

APPROVAL DATE: July 6, 2007

WARREN COUNTY SHERIFF'S DEPARTMENT

APPROVAL DATE: _____

DIETITIAN: *Bakette J. Rinin, MS, LDN, RD*

WARRENTON, MO

FACILITY ADMINISTRATION: _____

#641
ABL MANAGEMENT, INC.

MENU REVIEWED/REVISED: _____

REG. #: 529770

Master Menu #641

WEEK 1

FOOD SERVICE DIRECTOR: _____

ABL MANAGEMENT, INC.

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	Apple Wedges 4OZ Oatmeal with Sugar 8OZ Scrambled Eggs 4 OZ Biscuits (1/80) 2EA Jelly 1TBP Margarine 1TBP Reduced Fat Milk 1C	Orange Juice 4OZ Dry Cereal 1 C Pancakes Large 2 EA T Sausage 1OZ Warm Syrup 2OZ Margarine 1TBP Sugar Pkts 2EA Reduced Fat Milk 1C	Fresh Orange Half 1EA Grits 8OZ Potatoes w/ Scrambled Egg (2OZ Meat) 6OZ Enriched Bread 2 SL Jelly 1TBP Margarine 1TBP Reduced Fat Milk 1C	Orange Juice 4OZ Oatmeal 8OZ Sausage Gravy 6OZ Hash Brown Potatoes 1/2C Biscuits (1/80) 2EA Jelly 1TBP Margarine 1TBP Reduced Fat Milk 1C	Apple Wedges 4OZ Oatmeal with Sugar 8OZ Scrambled Eggs 4 OZ Biscuits (1/80) 2EA Jelly 1TBP Margarine 1TBP Reduced Fat Milk 1C	Orange Half 1EA Dry Cereal 1 C Hash Browned Potatoes 4OZ T Sausage 1OZ Enriched Bread 2 SL Catsup 1TBP Jelly 1TBP Margarine 1TBP Sugar PKTS 2EA Reduced Fat Milk 1C	Orange Juice 4OZ Grits 8OZ Pancakes Large 2 EA T Ham 1 OZ Warm Syrup 2OZ Margarine 1TBP Reduced Fat Milk 1C
L U N C H	Pizza Bread (2OZ Meat) 1 EA Pasta with Red Gravy 4OZ Seasoned Pinto Beans 4OZ Baked Cookies 2EA Beverage with Vit C 1C	Beef Pattie Gravy 3 OZ 2 OZ Cheesy Noodles 4 OZ Green Beans 4OZ Cornbread (1/60) 1EA Glazed Cake 1/60 Beverage with Vit C 1C	Turkey Rice Cassarole 8OZ Garden Salad/Dressing 4OZ Biscuits (1/80) 2EA Baked Cookies 2EA Beverage with Vit C 1C	Sliced Turkey 3 OZ Augratin Potatoes 4OZ Coleslaw 4OZ Enriched Bread 2SL Gingerbread 1/60 Beverage with Vit C 1C	Taco Meat (2OZ Meat) 3OZ Cheese Sauce .5OZ Shred Lettuce/Dc Onion 2OZ Spanish Rice 4OZ Seasoned Red Beans 4OZ Flour Tortilla 6" 2EA Gelatin with Fruit 4OZ Beverage with Vit C 1C	Creamed Turkey (2 OZ Meat) 8OZ Seasoned Noodles 4OZ Mixed Vegetables 4OZ Biscuits (1/80) 2EA Jello 4OZ Beverage with Vit C 1C	Sloppy Joe Meat Mix (2 OZ Meat) 3 OZ Green Beans 4OZ Macaroni Salad 4OZ Enriched Bread 2SL Baked Cookies 2EA Beverage with Vit C 1C
D I N N E R	Country Fried Steak 3OZ Cream Gravy 2OZ Seasoned Rice 4OZ Seasoned Turnip Greens 4OZ Cornbread 1/60 Margarine 1TBP Glazed Cake 1/60 Sweetened Tea 1C	Spaghetti with Meatsauce (2OZ Meat) 4OZ Green Peas 4OZ Coleslaw 4OZ Garlic Bread 2EA Glazed Cake 1/60 Sweetened Tea 1C	Meatloaf 3OZ Gravy 2OZ Mashed Potatoes 4OZ Seasoned Limas 4OZ Cornbread 1/60 Margarine 1TBP Glazed Brownie 1/60 Sweetened Tea 1C	Red Beans with Ham (2OZ Meat) 8OZ Seasoned Rice 4OZ Garden Salad/Dressing 4OZ Cornbread 1/60 Margarine 1TBP Glazed Cake 1/60 Sweetened Tea 1C	Chuckwagon Pattie 3OZ Brown Gravy 2OZ Mashed Potatoes 4OZ Seasoned Cabbage Biscuits (1/80) 2EA Margarine 1TBP Pudding 4OZ Sweetened Tea 1C	Chili con Carne/Beans (2OZ Meat) 8OZ Seasoned Rice 4OZ Coleslaw 4OZ Cornbread 1/60 Margarine 1TBP Orange Cake 1/60 Sweetened Tea 1C	Turkey-Noodle Casserole 8OZ Black-Eyed Peas 4OZ Seasoned Carrots 4OZ Biscuits (1/80) 2EA Margarine 1TBP Glazed Cake 1/60 Sweetened Tea 1C

