

NEWPORT NEWS, VIRGINIA



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Proposed 4/02

Revised 7/02, 8/02, 8/8/02, 6/03, 8/03
 2/06, 4/06, 8/07, 2/08, 8/08, 11/08, 6/09

WEEK 1

2900 Calories Per Day Weekly Average

T	Hot Cereal	1 1/2 c	Chili w/Beans (2 oz meat)	10 oz	Grilled Ham	3 oz
H	Bologna	1 oz	Rice	1 c	Lyonnise Potatoes	1 c
U	Coffeecake 1/54	1 @	Garden Salad	1/2 c	Garden Salad	1/2 c
R	Enriched Bread	2 sl	LF Dressing	1/2 oz	LF Dressing	1/2 oz
S	Margarine	1/2 oz	Cornbread 1/54	1 @	Cornbread 1/54	1 @
D	Jelly	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz
A	VA Milk Beverage	8 oz	Cookie (Mix - 1.5 oz total)	1 @	Brownie 1/54	1 @
Y	Sugar	2 @	Fruit Drink w/C	8 oz	Iced Tea w/Sugar	8 oz
			Salt & Pepper	1 @	Salt & Pepper	1 @
F	Fresh Fruit or Juice	1 @ or 1/2 c	Turkey	2 oz	Fish Pattie	3 oz
R	Dry Cereal	1 c	Cheese	1 oz	Tartar Sauce	1/2 oz
I	Scrambled Eggs	2 1/2 oz	Mayo-Type Dressing	1/4 oz	Rice	1 c
D	Hash Browns	3/4 c	Enriched Bread	2 sl	Mixed Vegetables	1/2 c
A	Biscuit 1/54	2 @	Parsley Potatoes	1 c	Enriched Bread	2 sl
Y	Margarine	1/2 oz	Creamy Coleslaw	1/2 c	Margarine	1/2 oz
	VA Milk Beverage	8 oz	Cookie (Mix - 1.5 oz total)	1 @	Iced Cake 1/54	1 @
	Sugar	2 @	Fruit Drink w/C	8 oz	Iced Tea w/Sugar	8 oz
	Salt & Pepper	1 @	Salt & Pepper	1 @	Salt & Pepper	1 @
S	Fresh Fruit or Juice	1 @ or 1/2 c	Country Pattie	3 oz	Grilled Ham	3 oz
A	Hot Cereal	1 1/2 c	Cottage Fries	1 c	Macaroni & Cheese	1 c
T	LF/LS Breakfast Gravy (1 oz meat)	6 oz	Gravy	2 oz	Seasoned Mixed Vegetables	1/2 c
U	Biscuit 1/54	2 @	Tossed Salad	1/2 c	Cornbread 1/54	1 @
R	Margarine	1/2 oz	LF Dressing	1/2 oz	Margarine	1/2 oz
D	VA Milk Beverage	8 oz	Enriched Bread	2 sl	Cookie (Mix - 1.5 oz total)	1 @
A	Sugar	2 @	Margarine	1/2 oz	Iced Tea w/Sugar	8 oz
Y	Salt & Pepper	1 @	Brownie 1/54	1 @	Salt & Pepper	1 @
			Fruit Drink w/C	8 oz		
			Salt & Pepper	1 @		
S	Hot Cereal	1 1/2 c	Smoked Sausage	3 oz	Chicken Pattie	3 oz
U	Scrambled Eggs	2 1/2 oz	Seasoned Black-Eyed Peas	1 c	Parsley Noodles	1 c
