghetti ¾ c Meatballs* – 3 each Broccoli Florets – ½ c w/ Lite Jalapeno Ranch – 1 pk Honeydew Cubes – ½ cup Garlic Toast – 1 slice Sherbet Cup – 1 ea Fruit Punch – 8 oz	Salisbury Steak – 4 oz w/ Brown Sauce & Mushrooms* – 1/8 cup Mac & Cheese* – 2/3 cup (#6 scoop) Steamed Spinach – ½ cup Chilled PA Tidbits – ½ cup WG Biscuit – 2 oz Oatmeal Cookie– 1 ea Fruit Punch – 8 oz	Chicken Parmesan* – 1 breast Corn on the cob – 1 each Garden Salad* - 1 cup w/ Lite Ranch Dressing – 1 pk Garlic Toast – 1 slice Vanilla Ice Cream Cup – 1ea Fruit Punch – 8 oz	Pancakes – 2 each Lite Syrup – 1 pk Butter – 1 pk Turkey Bacon – 3 pieces Scrambled Eggs* – ½ cup Spiced apples* – ½ cup Fruit Punch – 8 oz

“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.”

\*Denotes recipe attached.

*Lauren Gear, RD, LD*

8/13/14; 9/24/14; 10/1/14; 10/14/14

## WEEK II MENU CYCLE SY 14-15

Choice of Milk (8oz) is served daily (1% or fat free) at breakfast & lunch.

Water is available with all meals.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>B R E A K F A S T</b>	IW Waffle – 2.47 oz Cheese Stick – 1 oz IW Grapes – ½ cup Orange Juice – 4 oz	Breakfast Burrito – 3.5 oz Salsa – 1 oz IW Apple Slices – ½ cup Grape Juice – 4 oz	Sausage & Gravy Pizza – 3.25 oz Banana – 1/2 cup Apple Juice – 4 oz	Chicken Biscuit – 2 oz/2.51 oz IW Orange Slices – ½ cup Jelly – 1 pk Grape Juice – 4 oz	Sunrise Flatbread – 2.44oz Salsa – 1oz Banana – ½ cup Orange Juice – 4 oz	Sausage Biscuit – 1.25 oz/2.51 oz IW Orange Slices – ½ cup Jelly – 1 pk Apple Juice – 4 oz	WW English Muffin with Egg & Ham– 2 oz/2 oz/1.5 oz IW Apple Slices – ½ cup Jelly – 1 pk Orange Juice – 4 oz
<b>L U N C H</b>	Chicken Chop Suey* - ¾ cup Brown Rice – ½ cup Creamy Coleslaw* – ¼ cup Cooked Carrots* – ½ c Chilled Pineapple – 1 cup WW Roll – 2 oz	Meatball (4 ea) Sub Sandwich on WW Hoagie– 1 each Celery Sticks – ½ cup w/ Lite Ranch – 1 pk Seasoned Baby Lima Beans* – ½ cup Strawberries & Bananas* – 1 cup	BBQ Sliders – 2 each Oven Baked