NOTE: All entrees and casseroles are cooked weight measurements. All other items are volume or individual measurements. Salt and Pepper Pkts added as appropriate.

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DIETITIAN: *Babette J. Ramin, MS, LDN, RD*

WARRENTON, MO

FACILITY ADMINISTRATION: _____

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ABL MANAGEMENT, INC.

MENU REVIEWED/REVISED: _____

REG. #: 529770

Master Menu #641

WEEK 2

FOOD SERVICE DIRECTOR: _____

ABL MANAGEMENT, INC.

	SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
B R E A K F A S T	Apple Wedges	4OZ	Orange Half	1EA	Orange Juice	4OZ	Fresh Orange Half	1EA	Apple Wedges	4OZ	Orange Juice	4OZ	Orange Half	1EA
	Oatmeal with Sugar	8OZ	Cornflakes	1 C	Oatmeal	8OZ	Grits	8OZ	Oatmeal with Sugar	8OZ	Toasted Oat Cereal	1 C	Grits	8OZ
	Scrambled Eggs	4 OZ	Pancakes Large	2 EA	Sausage Gravy	6OZ	Potatoes w/ Scrambled	6OZ	Scrambled Eggs	4 OZ	Grilled Potatoes and Onion	4OZ	Pancakes Large	2 EA
	Biscuits (1/80)	2EA	Turkey Sausage	1OZ	Hash Brown Potatoes	1/2C	Egg (2OZ Meat)		Enriched Bread	2 SL	T Ham	1OZ	T Sausage	1 OZ
	Jelly	1TBP	Warm Syrup	2OZ	Biscuits (1/80)	2EA	Enriched Bread	2 SL	Biscuits (1/80)	2EA	Enriched Bread	2 SL		
	Margarine	1TBP	Sugar Pkts	2EA	Jelly	1TBP	Jelly	1TBP	Jelly	1TBP	Catsup	1TBP	Warm Syrup	2OZ
	Reduced Fat Milk	1C	Reduced Fat Milk	1C	Margarine	1TBP	Margarine	1TBP	Margarine	1TBP	Margarine	1TBP	Margarine	1TBP
					Reduced Fat Milk	1C	Reduced Fat Milk	1C	Reduced Fat Milk	1C	Reduced Fat Milk	1C	Reduced Fat Milk	1C
L U N C	Scalloped T Ham & Potatoes (2OZ Meat)	8OZ	Turkey Rice Casserole	8OZ	Breaded Fish Tartar Sauce	3OZ 1TBP	Beef Patty Gravy	3 OZ 2OZ	T Ham and White Beans	8OZ	T Hot Dogs (10/1) (3 OZ Meat)	2 EA	Turkey Ham (2 OZ Meat)	3 OZ
	Seasoned Green Beans	4OZ	Seasoned Mixed Greens	4OZ	Home Fries	4OZ	Cheesy Noodles	4OZ	Seasoned Rice	4OZ	Mustard/Catsup	1EA	Chessy Noodles	4OZ
	Garden Salad/Dressing	4OZ	Cornbread (1/60)	1EA	Catsup	1EA	Seasoned Limas	4OZ	Coleslaw	4OZ	Baked Beans	4OZ	Coleslaw	4OZ
	Enriched Bread	2EA	Gelatin with Fruit	4OZ	Coleslaw	4OZ	Enriched Bread	2EA	Enriched Bread	2SL	Potato Salad	4OZ	Enriched Bread	2SL
	Baked Cookies	2EA	Glazed Cake	1/60	Enriched Bread	2EA	Enriched Bread	2SL	Cornbread (1/60)	1EA	Enriched Bread	2SL	Baked Cookies	2EA
	Beverage with Vit C	1C	Beverage with Vit C	1C	Glazed Cake	1/60	Glazed Cake	1/60	Baked Cookies	2EA	Glazed Brownie	1/60	Baked Cookies	2EA
				Beverage with Vit C	1C	Beverage with Vit C	1C	Beverage with Vit C	1C	Beverage with Vit C	1C	Beverage with Vit C	1C	
D I N N E R	Meatballs with Gravy	3OZ 2OZ	Country Fried Steak Gravy	3OZ 2OZ	Spaghetti with Meat Sauce (2OZ Meat)	4OZ 4 OZ	Chuckwagon Pattie Brown Gravy	3 OZ 2OZ	Turkey Tetrazinni (2OZ Meat)	8OZ	Salisbury Steak Gravy	3 OZ 2OZ	Chili con carne w/Beans	8OZ
	Seasoned Noodles	4OZ	Seasoned Rice	4OZ			Mashed Potatoes	4OZ			Seasoned Rice	4 oz	Seasoned Rice	4OZ
	Seasoned Mixed Greens	4OZ	Steamed Cabbage	4OZ			Green Beans	4OZ			Seasoned Carrots	4OZ		
	Cornbread	1/60	Biscuits (1/80)	2EA	Garden Salad/Dressing	4OZ	Cornbread	1/60	Garden Salad/Dressing	4OZ	Cornbread	1/60	Garden Salad/Dressing	4OZ
	Margarine	1TBP	Margarine	1TBP	Garlic Bread	2EA	Margarine	1TBP	Biscuits (1/80)	2EA	Margarine	1TBP	Cornbread	1/60
	Glazed Chocolate Cake	1/60	Pudding	4OZ	Margarine	1TBP	Brownie	1/60	Margarine	1TBP	Margarine	1TBP	Margarine	1TBP
Sweetened Tea	1C	Sweetened Tea	1C	Sweetened Tea	1C	Sweetened Tea	1C	Bread Pudding	4OZ	Iced Cake	1/60	Pudding	1/2C	
								Sweetened Tea	1C	Sweetened Tea	1C	Sweetened Tea	1C	