N	Coffeecake 1/54	1 @	Garden Salad	1/2 c	Gravy	2 oz
D	Enriched Bread	2 sl	LF Dressing	1/2 oz	Carrots	1/2 c
A	Margarine	1/2 oz	Enriched Bread	2 sl	Enriched Bread	2 sl
Y	VA Milk Beverage	8 oz	Cookie (Mix - 1.5 oz total)	1 @	Margarine	1/2 oz
	Sugar	2 @	Fruit Drink w/C	8 oz	Iced Cake 1/54	1 @
	Salt & Pepper	1 @	Salt & Pepper	1 @	Iced Tea w/Sugar	8 oz
					Salt & Pepper	1 @
M	Dry Cereal	1 c	Salami	3 oz	Ziti w/Meat Sauce	10 oz
O	H.C. Eggs	2 @	Enriched Bread	2 sl	(2 oz meat)	
N	Lyonnise Potatoes	3/4 c	Mustard	1/4 oz	Mixed Green Salad	1/2 c
D	Biscuit 1/54	2 @	Cajun Potatoes	1 c	LF Dressing	1/2 oz
A	Margarine	1/2 oz	Creamy Coleslaw	1/2 c	Seasoned Green Beans	1/2 c
Y	VA Milk Beverage	8 oz	Brownie 1/54	1 @	Enriched Bread	2 sl
	Sugar	2 @	Fruit Drink w/C	8 oz	Margarine	1/2 oz
	Salt & Pepper	1 @	Salt & Pepper	1 @	Iced Cake 1/54	1 @
					Iced Tea w/Sugar	8 oz
					Salt & Pepper	1 @
T	Dry Cereal	1 c	BBQ Chicken Pattie	3 oz / 1 oz	Hamburger	3 oz
U	Scrambled Eggs	2 1/2 oz	Rice Pilaf	1 c	Cheese	1/2 oz
E	Biscuit 1/54	2 @	Garden Salad	1/2 c	Ranch Pinto Beans	1 c
S	Hash Browns	3/4 c	LF Dressing	1/2 oz	Coleslaw Vinaigrette	1/2 c
D	Margarine/Jelly	1/2 oz @	Enriched Bread	2 sl	Bun (cinch mix)	1 @ (1.5 oz)
A	VA Milk Beverage	8 oz	Margarine	1/2 oz	Mustard/Catsup	1/4 oz @
Y	Sugar	2 @	Cookie (Mix - 1.5 oz total)	1 @	Iced Cake 1/54	1 @
	Salt & Pepper	1 @	Fruit Drink w/C	8 oz	Iced Tea w/Sugar	8 oz
			Salt & Pepper	1 @	Salt & Pepper	1 @
W	Hot Cereal	1 1/2 c	Meat & Cheese Pizza 3x5	1 sl	Roast Turkey	3 oz
E	Coffeecake 1/54	1 @	Tossed Salad	1/2 c	Oven Browned Potatoes	1 c
D	Bologna	1 oz	LF Dressing	1/2 oz	Gravy	2 oz
N	Jelly	1/2 oz	Garlic Bread	2 sl	Seasoned Peas & Carrots	1/2 c
E	Enriched Bread	2 sl	Fruit	1 @ or 1/2 c	Enriched Bread	2 sl
S	Margarine	1/2 oz	Cookie (Mix - 1.5 oz total)	1 @	Margarine	1/2 oz
D	VA Milk Beverage	8 oz	Fruit Drink w/C	8 oz	Brownie 1/54	1 @
A	Sugar	2 @	Salt & Pepper	1 @	Iced Tea w/Sugar	8 oz
Y					Salt & Pepper	1 @

