

INDIANA DEPARTMENT OF CORRECTIONS

Juvenile Menu

Spring Summer

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 Oatmeal LF 1 cup	Toasted Oats Cereal 1 cup	Sweetened Cinnamon Oatmeal LF 1 cup	Toasted Oats Cereal 1 cup	Sweetened Oatmeal LF 1 cup	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup
T. Ham 1 ozw	Granulated Sugar 1 teaspoon	Scrambled Eggs 1/3 cup	Granulated Sugar 1 teaspoon	Whole Wheat French Toast 2 slice	Granulated Sugar 1 teaspoon	Granulated Sugar 1 teaspoon
Whole Wheat Bread 1 slice	Whole Wheat French Toast 2 slice	Whole Wheat Bread 1 slice	Breakfast Sausage (1 ozw each) 1 patty	Syrup 1 fl oz	Scrambled Eggs & T Ham Casserole 3 ozw	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	Milk-Student Choice (Half Pint) 1 each	Whole Wheat Bread 1 slice	Cottage Fries LF 1/2 cup
	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

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 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 (3ozw) 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 2 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	Corn LF 1/2 cup	Pinto Beans LF 1/2 cup	WG Flour Tortilla (6") 2 each	Whole Wheat Bread 2 slice	Cabbage LF 1/2 cup
Navy Beans LF/LS 1/2 cup	Potatoes Cajun LF/LS 1/2 cup	Coleslaw Vinaigrette LF 1/2 cup	Whole Wheat Bread 2 slice	Shredded Lettuce 1/2 cup	Navy Beans LF/LS 1 cup	Kettle Blend Mixed Vegetables LF 1/2 cup
Milk-Student Choice (Half Pint) 1 each	Garden Salad 1 cup	Whole Wheat Bread 1 slice	Milk-Student Choice (Half Pint) 1 each	Broccoli LF 1/2 cup	Carrots LF 3/4 cup	Whole Wheat Bread 2 slice
	Salad Dressing LF 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
	Milk-Student Choice (Half Pint) 1 each					

Meal Name: Dinner

Glazed BBQ Patty (3 ozw each) 1 patty	Mac & Cheese Casserole LS~ 1 cup	Turkey Mashed Potato Bowl 1 serving	Cheesy Potato Casserole LS~ 1 cup	Spaghetti & Italian Sauce LS ~ 1 cup	Oven Fried Breaded Fish Patty (3 ozw) 1 patty	Meatballs (1/2 oz each) 6 each
BBQ Sauce 1/3 fl oz	Green Beans 1/2 cup	Carrots 1/2 cup	Navy Beans 1 cup	Kettle Blend Mixed Vegetables LF 1/2 cup	Tartar Sauce 1/2 fl oz	Swedish Meatball Gravy LS 3 fl oz
Baked Beans 1 1/2 cup	Southern Cornbread 1/60 cut	Garden Salad 1/2 cup	Green Beans 1/2 cup	Coleslaw Vinaigrette 1/2 cup	Enriched Bread 2 slice	Noodles 1 1/2 cup
Pasta Salad 1/2 cup	Iced Chocolate Cake 1/60 cut	Salad Dressing 1/2 fl oz	Buttermilk Biscuits (1/60 2@) 1/30 cut	Buttermilk Biscuits (1/60 2@) 1/30 cut	Peas 1/2 cup	Corn 1/2 cup
Buttermilk Biscuits (1/60 2@) 1/30 cut	Fruit Drink w/ Vitamin C 1 cup	Sweet Cornbread (1/60 2@) 1/30 cut	Sugar Cookie (1 ozw) 1 each	Fresh Baked Orange Cookie (1 ozw) 1 each	Yellow Rice 1 cup	Enriched Bread 2 slice
Iced Banana Cake 1/60 cut		Snickerdoodle Cookie (1 oz) 1 each	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Frosted Fudge Brownie 1/60 cut	Fresh Baked Orange 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

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
Spiced Apple Square 1/60 cut	Blueberry Muffins (1/60 2@) 1/30 cut	Enriched Bread 2 slice	Crispy Rice Cereal 1 cup	Enriched Bread 2 slice	Blueberry Muffins (1/60 2@) 1/30 cut	Enriched Bread 2 slice
100% Apple Juice (4 oz) 1 each	Strawberry Yogurt (4 oz) 1 each	Peanut Butter 2 tablespoon	Milk-Student Choice (Half Pint) 1 each	Peanut Butter 2 tablespoon	Fresh Seasonal Fruit 1 each	Peanut Butter 2 tablespoon
	Jelly 1/2 fl oz			Jelly 1/2 fl oz		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

