

INDIANA DEPARTMENT OF CORRECTIONS

Juvenile Menu

Fall Winter

Daily Minimum of 2800 Calories

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs



USDA is an equal opportunity provider and employer

Week: 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meal Name: Breakfast						
Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion
NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion
Sweetened Whole Grain Oatmeal LF 1 cup	Toasted Oats Cereal 1 cup	Whole Grain Sweetened Oatmeal w/ Cinnamon LF 1 cup	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup
T. Ham 1 ozw	Granulated Sugar 1 teaspoon	Scrambled Eggs 3 ozw	Granulated Sugar 1 teaspoon			
Whole Wheat Bread 1 slice	Whole Wheat Pancakes 2 each	Whole Wheat Bread 1 slice	Breakfast Sausage (1 ozw each) 1 patty	Whole Wheat Pancakes 2 each	Hard Cooked Egg 1 each	T. Ham 1 ozw
Milk-Student Choice (Half Pint) 1 each	Syrup 1 fl oz	Milk-Student Choice (Half Pint) 1 each	Whole Wheat Bread 1 slice	Syrup 1 fl oz	Whole Wheat Bread 1 slice	Whole Wheat Bread 1 slice
	Milk-Student Choice (Half Pint) 1 each		Milk-Student Choice (Half Pint) 1 each			

Meal Name: Lunch

Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion
Whole Grain Grilled Cheese Sandwich (1 oz real cheese) 1 each	Peanut Butter 4 tablespoon	Chili LS ~ 1 cup	Sloppy Joe LS ~ 3/8 cup	Tex-Mex Taco Filling LS ~ 3/8 cup	Charbroiled Patty (3 ozw) 1 patty	Italian Tomato Sauce ~ 3/8 cup
Carrots LF 1/2 cup	Jelly 1/2 fl oz	Whole Grain Brown Rice LF 1/2 cup	Kettle Blend Mixed Vegetables LF 1/2 cup	Salsa 1 fl oz	Ketchup 1/3 fl oz	Whole Grain Rotini LF 1/2 cup
Green Beans LF 1/2 cup	Whole Wheat Bread 2 slice	Whole Wheat Bread 1 slice	BBQ Pinto Beans LF 1/2 cup	WG Flour Tortilla (6") 2 each	Whole Wheat Bread 2 slice	Broccoli LF 1/2 cup
Navy Beans LF/LS 1/2 cup	Potatoes Cajun LF 1/2 cup	Vinaigrette Calico Coleslaw LF 1/2 cup	Whole Wheat Bread 2 slice	Shredded Lettuce 1 cup	Navy Beans LF/LS 1/2 cup	Kettle Blend Mixed Vegetables LF 1/2 cup
NSLP Fruit 1/2c Equivalent 1 portion	Garden Salad 1 cup	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	Corn LF 1/2 cup	Potatoes Lyonnaise LF 1/2 cup	Whole Wheat Bread 1 slice
Milk-Student Choice (Half Pint) 1 each	Salad Dressing LF 1/2 fl oz	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	NSLP Fruit 1/2c Equivalent 1 portion	Carrots LF 1/2 cup	NSLP Fruit 1/2c Equivalent 1 portion
	NSLP Fruit 1/2c Equivalent 1 portion			Milk-Student Choice (Half Pint) 1 each	NSLP Fruit 1/2c 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: Dinner