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles made from scratch are based upon cooked weight measurements. Weights on cookies, bread, rolls, and breadsticks made from mix are prior to baking. Pancakes made from mix are batter volume measurement prior to cooking. Side dishes are volume measurements. All combination dishes are made with poultry unless otherwise indicated. 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.
 Newport News Jail is a no onion facility per client request

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.

ARAMARK

DIETITIAN'S SIGNATURE:

Beimler
 Beimler, RD, LDN #999382

CLIENT'S APPROVAL:

Reviewed 06/09

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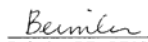
WEEK 2

2900 Calories Per Day Weekly Average

T	Fresh Fruit or Juice	1 @ or 1/2 c	Bologna	2 oz	Fish Pattie	3 oz
H	Dry Cereal	1 c	Cheese	1 oz	Tartar Sauce	1/2 oz
U	Scrambled Eggs	2 1/2 oz	Mustard	1/4 oz	Grits w/Cheese	1 c
R	Biscuit 1/54	2 @	Enriched Bread	2 sl	Carrots	1/2 c
S	Margarine	1/2 oz	LF Potato Salad	1 c	Cornbread 1/54	1 @
D	VA Milk Beverage	8 oz	Calico Coleslaw	1/2 c	Margarine	1/2 oz
A	Sugar	2 @	Iced Cake 1/54	1 @	Cookie (Mix - 1.5 oz total)	1 @
Y	Salt & Pepper	1 @	Fruit Drink w/C	8 oz	Iced Tea w/Sugar	8 oz
			Salt & Pepper	1 @	Salt & Pepper	1 @
F	Hot Cereal	1 1/2 c	Hot Dogs (3 oz total)	2 @	Meatloaf Pattie	3 oz
R	T. Ham	1 oz	Baked Beans	1 c	Brown Gravy	2 oz
I	Coffeecake 1/54	1 @	Tossed Salad	1/2 c	Cottage Fries	1 c
D	Enriched Bread	2 sl	LF Dressing	1/2 oz	Cabbage	1/2 c
A	Margarine	1/2 oz	Enriched Bread	2 sl	Biscuit 1/54	1 @
Y	Jelly	1/2 oz	Brownie 1/54	1 @	Margarine	1/2 oz
	VA Milk Beverage	8 oz	Fruit Drink w/C	8 oz	Iced Cake 1/54	1 @
	Sugar	2 @	Salt & Pepper	1 @	Iced Tea w/Sugar	8 oz
					Salt & Pepper	1 @
S	Dry Cereal	1 c	Ham	2 oz	Sloppy Joe (2 oz meat)	4 oz
A	Scrambled Eggs	2 1/2 oz	Cheese	1 oz	Cottage Fries	1 c
U	Hash Browns	3/4 c	Enriched Bread	2 sl	Tossed Salad	1/2 c
T	Biscuit 1/54	2 @	Mustard	1/4 oz	LF Dressing	1/2 oz
R	Margarine/Jelly	1/2 oz @	Rice & Black-Eyed Peas	1 c	Bun (cinch mix)	1 @ (1.5 oz)
D	VA Milk Beverage	8 oz	Creamy Coleslaw	1/2 c	Pudding	1/2 c