NOTE: All entrees and casseroles are cooked weight measurements. All other items are volume or individual measurements. Salt and Pepper Pkts added as appropriate.

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MENU REVIEWED/REVISED: _____

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Master Menu #641

WEEK 3

FOOD SERVICE DIRECTOR: _____

ABL MANAGEMENT, INC.

	SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
B R E A K F A S T	Apple Wedges	4OZ	Orange Juice	4OZ	Fresh Orange Half	1EA	Orange Juice	4OZ	Apple Wedges	4OZ	Orange Half	1EA	Orange Juice	4OZ
	Oatmeal with Sugar	8OZ	Cornflakes	1 C	Grits	8OZ	Oatmeal	8OZ	Oatmeal with Sugar	8OZ	Toasted Oats	1 C	Grits	8OZ
	Scrambled Eggs	4 OZ	Pancakes Large	2 EA	Potatoes w/ Scrambled	6OZ	Sausage Gravy	1/2C	Scrambled Eggs	4 OZ	Grilled Potatoes w/ Onion	4OZ	Pancakes Large	2 EA
	Biscuits (1/80)	2EA	T Sausage	1OZ	Egg (2OZ Meat)		Hash Brown Potatoes	1/2C	T Sausage	1OZ	Enriched Bread	2 SL	T Ham	1 OZ
	Jelly	1TBP	Warm Syrup	2OZ	Enriched Bread	2 SL	Biscuits (1/80)	2EA	Enriched Bread	2EA	Catsup	1TBP	Warm Syrup	2OZ
	Margarine	1TBP	Margarine	1TBP	Jelly	1TBP	Jelly	1TBP	Jelly	1TBP	Margarine	1TBP	Margarine	1TBP
	Reduced Fat Milk	1C	Sugar Pkts	2EA	Margarine	1TBP	Margarine	1TBP	Margarine	1TBP	Sugar PKTS	2EA	Margarine	1TBP
	Reduced Fat Milk	1C	Reduced Fat Milk	1C	Reduced Fat Milk	1C	Reduced Fat Milk	1C	Reduced Fat Milk	1C	Reduced Fat Milk	1C	Reduced Fat Milk	1C
L U N C	Pizza Bread (2OZ Meat)	1 EA	Taco Meat (2OZ Meat)	3OZ	Turkey Ham	3 OZ	Beef Patty	3 OZ	T Meatballs	3OZ	Sloppy Joe Meat Mix (2 OZ Meat)	3 OZ	Breaded Fish	3OZ
	Pasta with Red Gravy	4OZ	Cheese Sauce	.5OZ	Garlic Potatoes	4OZ	Gravy	2OZ	Marinara Sauce	2OZ	Tartar Sauce	1TBP	Tartar Sauce	1TBP
	Coleslaw	4OZ	Shred Lettuce/Dc Onion	2OZ	Mexican Beans	4OZ	Cheesy Macaroni	4OZ	Baked Beans	4OZ	Refried Beans	4OZ	Home Fries	4OZ