Glazed BBQ Patty (3 ozw each) 1 patty	Mac & Cheese Casserole LS~ 1 cup	Roast Turkey 3 ozw	Cheesy Potato Casserole LS~ 1 cup	Spaghetti & Italian Sauce LS ~ 1 1/2 cup	Whole Grain T. Sausage & Cheese Pizza 1 each	Meatballs (1/2 oz each) 8 each
BBQ Sauce 1 fl oz	Green Beans 1/2 cup	Mashed Potatoes 2 cup	Pinto Beans 1 1/2 cup	Cabbage LF 1/2 cup	Spaghetti w/ Tomato Sauce LS 2 cup	Swedish Meatball Gravy LS 3 fl oz
Cottage Fries 1 cup	Buttermilk Biscuit 1/60 cut	Gravy LF/LS 3 fl oz	Green Beans LF 1/2 cup	Garlic Biscuit 1/60 cut	Garden Salad 1 cup	Noodles 1 cup
Baked Beans 1 1/2 cup	Garden Salad 1 cup	Carrots 1/2 cup	Enriched Bread 2 slice	Snickerdoodle Cookie (1 ozw) 1 each	Salad Dressing 1/2 fl oz	Peas & Carrots 1/2 cup
Enriched Bread 2 slice	Salad Dressing 1/2 fl oz	Peas 1/2 cup	Frosted Pink Cake 1/60 cut	Fruit Drink w/ Vitamin C 1 cup	Garlic Biscuit 1/60 cut	Buttermilk Biscuit 1/60 cut
Chocolate Cake 1/60 cut	Frosted Fudge Brownie 1/60 cut	Southern Cornbread 1/60 cut	Fruit Drink w/ Vitamin C 1 cup		Oatmeal Cookie (1 ozw) 1 each	Frosted Fudge Brownie 1/60 cut
Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Grandma's Bread Pudding 1/2 cup			Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup
		Fruit Drink w/ Vitamin C 1 cup				

Meal Name: Evening Snack

Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup
Streusel Topped Blueberry Oat Square 1/60 cut	Bakery Muffins (1/60 2@) 1/30 cut	Crispy Rice Cereal 1 cup	String Cheese & Saltine Crackers (1 each / 3 pks of 2) 1 serving	Bakery Muffins (1/60 2@) 1/30 cut	Enriched Bread 2 slice	Bakery Muffins (1/60 2@) 1/30 cut
100% Apple Juice (4 oz) 1 each	Strawberry Banana Yogurt Cup (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each		Fresh Seasonal Fruit 1 each	Peanut Butter 2 tablespoon	Peanut Butter 2 tablespoon
					Jelly 1/2 fl oz	

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 used in accordance with USDA standards.

INDIANA DEPARTMENT OF CORRECTIONS

Juvenile Menu

Fall Winter

Daily Minimum of 2800 Calories

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs



USDA is an equal opportunity provider and employer

Week: 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meal Name: Breakfast						
Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion
NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion
Whole Grain Sweetened Oatmeal w/ Cinnamon LF 1 cup	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup	Whole Grain Sweetened Oatmeal w/ Cinnamon LF 1 cup
Scrambled Eggs 3 ozw	Granulated Sugar 1 teaspoon	T. Ham 1 ozw				
Whole Wheat Bread 1 slice	Whole Wheat Pancakes 2 each	Breakfast Sausage (1 ozw each) 1 patty	T. Ham 1 ozw	Whole Wheat Pancakes 2 each	Hard Cooked Egg 1 each	Whole Wheat Bread 1 slice
Milk-Student Choice (Half Pint) 1 each	Syrup 1 fl oz	Whole Wheat Bread 1 slice	Whole Wheat Bread 1 slice	Syrup 1 fl oz	Whole Wheat Bread 1 slice	Milk-Student Choice (Half Pint) 1 each
	Milk-Student Choice (Half Pint) 1 each					

Meal Name: Lunch

Fruit Juice (1/2 c equivalent) 1 portion						
Chili LS ~ 1 cup	Glazed BBQ Patty (3 ozw each) 1 patty	Whole Grain Jambalaya w/ Rice ~ 1 cup	Tex-Mex Taco Filling LS ~ 3/8 cup	Italian Tomato Sauce ~ 3/8 cup	T. Hot Dogs (1.5 oz each) 2 each	Charbroiled Patty (3 ozw) 1 patty
Whole Grain Brown Rice LF 1/2 cup	Black-Eyed Peas LF 1/2 cup	Pinto Beans LF 1 cup	Salsa 2 fl oz	Whole Grain Rotini LF 1/2 cup	Ketchup 1/3 fl oz	Mustard & Ketchup (1/3 oz each) 1 serving
Garden Salad 1 cup	Carrots LF 1/2 cup	Broccoli LF 1/2 cup	Shredded Lettuce 1 cup	Green Beans LF 1/2 cup	Whole Wheat Bread 2 slice	Whole Wheat Bread 2 slice
Salad Dressing 1/2 fl oz	O'Brien Potatoes LF 1/2 cup	Whole Wheat Bread 2 slice	WG Flour Tortilla (6") 2 each	Garlic Whole Wheat Bread LF 1 slice	AuGratin Potatoes LF 1/2 cup	BBQ Beans LF/LS 3/4 cup
Whole Wheat Bread 1 slice	Whole Wheat Bread 2 slice	NSLP Fruit 1/2c Equivalent 1 portion	Corn LF 1/2 cup	Garden Salad 1 cup	Carrots LF 1/2 cup	Cabbage LF 1/2 cup
NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	Milk-Student Choice (Half Pint) 1 each	NSLP Fruit 1/2c Equivalent 1 portion	Salad Dressing 1/2 fl oz	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion
Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each		Milk-Student Choice (Half Pint) 1 each	NSLP Fruit 1/2c 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: Dinner