A	Sugar	2 @	Iced Cake 1/54	1 @	Iced Tea w/Sugar	8 oz
Y	Salt & Pepper	1 @	Fruit Drink w/C	8 oz	Salt & Pepper	1 @
			Salt & Pepper	1 @		
S	Fresh Fruit or Juice	1 @ or 1/2 c	Turkey ala King w/ Peas (2 oz meat)	10 oz	BBQ Chicken 1/4 (1 oz)	1 @
U	Hot Cereal	1 1/2 c	Seasoned Rice	1 c	Parsley Noodles	1 c
N	LF/LS Breakfast Gravy (1 oz meat)	6 oz	Tossed Salad	1/2 c	Seasoned Green Beans	1/2 c
D	Biscuit 1/54	2 @	LF Dressing	1/2 oz	Cornbread 1/54	1 @
A	VA Milk Beverage	8 oz	Enriched Bread	2 sl	Margarine	1/2 oz
Y	Sugar	2 @	Margarine	1/2 oz	Brownie 1/54	1 @
	Salt & Pepper	1 @	Cookie (Mix - 1.5 oz total)	1 @	Iced Tea w/Sugar	8 oz
			Fruit Drink w/C	8 oz	Salt & Pepper	1 @
			Salt & Pepper	1 @		
M	Hot Cereal	1 1/2 c	Hamburger	3 oz	Meat & Cheese Pizza 3x5	1 sl
O	Scrambled Eggs	2 1/2 oz	Bun (cinch mix)	1 @ (1.5 oz)	Mixed Green Salad	1/2 c
N	Hash Browns	3/4 c	Mustard	1/4 oz	LF Dressing	1/2 oz
D	Biscuit 1/54	2 @	Catsup	1/4 oz	Garlic Bread	2 sl
A	Margarine	1/2 oz	Scalloped Potatoes	1 c	Brownie 1/54	1 @
Y	VA Milk Beverage	8 oz	Carrot Coleslaw	1/2 c	Iced Tea w/Sugar	8 oz
	Sugar	2 @	Iced Cake 1/54	1 @	Salt & Pepper	1 @
	Salt & Pepper	1 @	Fruit Drink w/C	8 oz		
			Salt & Pepper	1 @		
T	Hot Cereal	1 1/2 c	Taco Meat (2 oz meat)	4 oz	Chicken Pattie/Gravy	3 oz / 2 oz
U	Ham	1 oz	Cheese	1/2 oz	Macaroni & Cheese	1 c
E	Coffeecake 1/54	1 @	Spanish Rice	1 c	Carrots	1/2 c
S	Lyonnais Potatoes	3/4 c	Pinto Beans	1 c	Cornbread 1/54	1 @
D	Margarine	1/2 oz	Shredded Lettuce	1/2 c	Margarine	1/2 oz
A	Jelly	1/2 oz	Taco Shells	2 @	Iced Cake 1/54	1 @
Y	VA Milk Beverage	8 oz	Cookie (Mix - 1.5 oz total)	1 @	Iced Tea w/Sugar	8 oz
	Sugar	2 @	Fruit Drink w/C	8 oz	Salt & Pepper	1 @
			Salt & Pepper	1 @		
W	Dry Cereal	1 c	Salami	3 oz	Smoked Sausage	3 oz
E	Scrambled Eggs	2 1/2 oz	Mustard	1/4 oz	Rice O'Brien	1 c
D	Cottage Fries	3/4 c	Enriched Bread	2 sl	Tossed Salad	1/2 c
N	Biscuit 1/54	2 @	LF Potato Salad	1 c	LF Dressing	1/2 oz
E	Margarine/Jelly	1/2 oz @	Coleslaw Vinaigrette	1/2 c	Enriched Bread	2 sl
S	VA Milk Beverage	8 oz	Iced Cake 1/54	1 @	Mustard	1/4 oz
D	Sugar	2 @	Fruit Drink w/C	8 oz	Brownie 1/54	1 @
A	Salt & Pepper	1 @	Salt & Pepper	1 @	Iced Tea w/Sugar	8 oz
Y					Salt & Pepper	1 @