Spring Summer

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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
Sweetened Cinnamon Oatmeal LF 1 cup	Toasted Oats Cereal 1 cup	Sweetened Oatmeal LF 1 cup	Toasted Oats Cereal 1 cup	Sweetened Cinnamon Oatmeal LF 1 cup	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup
T. Ham 1 ozw	Granulated Sugar 1 teaspoon	Breakfast Sausage (1 ozw each) 1 patty	Granulated Sugar 1 teaspoon	Whole Wheat French Toast 2 slice	Granulated Sugar 1 teaspoon	Granulated Sugar 1 teaspoon
Whole Wheat Bread 1 slice	Whole Wheat French Toast 2 slice	Whole Wheat Bread 1 slice	Scrambled Eggs 1/3 cup	Syrup 1 fl oz	Scrambled Eggs & T Ham Casserole 3 ozw	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	Milk-Student Choice (Half Pint) 1 each	Whole Wheat Bread 1 slice	Whole Wheat Bread 1 slice
	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

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
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	Whole Grain T. Sausage & Cheese 1 each
Whole Grain Brown Rice LF 1/2 cup	Carrots LF 1/2 cup	Pinto Beans LF 1/2 cup	Salsa 2 fl oz	Whole Grain Rotini LF 1/2 cup	Ketchup 1/3 fl oz	Green Beans LF 1/2 cup
Garden Salad 1/2 cup	Pinto Beans LF 1 cup	Broccoli LF 1/2 cup	Shredded Lettuce 1/2 cup	Green Beans LF 1/2 cup	Whole Wheat Bread 2 slice	Garden Salad 1/2 cup
Salad Dressing 1/2 fl oz	Whole Wheat Bread 2 slice	Whole Wheat Bread 2 slice	WG Flour Tortilla (6") 2 each	Whole Wheat Bread 1 slice	AuGratin Potatoes LF 1/2 cup	Salad Dressing 1/2 fl oz
Whole Wheat Bread 1 slice	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	Corn LF 1/2 cup	Garden Salad 1 cup	Carrots LF 1/2 cup	Milk-Student Choice (Half Pint) 1 each
Milk-Student Choice (Half Pint) 1 each			Milk-Student Choice (Half Pint) 1 each	Salad Dressing 1/2 fl oz	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	Turkey Mashed Potato Bowl (LS Gravy) 1 serving	Crispy Chicken Patty (3 ozw each) 1 patty	Sweet & Sour Turkey (2 oz diced turkey) 4 ozw
Ketchup 1/3 fl oz	Navy Beans 1/2 cup	Carrots 1/2 cup	Pinto Beans 1 cup	Coleslaw Vinaigrette 1/2 cup	Ketchup 1/3 fl oz	Pinto Beans 1 cup
Buttermilk Biscuits (1/60 2@) 1/30 cut	Green Beans 1/2 cup	Parsley Noodles 1 cup	Irish Blend Vegetables LF 1/2 cup	Buttermilk Biscuits (1/60 2@) 1/30 cut	Rice 2 cup	Cottage Fries 2 cup
Rice 1 cup	Southern Cornbread 1/60 cut	Cabbage 1/2 cup	Buttermilk Biscuit with Melted Margarine 1/60 cut	Iced Chocolate Cake 1/60 cut	Kettle Blend Mixed Vegetables 1/2 cup	Coleslaw Vinaigrette 1/2 cup
Peas 1/2 cup	Lemon Cake 1/60 cut	Southern Cornbread 1/60 cut	Yellow Cake 1/60 cut	Fruit Drink w/ Vitamin C 1 cup	Three Bean Salad 3/4 cup	Enriched Bread 2 slice
Potato Salad 1/2 cup	Fruit Drink w/ Vitamin C 1 cup	Chocolate Cake 1/60 cut	Fruit Drink w/ Vitamin C 1 cup		Enriched Bread 2 slice	Fresh Baked Oatmeal Cookie 1 ozw
Iced Yellow Cake 1/60 cut		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					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	Blueberry Muffins (1/60 2@) 1/30 cut	Enriched Bread 2 slice	Bakery Muffins (1/60 2@) 1/30 cut	Enriched Bread 2 slice	Blueberry Muffins (1/60 2@) 1/30 cut	Enriched Bread 2 slice
100% Apple Juice (4 oz) 1 each	Strawberry Yogurt (4 oz) 1 each	Peanut Butter 2 tablespoon	String Cheese 1 ozw	Peanut Butter 2 tablespoon	Fresh Seasonal Fruit 1 each	Peanut Butter 2 tablespoon
		Jelly 1/2 fl oz		Jelly 1/2 fl oz		Jelly 1/2 fl oz