Salisbury Steak (3 ozw each) 1 patty	Cream Turkey w/ Noodles 1 cup	BBQ Filling~ 3/8 cup	T. Ham w/ Mac & Cheese 1 cup	Roast Turkey 3 ozw	Crispy Chicken Patty (3 ozw each) 1 patty	Texan Tamale Pie w/ Cornbread Topping~ 1 cup
Gravy LS 3 fl oz	Navy Beans LS 1/2 cup	Carrots 1/2 cup	Pinto Beans 1 1/2 cup	Gravy LS 3 fl oz	Ketchup 1/3 fl oz	Navy Beans LS 1 cup
Mashed Potatoes 1 1/2 cup	Green Beans 1/2 cup	Parsley Noodles 1 cup	Kettle Blend Mixed Vegetables 1/2 cup	Mashed Potatoes 1 1/2 cup	Cottage Fries 1 cup	Green Beans 1/2 cup
Bakery Biscuit 1/60 cut	Enriched Bread 2 slice	Coleslaw Vinaigrette 1/2 cup	Enriched Bread 2 slice	Peas 1/2 cup	Coleslaw Vinaigrette 1/2 cup	Bakery Biscuit 1/60 cut
Kettle Blend Mixed Vegetables 1/2 cup	Lemon Cake 1/60 cut	Bakery Biscuit 1/60 cut	Snickerdoodle Cookie (1 ozw) 1 each	Bakery Biscuit 1/60 cut	Ranch Pinto Beans 1 cup	Frosted Fudge Brownie 1/60 cut
Snickerdoodle Cookie (1 ozw) 1 each	Fruit Drink w/ Vitamin C 1 cup	Oatmeal Cookie (1 ozw) 1 each	Fruit Drink w/ Vitamin C 1 cup	Fruity Oatmeal Bar 1/60 cut	Enriched Bread 2 slice	Fruit Drink w/ Vitamin C 1 cup
Fruit Drink w/ Vitamin C 1 cup		Fruit Drink w/ Vitamin C 1 cup		Fruit Drink w/ Vitamin C 1 cup	Iced Banana Cake 1/60 cut	
					Fruit Drink w/ Vitamin C 1 cup	

Meal Name: Evening Snack

Bakery Muffin 1/60 cut	Bakery Muffin 1/60 cut	Blueberry Muffin 1/60 cut	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup
Streusel Topped Blueberry Oat Square 1/60 cut	Breakfast Muffins (1/60 2@) 1/30 cut	String Cheese & Saltine Crackers (1 each / 3 pks of 2) 1 serving	Enriched Bread 2 slice	Breakfast Muffins (1/60 2@) 1/30 cut	Crispy Rice Cereal 1 cup	String Cheese & Saltine Crackers (1 each / 3 pks of 2) 1 serving
100% Apple Juice (4 oz) 1 each	Peach Yogurt Cup (4 oz) 1 each		Peanut Butter 2 tablespoon	Fresh Seasonal Fruit 1 each	Milk-Student Choice (Half Pint) 1 each	
			Jelly 1/2 fl oz			

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 used in accordance with USDA standards.