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 2/06, 4/06, 8/07, 2/08, 8/08, 11/08, 6/09

WEEK 3

2900 Calories Per Day Weekly Average

T	Fresh Fruit or Juice	1 @ or 1/2 c	Country Pattie	3 oz	Meatballs	3 oz
H	Hot Cereal	1 1/2 c	Seasoned Noodles	1 c	Seasoned Rice	1 c
U	Bologna	1 oz	Gravy	2 oz	Gravy	2 oz
R	Coffeecake 1/54	1 @	Seasoned Carrots	1/2 c	Seasoned Mixed Vegetables	1/2 c
S	Enriched Bread	2 sl	Cornbread 1/54	1 @	Enriched Bread	2 sl
D	Margarine	1/2 oz	Margarine	1/2 oz	Margarine	1/2 oz
A	Jelly	1/2 oz	Fruit	1 @ or 1/2 c	Cookie (Mix - 1.5 oz total)	1 @
Y	VA Milk Beverage	8 oz	Fruit Drink w/C	8 oz	Iced Tea w/Sugar	8 oz
	Sugar	2 @	Salt & Pepper	1 @	Salt & Pepper	1 @
F	Hot Cereal	1 1/2 c	Hot Dogs (3 oz total)	2 @	Chili w/Pinto Beans (2 oz meat)	10 oz
R	Scrambled Eggs w/ Cheese	2 1/2 oz	Enriched Bread	2 sl	Rice	1 c
I	Lyonnais Potatoes	3/4 c	Baked Beans	1 c	Tossed Salad	1/2 c
D	Enriched Bread	2 sl	Creamy Coleslaw	1/2 c	LF Dressing	1/2 oz
A	Margarine	1/2 oz	Iced Cake 1/54	1 @	Cornbread 1/54	1 @
Y	VA Milk Beverage	8 oz	Fruit Drink w/C	8 oz	Margarine	1/2 oz
	Sugar	2 @	Salt & Pepper	1 @	Cookie (Mix - 1.5 oz total)	1 @
	Salt & Pepper	1 @			Iced Tea w/Sugar	8 oz
					Salt & Pepper	1 @
S	Dry Cereal	1 c	Hamburger	3 oz	Smoked Sausage	3 oz
A	Scrambled Eggs	2 1/2 oz	Cheese	1/2 oz	Cajun Potatoes	1 c
T	T. Ham	1 oz	Bun (cinch mix)	1 @ (1.5 oz)	Green Beans	1/2 c
U	Enriched Bread	2 sl	Catsup	1/4 oz	Cornbread 1/54	1 @
R	Margarine	1/2 oz	LF Potato Salad	1 c	Margarine	1/2 oz
D	Jelly	1/2 oz	Carrot Coleslaw	1/2 c	Iced Cake 1/54	1 @
A	VA Milk Beverage	8 oz	Cookie (Mix - 1.5 oz total)	1 @	Iced Tea w/Sugar	8 oz
Y	Sugar	2 @	Fruit Drink w/C	8 oz	Salt & Pepper	1 @
	Salt & Pepper	1 @	Salt & Pepper	1 @		
S	Fresh Fruit or Juice	1 @ or 1/2 c	Taco Meat (2 oz meat)	4 oz	Turkey	3 oz
U	Hot Cereal	1 1/2 c	Spanish Rice	1 c	Parsley Noodles	1 c
N	H C Eggs	2 @	Shredded Cheese	1/2 oz	Gravy	2 oz
D	Lyonnais Potatoes	3/4 c	Pinto Beans	1 c	Spinach	1/2 c
A	Biscuit 1/54	2 @	Shredded Lettuce	1/2 c	Enriched Bread	2 sl
Y	Margarine	1/2 oz	Flour Tortillas - 6"	2 @	Margarine	1/2 oz
	VA Milk Beverage	8 oz	Salsa	1 oz	Pudding	1/2 c
	Sugar	2 @	Cookie (Mix - 1.5 oz total)	1 @	Iced Tea w/Sugar	8 oz
	Salt & Pepper	1 @	Fruit Drink w/C	8 oz	Salt & Pepper	1 @
			Salt & Pepper	1 @		
M	Hot Cereal	1 1/2 c	Salami	3 oz	Meatloaf Pattie/Gravy	3 oz/2 oz
O	Ham	1 oz	Mustard	1/4 oz	Cottage Fries	1 c
N	Coffeecake 1/54	1 @	Enriched Bread	2 sl	Mixed Vegetables	1/2 c
D	Enriched Bread	2 sl	Parsley Potatoes	1 c	Biscuit 1/54	1 @
A	Margarine	1/2 oz	Creamy Coleslaw	1/2 c	Margarine	1/2 oz
Y	Jelly	1/2 oz	Iced Cake 1/54	1 @	Brownie 1/54	1 @
	VA Milk Beverage	8 oz	Fruit Drink w/C	8 oz	Iced Tea w/Sugar	8 oz
	Sugar	2 @	Salt & Pepper	1 @	Salt & Pepper	1 @
T	Dry Cereal	1 c	Turkey Salad (3 oz meat)	4 oz	Chicken Pattie	3 oz
U	Scrambled Eggs w/Cheese	2 1/2 oz	Enriched Bread	2 sl	Oven Browned Potatoes	1 c
E	Biscuit 1/54	2 @	LF Pasta Salad w/Vegetables	1 c	Green Beans	1/2 c
S	Margarine	1/2 oz	Carrots	1/2 c	Cornbread 1/54	1 @
D	Jelly	1/2 oz	Iced Cake 1/54	1 @	Margarine	1/2 oz
A	VA Milk Beverage	8 oz	Fruit Drink w/C	8 oz	Cookie (Mix - 1.5 oz total)	1 @
Y	Sugar	2 @	Salt & Pepper	1 @	Iced Tea w/Sugar	8 oz
	Salt & Pepper	1 @			Salt & Pepper	1 @
W	Hot Cereal	1 1/2 c	Hot Dogs (3 oz total)	2 @	Ziti w/Meat Sauce	10 oz
E	Coffeecake 1/54	1 @	Baked Beans	1 c	(2 oz meat)	
D	Sausage Pattie	1 oz	Coleslaw Vinaigrette	1/2 c	Peas & Carrots	1/2 c
N	Enriched Bread	2 sl	Enriched Bread	2 sl	Tossed Salad	1/2 c
E	Margarine	1/2 oz	Cookie (Mix - 1.5 oz total)	1 @	LF Dressing	1/2 oz
S	Jelly	1/2 oz	Fruit Drink w/C	8 oz	Garlic Bread	2 sl
D	VA Milk Beverage	8 oz	Salt & Pepper	1 @	Iced Cake 1/54	1 @
A	Sugar	2 @			Iced Tea w/Sugar	8 oz
Y					Salt & Pepper	1 @