	Glazed Cake	1/60	Mixed Vegetables	4OZ	Enriched Bread	2EA	Rice/Vegetable Salad	4OZ	Coleslaw	4OZ	Garden Salad/Dressing	4OZ	Catsup	1EA
	Beverage with Vit C	1C	Flour Tortilla 6"	2EA	Brownie	1/60	Biscuits (1/80)	2EA	Hot Dog Bun	1EA	Enriched Burger Bun	1EA	Coleslaw	4OZ
			Gelatin with Fruit	4OZ	Beverage with Vit C	1C	Glazed Cake	1/60	Rice Pudding	4OZ	Jello	4OZ	Enriched Bread	2EA
		Beverage with Vit C	1C	Beverage with Vit C	1C	Beverage with Vit C	1C	Beverage with Vit C	1C	Beverage with Vit C	1C	Beverage with Vit C	1C	
D I N N E R	Enchilada Casserole (2 OZ Meat)	8OZ	Country Fried Steak	3OZ	Spaghetti with	4OZ	Meatloaf	3OZ	Red Beans with Ham	8OZ	Breaded Chicken Patty	3 OZ	Chili Mac Casserole	8OZ
	Spanish Rice	4OZ	Gravy	2OZ	Meat Sauce (2OZ Meat)	4 OZ	Gravy	2OZ	(2OZ Meat)		Gravy	2OZ	(2OZ Meat)	
	Seasoned Pintos	4OZ	Mashed Potatoes	4OZ	Garden Salad/Dressing	4OZ	Mashed Potatoes	4OZ	Seasoned Rice	4OZ	Mashed Potatoes	4OZ	Mashed Potatoes	4OZ
	Cornbread	1/60	Steamed Cabbage	4OZ	Garlic Bread	2EA	Turnip Greens	4OZ	Garden Salad/Dressing		Seasoned Peas	4OZ	Seasoned Green Bean	4OZ
	Margarine	1TBP	Biscuits (1/80)	2EA	Margarine	1TBP	Cornbread	1/60	Cornbread	1/60	Cornbread	1/60	Cornbread	1/60
	Glazed Chocolate Cake	1/60	Margarine	1TBP	Margarine	1TBP	Margarine	1TBP	Margarine	1TBP	Margarine	1TBP	Margarine	1TBP
Sweetened Tea	1C	Pudding	4OZ	Fruit Crisp	4OZ	Glazed Brownie	1/60	Glazed Cake	1/60	Iced Cake	1/60	Pudding	4OZ	
		Sweetened Tea	1C	Sweetened Tea	1C	Sweetened Tea	1C	Sweetened Tea	1C	Sweetened Tea	1C	Sweetened Tea	1C	

NOTE: All entrees and casseroles are cooked weight measurements. All other items are volume or individual measurements. Salt and Pepper Pkts added as appropriate.

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WEEK 4

FOOD SERVICE DIRECTOR: _____

ABL MANAGEMENT, INC.

	SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
B R E A K F A S T	Apple Wedges	4OZ	Orange Juice	4OZ	Fresh Orange Half	1EA	Orange Juice	4OZ	Apple Wedges	4OZ	Orange Half	1EA	Orange Juice	4OZ
	Grits	8OZ	Oatmeal	8OZ	Grits	8OZ	Toasted Oats	1 C	Grits	8OZ	Oatmeal with Sugar	8OZ	Oatmeal	8OZ
	Potatoes w/ Scrambled Egg (2OZ Meat)	6OZ	Sausage Gravy	6OZ	Pancakes Large	2 EA	Grilled Potatoes w/ Onion	4OZ	Pancakes Large	2 EA	Scrambled Eggs	4 OZ	Pancakes Large	2 EA
	Enriched Bread	2 SL	Hash Brown Potatoes	1/2C	T Ham	1 OZ	T Sausage	1OZ	T Ham	1 OZ	Biscuits (1/80)	2EA	T Ham	1 OZ
	Jelly	1TBP	Biscuits (1/80)	2EA			Enriched Bread	2 SL						
	Margarine	1TBP			Warm Syrup	2OZ	Catsup	1TBP	Warm Syrup	2OZ	Jelly	1TBP	Warm Syrup	2OZ
	Reduced Fat Milk	1C	Margarine	1TBP	Margarine	1TBP	Jelly	1TBP	Margarine	1TBP	Margarine	1TBP	Margarine	1TBP
		Reduced Fat Milk	1C	Reduced Fat Milk	1C	Sugar PKTS	2EA	Reduced Fat Milk	1C	Reduced Fat Milk	1C	Reduced Fat Milk	1C	
						Reduced Fat Milk	1C							
L U N C	Macaroni and Cheese w/ Ham (2OZ Meat)	8 OZ	T-Ham w/White Beans	8oz	Turkey Rice Casserole (2 OZ Meat)	8 OZ	Creamed Turkey (2 OZ Meat)	6OZ	Chili Con Carne (2OZ Meat)	8 OZ	T Hot Dogs (10/1) (3 OZ Meat)	2 EA	Scalloped T Ham & Potatoes (2OZ Meat)	8OZ
	Seasoned Pinto Beans	4OZ	Seasoned Rice	4OZ	Hot Potato Salad	4OZ	Seasoned Noodles	4OZ	Seasoned Rice	4OZ	Garlic Potatoes	4OZ	Seasoned Green Beans	4OZ
	Garden Salad/Dressing	4OZ	Seasoned Carrots	4OZ	Garden Salad/Dressing	4OZ	Seasoned Limas	4OZ	Garden Salad/Dressing	4OZ	Coleslaw	4OZ	Garden Salad/Dressing	4OZ
	Cornbread (1/60)	1EA	Cornbread (1/60)	1EA	Cornbread (1/60)	1EA	Biscuits (1/80)	2EA	Cornbread	1/60	Enriched Bread	2SL	Enriched Bread	2EA
	Rice Pudding	4OZ	Baked Cookies	4OZ	Gelatin with Fruit	4OZ	Baked Cookies	2EA	Brownie with XX Sugar	2EA	Iced Cake	1/60	Pudding	1/2C
Beverage with Vit C	1C	Beverage with Vit C	1C	Beverage with Vit C	1C	Beverage with Vit C	1C	Beverage with Vit C	1C	Beverage with Vit C	1C	Beverage with Vit C	1C	
D I N N E R	Meatball Stew 2OZ Meat	8OZ	Meatloaf	3 OZ	Chicken Fried Steak Gravy	3 OZ	Spaghetti with Meat Sauce (2OZ Meat)	8OZ	Chuckwagon Pattie	3 OZ	Breaded Chicken Patty	3 OZ	Salisbury Steak	3 OZ
	Seasoned Noodles	4OZ	Mashed Potatoes	4 OZ	Steamed Rice	4 OZ		4 OZ	Brown Gravy	2OZ	Marinara Sauce	2OZ	Gravy	4 oz
	Seasoned Mixed Greens	4OZ	Seasoned Green Beans	4OZ	Black-Eyed Peas	4OZ			Mashed Potatoes	4 OZ	Seasoned Noodles	4 OZ	Steamed Rice	4 oz
	Cornbread	1/60	Enriched Bread	2 EA	Biscuit (1/80)	2 EA	Coleslaw	4OZ	Seasoned Carrots	4OZ	Seasoned Mix Vegetables	4OZ	Seasoned Cabbage	4OZ
	Margarine	1TBP	Margarine	1TBP	Margarine	1TBP	Garlic Bread	2EA	Cornbread	1/60	Cornbread	1/60	Cornbread	1/60
	Glazed Chocolate Cake	1/60	Pudding	4OZ	Baked Oatmeal Cookies	2 EA	Margarine	1TBP	Margarine	1TBP	Margarine	1TBP	Margarine	1TBP
	Sweetened Tea	1C	Sweetened Tea	1C	Sweetened Tea	1C	Bread Pudding	4OZ	Glazed Cake	4OZ	Baked Sugar Cookies	1 EA	Jello	4OZ
						Sweetened Tea	1C	Sweetened Tea	1C	Sweetened Tea	1C	Sweetened Tea	1C	

NOTE: All entrees and casseroles are cooked weight measurements. All other items are volume or individual measurements. Salt and Pepper Pkts added as appropriate.