Fries – ½ cup Ketchup – 1 ea Steamed Broccoli – ½ cup Honeydew Cubes – 1 cup Chocolate Pudding – ½ cup	Vegetable Soup* - 8 oz Spinach Salad* – 1 cup Italian Dressing – 1 pk Grilled Cheese Sandwich – 1 each Fresh Apple Wedges – 1 cup	Cheeseburger 4 oz on WW Bun – 1 each Lettuce – 1 slice, tomato – 1 slice & Pickle – 2 slice (total ¼ cup) Ketchup- 1 ea Mustard – 1 ea Carrot Raisin Salad* – ½ cup Steamed Cali Veggies – ¾ cup Chilled Grapes – 1 c	Chicken Tenders – 4 each Honey Mustard Sauce – 1 pk Seasoned Green Beans* – ½ cup Sweet Potato Tots – ¾ cup Tropical Fruit Salad– 1 cup WW Roll - 2 oz	Baked Ham – 3oz Seasoned Collard Greens* – ½ cup Squash Casserole* – ¾ cup Chilled Cantaloupe – 1 cup WW Roll – 2 oz Banana Pudding – ½ cup
<b>D I N E R</b>	Turkey Pot Pie* - 6oz Spinach Salad* – 1 cup Lite Ranch – 1 pk Chilled Diced Pears – ½ cup WG Biscuit – 2 oz Oatmeal Cookie – 1 each Fruit Punch – 8 oz	Chicken & Sausage Jambalaya* – 8 oz Sliced Cucumbers – ½ cup w/ Lite Jalapeno Ranch – 1 pk Jello & Fruit Cocktail* – ½ cup WW Roll – 2 oz Fruit Punch – 8 oz	Fish Nuggets – 4 each Tartar Sauce – 1 pk Ketchup – 1 pk Corn on the Cob – 1 ea Seasoned Green Beans* – ½ cup WW Roll – 2 oz WW Rice Krispy Square – 1 each Fruit Punch – 8 oz	Beef & Mac Casserole* - 6oz Sweet Potatoes & Apples* – ½ cup Sliced Peaches – ½ cup WW Roll – 2 oz Strawberry Ice Cream Cup – 1 each Fruit Punch – 8 oz	Oven Fried Chicken* – 2 thighs 5.5 oz Broccoli, Cheese & Rice Casserole* - #12 scoop (1/3 cup) Chilled Mandarin Orange Segments–½c WG Baked Bread Sticks – 1 each Peach Cobbler* – 1 srvg Fruit Punch – 8 oz	Country Fried Steak Fingers – 4 each Rice – ½ cup & Gravy – 1/8 cup Seasoned Field Peas* – ½ cup Chilled Applesauce – ½ cup Chocolate Chip Cookie – 1 each Fruit Punch – 8 oz	Chicken Fajita* ½ cup on WG Flour Tortilla (10 inch) –1 tortilla Seasoned Black Beans* – ½ cup Carrot Sticks – ½ cup w/Lite Jalapeno Ranch – 1 pk Chilled Pineapple– ½ cup Sherbet Cup – 1 each Fruit Punch – 8 oz