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Beimler
 Beimler, RD, LDN #999382

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WEEK 4

2900 Calories Per Day Weekly Average

T	Fresh Fruit or Juice	1 @ or 1/2 c	Bologna	2 oz	BBQ Country Fried Pattie	3 oz
H	Hot Cereal	1 1/2 c	Cheese	1 oz	Rice Pilaf	1 c
U	Scrambled Eggs	2 1/2 oz	Mustard	1/4 oz	Tossed Salad	1/2 c
R	Hash Browns	3/4 c	Enriched Bread	2 sl	LF Dressing	1/2 oz
S	Biscuit 1/54	2 @	Oven Stripped Potatoes	1 c	Enriched Bread	2 sl
D	Margarine	1/2 oz	Creamy Coleslaw	1/2 c	Margarine	1/2 oz
A	VA Milk Beverage	8 oz	Brownie 1/54	1 @	Iced Cake 1/54	1 @
Y	Sugar	2 @	Fruit Drink w/C	8 oz	Iced Tea w/Sugar	8 oz
	Salt & Pepper	1 @	Salt & Pepper	1 @	Salt & Pepper	1 @
F	Dry Cereal	1 c	Sliced Turkey w/ Gravy	3 oz / 2 oz	Fish Pattie	3 oz
R	LF/LS Breakfast Gravy (1 oz meat)	6 oz	Seasoned Noodles	1 c	Tartar Sauce	1/2 oz
I	Lyonnais Potatoes	3/4 c	Carrots	1/2 c	Rice	1 c
D	Biscuit 1/54	2 @	Enriched Bread	2 sl	Calico Coleslaw	1/2 c
A	VA Milk Beverage	8 oz	Margarine	1/2 oz	Cornbread 1/54	1 @
Y	Sugar	2 @	Cookie (Mix - 1.5 oz total)	1 @	Margarine	1/2 oz
	Salt & Pepper	1 @	Fruit Drink w/C	8 oz	Fruit	1 @ or 1/2 c
			Salt & Pepper	1 @	Iced Tea w/Sugar	8 oz
					Salt & Pepper	1 @
S	Dry Cereal	1 c	Taco Meat (2 oz meat)	4 oz	Chicken Pattie	3 oz
A	Scrambled Eggs w/Ham	2 1/2 oz	Cheese	1/2 oz	Ziti w/Italian Sauce	1 c
T	Cottage Fries	3/4 c	Taco Shells	2 @	Glazed Carrots	1/2 c
U	Biscuit 1/54	2 @	Rice	1 c	Enriched Bread	2 sl
R	Margarine	1/2 oz	Pinto Beans	1 c	Margarine	1/2 oz
D	VA Milk Beverage	8 oz	Shredded Lettuce	1/2 c	Iced Cake 1/54	1 @
A	Sugar	2 @	Cookie (Mix - 1.5 oz total)	1 @	Iced Tea w/Sugar	8 oz
Y	Salt & Pepper	1 @	Fruit Drink w/C	8 oz	Salt & Pepper	1 @
			Salt & Pepper	1 @		
S	Hot Cereal	1 1/2 c	Hot Dogs (3 oz total)	2 @	Country Fried Steak	3 oz
U	LF/LS Breakfast Gravy (1 oz meat)	6 oz	Baked Beans	1 c	Rice Pilaf	1 c
N	Biscuit 1/54	2 @	Creamy Coleslaw	1/2 c	Gravy	2 oz
D	Lyonnais Potatoes	3/4 c	Enriched Bread	2 sl	Mixed Green Salad	1/2 c
A	VA Milk Beverage	8 oz	Cookie (Mix - 1.5 oz total)	1 @	LF Dressing	1/2 oz
Y	Sugar	2 @	Fruit Drink w/C	8 oz	Enriched Bread	2 sl
	Salt & Pepper	1 @	Salt & Pepper	1 @	Margarine	1/2 oz
					Brownie 1/54	1 @
