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INDIANA DEPARTMENT OF CORRECTIONS

Juvenile Menu

Spring – Summer 2015

Daily Range of 2800 – 3000 Calories

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

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Week: 1

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Meal Name: Breakfast						
Fruit Juice (1/2 c equivalent)	Fruit Juice (1/2 c equivalent)	Fruit Juice (1/2 c equivalent)	Fruit Juice (1/2 c equivalent)	Fruit Juice (1/2 c equivalent)	Fruit Juice (1/2 c equivalent)	Fruit Juice (1/2 c equivalent)
Fruit (1@ or 1/2 cup)	Fruit (1@ or 1/2 cup)	Fruit (1@ or 1/2 cup)	Fruit (1@ or 1/2 cup)	Fruit (1@ or 1/2 cup)	Fruit (1@ or 1/2 cup)	Fruit (1@ or 1/2 cup)
Sweetened Whole Grain Oatmeal LF	Toasted Oats Cereal	Sweetened Cinnamon Oatmeal LF	Sweetened Whole Grain Oatmeal LF	Sweetened Cinnamon Oatmeal LF	Bran Flakes Cereal	Sweetened Whole Grain Oatmeal LF
T. Ham	Granulated Sugar	Scrambled Eggs	Breakfast Sausage	Breakfast Sausage	Granulated Sugar	T. Ham
Wheat Bread	Whole Wheat Pancakes	Wheat Bread	Hash Brown Potatoes	Wheat Bread	Hard Cooked Egg	Cottage Fries LF
Milk-Student Choice (Half Pint)	Syrup	Milk-Student Choice (Half Pint)	Wheat Bread	Jelly	Wheat Bread	Wheat Bread
	Milk-Student Choice (Half Pint)		Milk-Student Choice (Half Pint)	Milk-Student Choice (Half Pint)	Milk-Student Choice (Half Pint)	Milk-Student Choice (Half Pint)
Meal Name: Lunch						
Fruit Juice (1/2 c equivalent)	Fruit Juice (1/2 c equivalent)	Fruit Juice (1/2 c equivalent)	Fruit Juice (1/2 c equivalent)	Fruit Juice (1/2 c equivalent)	Fruit Juice (1/2 c equivalent)	Fruit Juice (1/2 c equivalent)
Whole Grain Grilled Cheese S (1 oz real cheese)	Peanut Butter	Chili w/Beans ^ (ztf)	Sloppy Joe LS ^	Tex-Mex Taco Filling LS ztf	Charbroiled Pattie	Italian Tomato Sauce ^
Carrots LF	Jelly	Whole Grain Brown Rice LF	Kettle Blend Mixed Vegetables LF	Salsa	Ketchup	Whole Grain Rotini LF
Green Beans LF	Wheat Bread	Wheat Bread	BBQ Pinto Beans LF	Whole Wheat Flour Tortilla (6")	Wheat Bread	Spinach LF
Navy Beans LF/LS	Potatoes Cajun LF	Vinaigrette Calico Coleslaw LF	Wheat Bread	Shredded Lettuce	Navy Beans LF/LS	Kettle Blend Mixed Vegetables
Fruit (1@ or 1/2 cup)	Garden Salad	Fruit (1@ or 1/2 cup)	Fruit (1@ or 1/2 cup)	Corn LF	Potatoes Lyonnaise LF	Wheat Bread
Milk-Student Choice (Half	Salad Dressing LF	Milk-Student Choice (Half Pint)	Milk-Student Choice (Half Pint)	Whole Grain Brown Rice LF	Carrots LF	Fruit (1@ or 1/2 cup)
	Fruit (1@ or 1/2 cup)			Fruit (1@ or 1/2 cup)	Fruit (1@ or 1/2 cup)	Milk-Student Choice (Half Pint)
	Milk-Student Choice (Half Pint)			Milk-Student Choice (Half Pint)	Milk-Student Choice (Half Pint)	
Meal Name: Dinner						
Glazed BBQ Pattie	Mac & Cheese Casserole^ LS	Roast Turkey	Cheesy Potato Casserole LS^	Spaghetti & Italian Sauce LS^	Oven Fried Breaded Fish Pattie	Meatballs (1/2 oz each)
Pinto Beans	Green Beans	Mashed Potatoes	Baked Beans	Kettle Blend Mixed Vegetables	Tartar Sauce	Swedish Meatball Gravy
Potato Salad LF/LS	Enriched Bread	Gravy LF/LS	Green Beans	Garlic Bread LF	Enriched Bread	Noodles
Enriched Bread	Snickerdoodle Cookie (mix)	Carrots	Enriched Bread	Chocolate Cake	Peas	Carrots
Grandma's Bread Pudding	Fruit Drink w/ Vitamin C	Coleslaw Vinaigrette	Pink Cake	Fruit Drink w/ Vitamin C	Yellow Rice LF	Enriched Bread
Fruit Drink w/ Vitamin C		Southern Cornbread	Fruit Drink w/ Vitamin C		Orange Cookie	Fresh Baked Oatmeal Cookie
		Fudge Brownie			Fruit Drink w/ Vitamin C	Fruit Drink w/ Vitamin C
		Fruit Drink w/ Vitamin C				
Meal Name: Evening Snack						
Fruit Drink w/ Vitamin C	Fruit Drink w/ Vitamin C	Fruit Drink w/ Vitamin C	Fruit Drink w/ Vitamin C	Fruit Drink w/ Vitamin C	Fruit Drink w/ Vitamin C	Fruit Drink w/ Vitamin C
Streusel Coffeecake (1/60 2@)	Apple Spice Bar	Enriched Bread	Apple Spice Bar	Blueberry Muffins (1/60 2@)	Enriched Bread	Bakery Muffin (1/60 2@)
		Peanut Butter			Peanut Butter	
		Jelly			Jelly	

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