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## WEEK III MENU CYCLE SY14-15

Choice of Milk (8oz) is served daily (1% or fat free) at breakfast & lunch.

Water is available with all meals.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>B R E A K F A S T</b>	Sausage & Gravy Pizza – 3.25 oz Banana – ½ cup Grape Juice - 4 oz	Chicken Biscuit – 2 oz/2.51 oz IW Orange Slices – ½ cup Jelly – 1 pk Apple Juice – 4 oz	Breakfast Burrito – 3.5oz Salsa – 1 oz IW Grapes – ½ cup Orange Juice – 4 oz	IW Waffle – 2.47 oz Cheese Stick – 1 oz IW Orange Slices – ½ cup Grape Juice – 4 oz	Sausage Biscuit – 1.25 oz/2.51 oz Banana – ½ cup Jelly – 1 pk Apple Juice – 4 oz	WW English Muffin with Egg & Ham– 2 oz/2 oz/1.5 oz IW Grapes – ½ cup Jelly – 1 pk Orange Juice – 4 oz	Sunrise Flatbread – 2.44 oz Salsa – 1 oz IW Apple Slices – ½ cup Grape Juice – 4 oz
<b>L U N C H</b>	Turkey 3 oz, Spinach, & Cheese 1 sl Wrap* on WW Tortilla ( <b>10 inch</b> ) – 1 each Lite Mayo – 1 pk Seasoned Summer Corn* – ½ cup Seasoned Great Northern Beans* – ½c Chilled Applesauce – 1 cup	Beef & Bean Burrito – 5.5 oz Salsa – 1 oz FF Sour Cream – 1 pk Seasoned Pintos* – ½ cup Tomato Wedges – ½ cup Strawberries & Bananas* – 1cup	Cheese Pizza – 1 Slice Steamed Peas & Carrots – ½ cup Romaine Salad* – 1 cup FF Italian Dressing – 1 pk Chilled Fruit Cocktail – 1 cup	Buffalo Chicken Poppers – 10 each Oven Fries – ½ cup Ketchup – 1 pk Carrot & Celery Sticks – ½ cup Lite Ranch – 1 pk Fresh Grapes – 1 cup WW Roll – 2 oz	Crunchy Fish Square – 3 oz Ketchup – 1 pk Tartar Sauce – 1 pk Black Eyed Peas* – ½ cup Steamed Cabbage – ½ cup Chilled Peach Slices – 1 cup Honey Graham – 1pk	Beef Vegetable Soup* – 8 oz ladle Grilled Cheese 1 sl on WW Bread – 1 each Sliced Cucumbers – ½ cup Lite Ranch – 1 pk Mixed Berry Bowl* – 1 cup	Roast Turkey & Dressing* - 3 oz Gravy – 1/8 cup Cranberry Sauce – 1/8 cup Cooked Carrots – ½ c Seasoned Collard Greens* – ½ cup Ambrosia Fruit Salad* - 1 cup WW Roll – 2oz
<b>D I N E R</b>	Meatloaf – 4 oz Steamed Spinach – ½ cup Mashed Potatoes – ½ cup Gravy – 1/8 cup Breadstick – 1 ea Fresh Orange Slices – ½ c Sugar Cookie – 1 each Fruit Punch – 8 oz	Teriyaki Chicken* - 4oz WG Brown Fried Rice*- ½ c Steamed Cauliflower & Cheese Sauce*- ½ c Fresh Apple Wedges – ½ c Carrot Cake Square – 1 each Fruit Punch – 8 oz	Chunky Chili*– 8 oz Ranch Sour Cream Potato Wedges – ½ cup Steamed Broccoli – ½ cup Saltine Crackers – 2 pk Apple Cobbler* – 1 portion Fruit Punch – 8 oz	Chef Salad* - 1 each w/ Lite Ranch – 1 pk Watermelon Cubes – ½ cup Saltine Crackers – 2 pk Chocolate Chip Cookie – 1 each Fruit Punch – 8 oz	Meat Lasagna – 6oz Seasoned Green Beans* – ½ cup WG Bread Stick–1 ea Chilled Tropical Fruit – ½c Chocolate Pudding – ½ cup Fruit Punch – 8 oz	Ham & Cheese Sub* - 1 ea Baked Chips – 1 bag Lettuce – 1 slice Tomato – 1 slice Lite Mayo – 1 pk Carrot & Raisin Salad* – ½ cup Fresh Grapes – ½ cup WW Rice Crispy – 1 ea Fruit Punch – 8 oz	French Toast Sticks – 4 ea Syrup – 1 ea Scrambled Eggs* – ½ cup Sausage Patty –1 ea Mixed Berry Bowl* – 1 cup Fruit Punch – 8 oz

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## WEEK IV MENU CYCLE SY14-15

Choice of Milk (8oz) is served daily (1% or fat free) at breakfast & lunch.