					Iced Tea w/Sugar	8 oz
					Salt & Pepper	1 @
M	Fresh Fruit or Juice	1 @ or 1/2 c	Bologna	3 oz	BBQ Chicken 1/4's	1 @
O	Dry Cereal	1 c	Mustard	1/4 oz	Parsley Noodles	1 c
N	Scrambled Eggs	2 1/2 oz	Enriched Bread	2 sl	Spinach	1/2 c
D	Biscuit 1/54	2 @	LF Pasta Salad	1 c	Cornbread 1/54	1 @
A	Margarine	1/2 oz	Coleslaw Vinaigrette	1/2 c	Margarine	1/2 oz
Y	VA Milk Beverage	8 oz	Pudding	1/2 c	Cookie (Mix - 1.5 oz total)	1 @
	Sugar	2 @	Fruit Drink w/C	8 oz	Iced Tea w/Sugar	8 oz
	Salt & Pepper	1 @	Salt & Pepper	1 @	Salt & Pepper	1 @
T	Fresh Fruit or Juice	1 @ or 1/2 c	Smoked Sausage	3 oz	BBQ Turkey (3 oz meat)	4 oz
U	Hot Cereal	1 1/2 c	Seasoned Rice	1 c	Bun (cinch mix)	1 @ (1.5 oz)
S	Scrambled Eggs	2 1/2 oz	Carrots	1/2 c	Oven Stripped Potatoes	1 c
E	Enriched Bread	2 sl	Cornbread 1/54	1 @	Tossed Salad	1/2 c
D	Jelly	1/2 oz	Margarine	1/2 oz	LF Dressing	1/2 oz
A	Margarine	1/2 oz	Iced Cake 1/54	1 @	Brownie 1/54	1 @
Y	VA Milk Beverage	8 oz	Fruit Drink w/C	8 oz	Iced Tea w/Sugar	8 oz
	Sugar	2 @	Salt & Pepper	1 @	Salt & Pepper	1 @
	Salt & Pepper	1 @				
W	Hot Cereal	1 1/2 c	Meatloaf Pattie	3 oz	Ziti w/Meat Sauce	10 oz
E	H.C. Eggs	2 @	Cottage Fries	1 c	(2 oz meat)	
D	Enriched Bread	2 sl	Gravy	2 oz	Mixed Garden Salad	1/2 c
N	Margarine	1/2 oz	Mixed Vegetables	1/2 c	LF Dressing	1/2 oz
S	Jelly	1/2 oz	Enriched Bread	2 sl	Seasoned Green Beans	1/2 c
E	VA Milk Beverage	8 oz	Margarine	1/2 oz	Garlic Bread	2 sl
D	Sugar	2 @	Cookie (Mix - 1.5 oz total)	1 @	Iced Cake 1/54	1 @
A	Salt & Pepper	1 @	Fruit Drink w/C	8 oz	Iced Tea w/Sugar	8 oz
Y			Salt & Pepper	1 @	Salt & Pepper	1 @

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles made from scratch are based upon cooked weight measurements. Weights on cookies, bread, rolls, and breadsticks made from mix are prior to baking. Pancakes made from mix are batter volume measurement prior to cooking. Side dishes are volume measurements. All combination dishes are made with poultry unless otherwise indicated. 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.
 Newport News Jail is a no onion facility per client request

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.

ARAMARK

DIETITIAN'S SIGNATURE:

Beimler
 Beimler, RD, LDN #999382

CLIENT'S APPROVAL:

Reviewed 06/09