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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
Sweetened Cinnamon Oatmeal LF 1 cup	Toasted Oats Cereal 1 cup	Sweetened Oatmeal LF 1 cup	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup	Sweetened Cinnamon Oatmeal LF 1 cup	Toasted Oats Cereal 1 cup
Breakfast Sausage (1 ozw each) 1 patty	Granulated Sugar 1 teaspoon	T. Ham 1 ozw	Granulated Sugar 1 teaspoon	Granulated Sugar 1 teaspoon	Whole Wheat Bread 1 slice	Granulated Sugar 1 teaspoon
Whole Wheat Bread 1 slice	Whole Wheat French Toast 2 slice	Whole Wheat Bread 1 slice	Breakfast Sausage (1 ozw each) 1 patty	Whole Wheat French Toast 2 slice	Scrambled Eggs & T Ham Casserole 3 ozw	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	Milk-Student Choice (Half Pint) 1 each	Whole Wheat Bread 1 slice
	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

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
T. Ham 4 ozw	Peanut Butter 4 tablespoon	Sloppy Joe LS ~ 3/8 cup	Whole Grain Mac & Cheese Casserole LS~ 10 ozw	T.Hot Dogs (1.5 oz each) 2 each	Whole Grain Asian Fried Rice~ 1 cup	T.Bologna 4 ozw
Whole Wheat Bread 2 slice	Jelly 1/2 fl oz	Whole Wheat Bread 2 slice	Broccoli LF 1/2 cup	Ketchup 1/3 fl oz	Green Beans LF 1/2 cup	Mustard 1/3 fl oz
Mustard 1/3 fl oz	AuGratin Potatoes LF 1/2 cup	Kettle Blend Mixed Vegetables LF 1/2 cup	Corn LF 1/2 cup	Carrots LF 1/2 cup	Vinaigrette Calico Coleslaw 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	Navy Beans LF/LS 1/2 cup	Whole Wheat Bread 2 slice	Potatoes Cajun LF/LS 1/2 cup
Coleslaw Vinaigrette LF 1/2 cup	Whole Wheat Bread 2 slice	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	Whole Wheat Bread 2 slice	Milk-Student Choice (Half Pint) 1 each	Carrots LF 1/2 cup
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: Dinner

American Goulash LS~ 1 cup	Chili Mac LS~ 1 cup	Roast Turkey 3 ozw	Tex- Mex Bowl 1 serving	Spaghetti & Italian Sauce LS ~ 1 cup	Hearty Homestyle Scalloped Potatoes ~ 1 cup	Country Patty (3 ozw each) 1 patty
Kettle Blend Mixed Vegetables 1/2 cup	Corn 1/2 cup	Gravy LS 3 fl oz	Pinto Beans 1 1/2 cup	Kettle Blend Mixed Vegetables 1/2 cup	Pinto Beans 1 cup	Ketchup 1/3 fl oz
Cajun Potatoes 1 1/2 cup	Salad Dressing 1/2 fl oz	Noodles 2 cup	Snickerdoodle Cookie (1 oz) 1 each	Coleslaw Vinaigrette 1/2 cup	Cabbage 1/2 cup	Buttermilk Biscuits (1/60 2@) 1/30 cut
Buttermilk Biscuits (1/60 2@) 1/30 cut	Garden Salad 1/2 cup	Coleslaw Vinaigrette 1/2 cup	Southern Cornbread 1/60 cut	Buttermilk Biscuit 1/60 cut	Southern Cornbread 1/60 cut	Macaroni & Cheese 1 1/2 cup
Iced Yellow Cake 1/60 cut	Buttermilk Biscuits (1/60 2@) 1/30 cut	Buttermilk Biscuit 1/60 cut	Fruit Drink w/ Vitamin C 1 cup	Pink Cake 1/60 cut	Fudge Brownie 1/60 cut	Three Bean Salad 3/4 cup
Fruit Drink w/ Vitamin C 1 cup	Iced Chocolate Cake 1/60 cut	Fresh Baked Sugar Cookie 1 ozw		Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Iced Yellow Cake 1/60 cut
	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
String Cheese & Saltine Crackers (1 each / 3 pks of 2) 1 serving	Streusel Topped Blueberry Oat Square 1/60 cut	Enriched Bread 2 slice	Crispy Rice Cereal 1 cup	Enriched Bread 2 slice	Bakery Muffins (1/60 2@) 1/30 cut	Enriched Bread 2 slice
Strawberry Yogurt (4 oz) 1 each	100% Apple Juice (4 oz) 1 each	Peanut Butter 2 tablespoon	Milk-Student Choice (Half Pint) 1 each	Peanut Butter 2 tablespoon	Strawberry Yogurt (4 oz) 1 each	Peanut Butter 2 tablespoon
		Jelly 1/2 fl oz		Jelly 1/2 fl oz		Jelly 1/2 fl oz