INDIANA DEPARTMENT OF CORRECTIONS

Juvenile Menu

Fall Winter

Daily Minimum of 2800 Calories

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs



USDA is an equal opportunity provider and employer

Week: 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meal Name: Breakfast						
Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion
NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion
Whole Grain Sweetened Oatmeal w/ Cinnamon LF 1 cup	Toasted Oats Cereal 1 cup	Sweetened Whole Grain Oatmeal LF 1 cup	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup
Scrambled Eggs 3 ozw	Granulated Sugar 1 teaspoon	T. Ham 1 ozw	Granulated Sugar 1 teaspoon			
Whole Wheat Bread 1 slice	Whole Wheat Pancakes 2 each	Whole Wheat Bread 1 slice	Breakfast Sausage (1 ozw each) 1 patty	Whole Wheat Pancakes 2 each	Hard Cooked Egg 1 each	Breakfast Sausage (1 ozw each) 1 patty
Milk-Student Choice (Half Pint) 1 each	Syrup 1 fl oz	Milk-Student Choice (Half Pint) 1 each	Whole Wheat Bread 1 slice	Syrup 1 fl oz	Whole Wheat Bread 1 slice	Whole Wheat Bread 1 slice
	Milk-Student Choice (Half Pint) 1 each		Milk-Student Choice (Half Pint) 1 each			

Meal Name: Lunch

Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion	Fruit Juice (1/2 c equivalent) 1 portion			
Glazed BBQ Patty (3 ozw each) 1 patty	Peanut Butter 4 tablespoon	Sloppy Joe LS ~ 3/8 cup	Whole Grain Mac & Cheese Casserole LS~ 10 ozw	Meatballs (1/2 oz each) 8 each	Whole Grain Asian Fried Rice~ 1 cup	T. Bologna 4 ozw
Ranch Pinto Beans LS 1/2 cup	Jelly 1/2 fl oz	Whole Wheat Bread 2 slice	Broccoli LF 1/2 cup	Gravy LF/LS 2 fl oz	Green Beans LF 1/2 cup	Mustard 1/3 fl oz
Whole Wheat Bread 2 slice	AuGratin Potatoes LF 1/2 cup	Kettle Blend Mixed Vegetables LF 1/2 cup	Corn LF 1/2 cup	Whole Grain Brown Rice LF 1/2 cup	Coleslaw Vinaigrette LF 1/2 cup	Whole Wheat Bread 2 slice
Carrots LF 1/2 cup	Green Beans LF 1/2 cup	Peas LF 1/2 cup	Whole Wheat Bread 1 slice	Carrots LF 1/2 cup	Whole Wheat Bread 1 slice	Cajun Potatoes LF/LS 1/2 cup
Coleslaw Vinaigrette LF 1/2 cup	Whole Wheat Bread 2 slice	NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	Navy Beans LF/LS 1/2 cup	NSLP Fruit 1/2c Equivalent 1 portion	Carrots LF 1/2 cup
NSLP Fruit 1/2c Equivalent 1 portion	NSLP Fruit 1/2c Equivalent 1 portion	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	Whole Wheat Bread 1 slice	Milk-Student Choice (Half Pint) 1 each	NSLP Fruit 1/2c Equivalent 1 portion
Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each			NSLP Fruit 1/2c Equivalent 1 portion		Milk-Student Choice (Half Pint) 1 each
				Milk-Student Choice (Half Pint) 1 each		