Water is available with all meals.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>B R E A K F A S T</b>	IW Waffle – 2.47 oz Cheese Stick – 1 oz IW Orange Slices – ½ cup Apple Juice – 4 oz	Breakfast Burrito – 3.5oz Salsa – 1 oz Banana – ½ cup Grape Juice-4 oz	Sausage & Gravy Pizza – 3.25 oz IW Grapes – ½ cup Orange Juice – 4 oz	Chicken Biscuit – 2 oz/2.51 oz IW Apple Slices – ½ cup Jelly – 1 ea Grape Juice – 4 oz	Sunrise Flatbread – 2.44 oz Salsa – 1oz Banana – ½ cup Orange Juice – 4 oz	Sausage Biscuit – 1.25 oz/2.51 oz IW Orange Slices- ½ cup Jelly – 1 pk Apple Juice – 4 oz	WW English Muffin with Egg & Ham– 2 oz/2 oz/1.5 oz IW Grapes – ½ cup Jelly – 1 pk Orange Juice – 4 oz
<b>L U N C H</b>	Pepperoni Pizza – 1 Slice Carrot Sticks – ½ cup Lite Ranch – 1 pk Seasoned Green Peas* – ½ cup Chilled Cantaloupe – 1c	Chicken Pot Pie*- 8oz Spinach Salad* - 1 c w/ FF Italian – 1 pk Steamed Squash & Onions* – ½ cup Rosy Applesauce* – 1 cup WW Roll – 2 oz	Chili Dog* (Chili 1/8c, Hot dog 2oz; WW Bun-1.5oz) Seasoned Great Northern Beans* - ½c Coleslaw* - ½ cup Chilled Tropical Fruit – 1c Granola – 1.25 oz	WG Spaghetti w/ Meat Sauce*- 8oz Ladle Garden Salad*- 1 c w/ Lite Ranch – 1pk Steamed Peas & Carrots – ½ cup Chilled Grapes – 1 cup WW Roll -2 oz	Sloppy Joe* 3oz on WW Bun – 1 each Sweet Potato Fries – ¾ cup Sliced cucumbers – ½ cup Lite Jalapeno Ranch – 1 pk Mixed Berry Bowl* – 1 cup	Spicy Chicken Sandwich 3oz on WW Bun - 1 each Lettuce - 1 slice Tomato - 1 slice Marinated Black Bean Salad* – ½ cup Tomato Wedges – ½ cup Lite Ranch – 1 pk Melon Cubes – 1 cup	Roast Beef – 3oz Gravy – 1/8 cup Turnip Greens* - ½ cup Scalloped Potatoes* - 1/2 c Fruit Cocktail – 1 cup WW Roll – 2 oz Lemon Pudding – ½ c
<b>D I N N E R</b>	BBQ Chicken* - 2 thighs 5.5 oz Peas & Snaps – ½ c Corn on the Cob – 1each Watermelon Cubes – ½ cup WW Roll – 2oz Oatmeal Cookie – 1 each Fruit Punch – 8 oz	Beef Nachos* - #16 scoop meat (1/4 cup) & 2/3 c chips Cheese Sauce – 2 oz Mexicali Corn* – ½ c Salsa – 1 oz Shredded Lettuce & Tomato – ½ cup Pears – ½ c Apple Crisp* – 1 piece Fruit Punch – 8 oz	Fish Sandwich – 1 ea Spicy Garden Slaw* – ½ cup Ketchup – 1 pk Lite Mayo – 1 pk Oven Baked Fries – ½ cup Baked Beans* - ½ cup Carrot Cake – 1 square Fruit Punch – 8 oz	Country Fried Steak Fingers – 4 ea w/ Gravy – 1 oz Baked Potato – 1 ea Margarine – 1 pk FF Sour Cream – 1 pk Steamed California Veggies – ½ cup WW Roll – 2 oz Brownie – 1 ea Fruit Punch – 8 oz	Chicken Quesadilla – 4.5oz FF Sour Cream – 1 pk Salsa – 1 oz Seasoned Green Peas* – ½ c Chilled Peach Slices – ½ c Chocolate Ice Cream Cup – 1 ea Fruit Punch – 8 oz	Shepherd's Pie* - 8 oz Seasoned Collard Greens* – ½ cup Chilled Pineapple – ½ cup WG Baked Bread Stick – 1 each Lemon Frosted Cake Square* – 1 each Fruit Punch – 8 oz	Salisbury Steak – 4 oz Steamed Squash* – ½ cup Baby Lima Beans*- ½ cup Fresh Orange Wedges – ½ cup WW Biscuit – 2 oz Sherbet Cup -1ea Fruit Punch – 8 oz

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IMPORTANT NOTES:

At lunch **all** subgroups in appropriate portion size must be served **weekly**.