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Week: 4

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 Oatmeal LF 1 cup	Toasted Oats Cereal 1 cup	Sweetened Oatmeal LF 1 cup	Toasted Oats Cereal 1 cup	Sweetened Cinnamon Oatmeal LF 1 cup	Toasted Oats Cereal 1 cup	Toasted Oats Cereal 1 cup
T. Ham 1 ozw	Granulated Sugar 1 teaspoon	Breakfast Sausage (1 ozw each) 1 patty	Granulated Sugar 1 teaspoon	Whole Wheat French Toast 2 slice	Granulated Sugar 1 teaspoon	Granulated Sugar 1 teaspoon
Whole Wheat Bread 1 slice	Whole Wheat French Toast 2 slice	Whole Wheat Bread 1 slice	Scrambled Eggs 1/3 cup	Syrup 1 fl oz	Scrambled Eggs & T Ham Casserole 6 ozw	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	Milk-Student Choice (Half Pint) 1 each	Whole Wheat Bread 1 slice	Whole Wheat Bread 1 slice
	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

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
Sloppy Joe LS ~ 3/8 cup	Roast Turkey 4 ozw	Tex-Mex Taco Filling LS ~ 3/8 cup	Whole Grain Jambalaya w/ Rice ~ 1 cup	Chili LS ~ 1 cup	Whole Grain Asian Fried Rice~ 1 cup	T. Ham 4 ozw
Broccoli LF 1/2 cup	Gravy LF/LS 2 fl oz	WG Flour Tortilla (6") 2 each	Carrots LF 1/2 cup	Whole Grain Brown Rice LF 1/2 cup	Mixed Vegetables 1/2 cup	Mustard 1/3 fl oz
Carrots LF 1/2 cup	Cabbage LF 1/2 cup	Salsa 2 fl oz	Peas LF 1/2 cup	Whole Wheat Bread 1 slice	Broccoli LF 1/2 cup	Whole Wheat Bread 2 slice
Whole Wheat Bread 2 slice	Green Beans LF 1/2 cup	Shredded Lettuce 1/2 cup	Whole Wheat Bread 2 slice	Coleslaw Vinaigrette 1/2 cup	Whole Wheat Bread 2 slice	Potatoes Cajun LF/LS 1/2 cup
Milk-Student Choice (Half Pint) 1 each	Whole Wheat Bread 2 slice	Pinto Beans LF 1/2 cup	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	Coleslaw Vinaigrette 1/2 cup
	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each				Milk-Student Choice (Half Pint) 1 each

Meal Name: Dinner

Meatloaf and Rice Bowl 1 serving	Frito Pie~ 1 cup	Grilled Cheese Sandwich (0.5 oz cheese each) 1 each	Spaghetti & Italian Sauce LS ~ 1 1/2 cup	Meatballs (1/2 oz each) 6 each	T. Hot Dogs (1.5 oz each) 2 each	Chili Mac LS~ 1 1/2 cup
Garden Salad 1/2 cup	Carrots LF 1/2 cup	Cottage Fries 1 1/2 cup	Green Beans LF 1/2 cup	Gravy LS 3 fl oz	Ketchup 1/3 fl oz	Carrots 1/2 cup
Salad Dressing LF 1/2 fl oz	Sweet Cornbread (1/60 2@) 1/30 cut	Peas 1/2 cup	Navy Beans LF/LS 1 cup	Cajun Potatoes 1 cup	Enriched Bread 2 slice	Garden Salad 1/2 cup
Buttermilk Biscuits (1/60 2@) 1/30 cut	Pinto Beans LF 1 cup	Coleslaw Vinaigrette 1/2 cup	Buttermilk Biscuit 1/60 cut	Irish Blend Vegetables 1/2 cup	Macaroni Salad LF 1 cup	Salad Dressing LF 1/2 fl oz
Vanilla Frosted Lemon Cake 1/60 cut	Lemon Cake 1/60 cut	Fudge Brownie 1/60 cut	Fresh Baked Oatmeal Cookie 1 ozw	Enriched Bread 2 slice	Ranch Pinto Beans LS 1 cup	Buttermilk Biscuits (1/60 2@) 1/30 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	Vanilla Frosted Pink Cake 1/60 cut	Yellow Cake 1/60 cut	Vanilla Frosted Orange Cake 1/60 cut
				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	Enriched Bread 2 slice	Blueberry Muffins (1/60 2@) 1/30 cut	Crispy Rice Cereal 1 cup	Blueberry Muffins (1/60 2@) 1/30 cut	Enriched Bread 2 slice
Fresh Seasonal Fruit 1 each	String Cheese 1 ozw	Peanut Butter 2 tablespoon	100% Apple Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each	Strawberry Yogurt (4 oz) 1 each	Peanut Butter 2 tablespoon
		Jelly 1/2 fl oz				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.