Meal Name: Dinner

American Goulash LS~ 1 cup	Hearty Homestyle Scalloped Potatoes ~ 1 cup	Roast Turkey 3 ozw	Tex-Mex Taco Filling LS ~ 3/8 cup	Rotini Casserole LS~ 1 cup	Chili Mac LS~ 1 cup	Hearty Vegetable Soup (1/2 cup veg.) LF/LS 1 cup
Kettle Blend Mixed Vegetables 1/2 cup	Pinto Beans 1/2 cup	Gravy 3 fl oz	Cheese Sauce 1 fl oz	Kettle Blend Mixed Vegetables 1/2 cup	Yellow Rice 1 cup	Crispy Chicken Patty (3 ozw each) 1 patty
Cajun Potatoes 1 cup	Irish Blend Vegetables 1/2 cup	Parsley Rotini Noodles 2 cup	Salsa 1 fl oz	Garden Salad 1 cup	Coleslaw Vinaigrette 1/2 cup	Ketchup 1/3 fl oz
Bakery Biscuit 1/60 cut	Southern Cornbread 1/60 cut	Carrots 1/2 cup	Shredded Lettuce 1/2 cup	Salad Dressing LF 1/2 fl oz	Enriched Bread 2 slice	Enriched Bread 2 slice
Snickerdoodle Cookie (1 ozw) 1 each	Pink Cake 1/60 cut	Bakery Biscuit 1/60 cut	Tortilla Chips 1 ozw	Garlic Bread 2 slice	Vanilla Frosted Fudge Brownie 1/60 cut	Cottage Fries 1 3/4 cup
Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruity Oatmeal Bar 1/60 cut	Pinto Beans 1 1/2 cup	Oatmeal Spice Cookie (1 ozw) 1 each	Fruit Drink w/ Vitamin C 1 cup	Coleslaw Vinaigrette 1/2 cup
		Fruit Drink w/ Vitamin C 1 cup	Iced Yellow Cake 1/60 cut	Fruit Drink w/ Vitamin C 1 cup		Fresh Baked Lemon Cookie (1 ozw) 1 each
			Fruit Drink w/ Vitamin C 1 cup			Fruit Drink w/ Vitamin C 1 cup

Meal Name: Evening Snack

Bakery Muffin 1/60 cut	Bakery Muffin 1/60 cut	Blueberry Muffin 1/60 cut	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup
Enriched Bread 2 slice	Crispy Rice Cereal 1 cup	String Cheese & Saline Crackers (1 each / 3 pks of 2) 1 serving	Streusel Topped Blueberry Oat Square 1/60 cut	Breakfast Muffins (1/60 2@) 1/30 cut	Breakfast Muffins (1/60 2@) 1/30 cut	Breakfast Muffins (1/60 2@) 1/30 cut
Peanut Butter 2 tablespoon	Milk-Student Choice (Half Pint) 1 each		100% Apple Juice (4 oz) 1 each	Fresh Seasonal Fruit 1 each	Raspberry Yogurt Cup (4 oz) 1 each	Peanut Butter 2 tablespoon
Jelly 1/2 fl oz						

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 used in accordance with USDA standards.

INDIANA DEPARTMENT OF CORRECTIONS

Juvenile Menu

Fall Winter

Daily Minimum of 2800 Calories

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs



USDA is an equal opportunity provider and employer

Week: 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Meal Name: Breakfast

Fruit Juice (1/2 c equivalent) 1 portion						
NSLP Fruit 1/2c Equivalent 1 portion						
Sweetened Whole Grain Oatmeal LF 1 cup	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup	Sweetened Whole Grain Oatmeal LF 1 cup
T. Ham 1 ozw	Granulated Sugar 1 teaspoon	Breakfast Sausage (1 ozw each) 1 patty				
Whole Wheat Bread 1 slice	Whole Wheat Pancakes 2 each	Hard Cooked Egg 1 each	Scrambled Eggs 3 ozw	Whole Wheat Pancakes 2 each	Hard Cooked Egg 1 each	Whole Wheat Bread 1 slice
Milk-Student Choice (Half Pint) 1 each	Syrup 1 fl oz	Whole Wheat Bread 1 slice	Whole Wheat Bread 1 slice	Syrup 1 fl oz	Whole Wheat Bread 1 slice	Milk-Student Choice (Half Pint) 1 each
	Milk-Student Choice (Half Pint) 1 each					