Abbreviations used in the body of the menu are:

WW = Whole Wheat

GF = Gluten Free

WG = Whole Grain

Purple writing = starch subgroup

Red writing = Red/Orange Subgroup

Green Writing = Dark green subgroup Tan Writing = Beans/Peas (Legumes) Subgroup

Veggies in blue writing = other Subgroup

Substitutions in veggies can only be made in the **same** subgroup.

Garden Salad is primarily iceberg lettuce and does **not** count as dark green subgroup. Garden salad **cannot** be substituted for romaine salad nor spinach salad.

Romaine Salad can be substituted for Spinach Salad and vice versa.

**SNACKS:**

**Mid-Morning Snack - 9:00 am**

PB&J (1) & 8 oz water

**Night Snack - 8:00 pm**

PB&J (1) & 8 oz Unflavored Milk

**Department of Juvenile Justice  
Residential Snack Menus SY 14-15**

***Afterschool Snack***

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>WEEK 1</b>	WG Cheez-Its (.75 oz)  100 % Fruit Punch 8 oz	WG Rice Crispy Treat (1.6 oz)  100 % Fruit Punch 8 oz	WG Hot & Spicy Chex (.92 oz)  100% Fruit Punch 8 oz	WG Strawberry Pop Tart (1.76 oz)  100 % Fruit Punch 8 oz	Granola (1.25 oz)  100% Fruit Punch 8 oz	WG Super Donut (1.9 oz)  100 % Fruit Punch 8 oz	WG Chocolate & Caramel Chex (1.03 oz)  100 % Fruit Punch 8 oz
<b>WEEK 2</b>	WG Hot & Spicy Chex (0.92 oz)  100% Fruit Punch 8 oz	WG Strawberry Pop Tart (1.76 oz)  100 % Fruit Punch 8 oz	Granola (1.25 oz)  100% Fruit Punch 8 oz	WG Super Donut (1.9 oz)  100 % Fruit Punch 8 oz	WG Chocolate & Caramel Chex (1.03 oz)  100 % Fruit Punch 8 oz	WG Rice Crispy Treat (1.6 oz)  100 % Fruit Punch 8 oz	WG Cheez-Its (.75 oz)  100 % Fruit Punch 8 oz
<b>WEEK 3</b>	Granola (1.25 oz)  100% Fruit Punch 8 oz	WG Super Donut (1.9 oz)  100 % Fruit Punch 8 oz	WG Hot & Spicy Chex (0.92 oz)  100 % Fruit Punch 8 oz	WG Rice Crispy Treat (1.6 oz)  100 % Fruit Punch 8 oz	WG Cheez-Its (.75 oz)  100 % Fruit Punch 8 oz	WG Chocolate & Caramel Chex (1.03 oz)  100% Fruit Punch 8 oz	WG Strawberry Pop Tart (1.76 oz)  100 % Fruit Punch 8 oz
<b>WEEK 4</b>	WG Rice Crispy Treat (1.6 oz)  100 % Fruit Punch 8 oz	WG Hot & Spicy Chex (0.92 oz)  100% Fruit Punch 8 oz	WG Strawberry Pop Tart (1.76 oz)  100 % Fruit Punch 8 oz	Granola (1.25 oz)  100% Fruit Punch 8 oz	WG Cheez-Its (.75 oz)  100 % Fruit Punch 8 oz	WG Chocolate & Caramel Chex (1.03 oz)  100 % Fruit Punch 8 oz	WG Super Donut (1.9 oz)  100 % Fruit Punch 8 oz

*\*May substitute WG Strawberry & Yogurt Chex in place of another WG Chex item\*\**

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*Lauren Gear, RD, LD 7/22/14*