Meal Name: Lunch

Fruit Juice (1/2 c equivalent) 1 portion						
Baked Meatloaf (3 ozw each) 1 patty	Peanut Butter 4 tablespoon	Tex-Mex Taco Filling LS ~ 3/8 cup	BBQ Filling~ 3/8 cup	Glazed BBQ Patty (3 ozw each) 1 patty	Whole Grain Asian Fried Rice~ 1 cup	Turkey 5 ozw
Gravy LF/LS 2 fl oz	Jelly 1/2 fl oz	WG Flour Tortilla (6") 2 each	Whole Wheat Bread 2 slice	Pinto Beans LF 1/2 cup	Carrots LF 1/2 cup	Mustard 1/3 fl oz
Pinto Beans LF 1/2 cup	Cabbage LF 1/2 cup	Salsa 2 fl oz	Whole Grain Rotini & Cheese 1/2 cup	Kettle Blend Mixed Vegetables LF 1/2 cup	Corn LF 1/2 cup	Wheat Bread 2 slice
Broccoli LF 1/2 cup	Green Beans LF 1/2 cup	Shredded Lettuce 1 cup	Carrots LF 1/2 cup	Coleslaw Vinaigrette LF 1/2 cup	Whole Wheat Bread 1 slice	Cajun Potatoes LF/LS 1/2 cup
Coleslaw Vinaigrette LF 1/2 cup	Whole Wheat Bread 2 slice	Pinto Beans LF 1/2 cup	Peas LF 1/2 cup	Whole Wheat Bread 2 slice	NSLP Fruit 1/2c Equivalent 1 portion	Coleslaw Vinaigrette LF 1/2 cup
Whole Wheat Bread 2 slice	NSLP Fruit 1/2c Equivalent 1 portion	Milk-Student Choice (Half Pint) 1 each	NSLP Fruit 1/2c Equivalent 1 portion			
NSLP Fruit 1/2c 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: Dinner

Sloppy Joe LS ~ 3/8 cup	Texan Tamale Pie w/ Cornbread Topping~ 1 cup	Crispy Chicken Patty (3 ozw each) 1 patty	Spaghetti & Italian Sauce LS ~ 1 cup	Meatballs (1/2 oz each) 6 each	Scrambled Eggs w/ Onions & Peppers 3 ozw	Chili Mac LS~ 1 1/2 cup
Yellow Rice 1 1/2 cup	Spanish Rice 2 cup	Ketchup 1/3 fl oz	Irish Blend Vegetables 1/2 cup	Gravy LS 3 fl oz	Breakfast Sausage (1 ozw each) 2 patty	Glazed Carrots 1/2 cup
Garden Salad 1 cup	Carrots 1/2 cup	Mac & Cheese LF 1 cup	Garden Salad 1 cup	Cajun Potatoes - LS 1/2 cup	Cajun Potatoes 1 1/2 cup	Rice 1 1/2 cup
Salad Dressing 1/2 fl oz	Garden Salad 1 cup	Cottage Fries 1 cup	Salad Dressing 1/2 fl oz	Navy Beans LS 1/2 cup	Corn & Carrots 1/2 cup	Bakery Biscuit 1/60 cut
Bakery Biscuit 1/60 cut	Salad Dressing 1/2 fl oz	Enriched Bread 2 slice	Garlic Biscuit 1/60 cut	Peas 1/2 cup	Bakery Biscuit 1/60 cut	Fresh Baked Cherry Cookie (1 ozw) 1 each
Iced Lemon Cake 1/60 cut	Vanilla Frosted Lemon Cake 1/60 cut	Streusel Coffeecake 1/60 cut	Fruity Oatmeal Bar 1/60 cut	Enriched Bread 2 slice	Snickerdoodle Cookie (1 ozw) 1 each	Fruit Drink w/ Vitamin C 1 cup
Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fresh Baked Cherry Cookie (1 ozw) 1 each	Fruit Drink w/ Vitamin C 1 cup	
				Fruit Drink w/ Vitamin C 1 cup		

Meal Name: Evening Snack

Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup
Streusel Topped Blueberry Oat Square 1/60 cut	Crispy Rice Cereal 1 cup	Breakfast Muffins (1/60 2@) 1/30 cut	Enriched Bread 2 slice	Breakfast Muffins (1/60 2@) 1/30 cut	Breakfast Muffins (1/60 2@) 1/30 cut	String Cheese & Saltine Crackers (1 each / 3 pks of 2) 1 serving
100% Apple Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each	Blueberry Yogurt Cup (4 oz) 1 each	Peanut Butter 2 tablespoon	Fresh Seasonal Fruit 1 each	Peanut Butter 2 tablespoon	
			Jelly 1/2 fl oz			

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 used in accordance with USDA standards.