



December 1, 2009

### **STATEMENT OF NUTRITIONAL ADEQUACY**

The daily average calorie count for the menu exceeds 3000.

The attached menus with approval date of 12/1/09 were written by **ABL Management, Inc.** for the **Warren County Sheriff's Department** to be served as the Regular Menu in **adult** general population. They have been analyzed and approved using the Food Processor Plus Nutrition Analysis System from ESHA Research, Salem, Oregon. Per standard nutritional analysis protocol, the menus were divided into seven-day periods for evaluation purposes. As written and analyzed, the menus meet R.D.A.'s for basic nutrients as stated by the Food and Nutrition Board of the National Academy of Sciences, and contract stipulations.

R.D.A.s have been established by health care professionals to define the "target" level of recommended allowances (amounts) of energy and nutrients such as protein, vitamins, and minerals for people of a specific age, sex and activity level. The allowances are set at a higher level than to just maintain good nutrition in healthy persons. An intake of at least two-thirds of the R.D.A. level is considered adequate for most healthy humans. The age group chosen as the "standard" for this facility was 'males ages 19 to 30' leading a moderately active lifestyle.

*Babette G. Lanius, MS, LDN, RD*

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BABETTE G. LANIUS, MS, LDN, RD  
Corporate Dietitian  
Registration Number: 529770

APPROVAL DATE: December 1, 2009

WARREN COUNTY SHERIFF'S DEPARTMENT

APPROVAL DATE: 01-11-2010

DIETITIAN: Babette S. Rain, MS, LDW, KCS

WARRENTON, MO

FACILITY ADMINISTRATION: J. Shaw

#641  
ABL MANAGEMENT, INC.

MENU REVIEWED/REVISED: 3/07; 7/07; 3/08; 4/08; 4/08

REG. #: 529770

Master Menu #641

3/09; 10/09

WEEK 1

FOOD SERVICE DIRECTOR: J. Russell 1/11/10  
ABL MANAGEMENT, INC.

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B R E A K F A S T</b>	Orange Juice 1/2C Oatmeal/Marg/Sugar 1.25C Scrambled Eggs 4 OZ Biscuits (1/80) 2EA Jelly 1TBP Margarine 1TBP Reduced Fat Milk 1C	Applesauce 1/2C Cornflakes 1 C Pancakes (20Z Each) 2 EA T Sausage 1OZ Warm Syrup 1/4C Margarine 1TBP Sugar Pkts 2EA Reduced Fat Milk 1C	Fresh Orange Half 1EA Grits with Margarine 1.25C Potatoes w/ Scrambled Egg (20Z Meat) 6OZ Biscuits (1/80) 2 SL Jelly 1TBP Margarine 1TBP Reduced Fat Milk 1C	Orange Juice 1/2C Oatmeal/Marg/Sugar 1.25C Sausage Gravy 6OZ Hash Brown Potatoes 1/2C Biscuits (1/80) 2EA Jelly 1TBP Margarine 1TBP Reduced Fat Milk 1C	Orange Juice 1/2C Oatmeal/Marg/Sugar 1.25C Grits with Margarine 1.25C Scrambled Eggs 4 OZ Hash Brown Potatoes 1/2C Biscuits (1/80) 2EA Jelly 1TBP Margarine 1TBP Reduced Fat Milk 1C	Fresh Orange Half 1EA Applesauce 1.25C Cornflakes 1C Hash Browned Potatoes 1/2C T Ham 1OZ Biscuits (1/80) 2EA Catsup 1TBP Jelly 1TBP Margarine 1TBP Reduced Fat Milk 1C	Applesauce 1/2C Cornflakes 1C Pancakes (20Z Each) 2 EA T Sausage 1 OZ Warm Syrup 2OZ Margarine 1TBP Sugar Pkts 2EA Reduced Fat Milk 1C
<b>L U N C H</b>	Swedish Meatballs (2OZ Meat) 3OZ Seasoned Rice 1/2C Confetti Slaw 1/2C Combread 1/60 Margarine 1TBP Rice Pudding 1/2C Beverage with Vit C 1C	Beef Pattie 3 OZ Mustard/Catsup 1TBP Cheesy Noodles 1/2C Green Beans 1/2C Enriched Bread 2SL Glazed Cake 1/60 Beverage with Vit C 1C	Turkey Tetrazinni (2OZ Meat) 8OZ Garden Salad/Dressing 1/2C Biscuits (1/80) 2EA Margarine 1TBP Glazed Cake 1/60 Beverage with Vit C 1C	Sliced Turkey 3 OZ Augratin Potatoes 1/2C Coleslaw 1/2C Enriched Bread 2SL Margarine 1TBP Glazed Cake 1/60 Beverage with Vit C 1C	Taco Meat (2OZ Meat) 3OZ Cheese Sauce .5OZ Shred Lettuce/Dc Onion 1/4C Spanish Rice 1/2C Ranch Beans 1/2C Tortilla Chips 1OZ Glazed Cake 1/60 Beverage with Vit C 1C	Breaded Chicken Patty 3OZ Mustard/Catsup 1TBP Seasoned Noodles 1/2C Mixed Vegetables 1/2C Enriched Bread 2EA Bread Pudding 1/2C Beverage with Vit C 1C	Sloppy Joe Meat Mix (2 OZ Meat) 3 OZ Green Beans 1/2C Macaroni Salad 1/2C Enriched Bread 2SL Glazed Cake 1/60 Beverage with Vit C 1C
<b>D I N N E R</b>	Country Fried Steak 3OZ Cream Gravy 1/4C Seasoned Rice 1/2C Seasoned Greens 1/2C Sliced Bread 2SL Margarine 1TBP Cookies (.75OZ) 2.25OZ Sweetened Tea 1C	Spaghetti with Meatsauce (2OZ Meat) 4OZ Seasoned Green Beans 4OZ Coleslaw 4OZ Garlic Bread 2EA Cookies (.75OZ) 2.25OZ Sweetened Tea 1C	Meatloaf 3OZ Gravy 2OZ Mashed Potatoes 1/2C Seasoned Pintos 1/2C Pasta/Veg Salad 1/2C Sliced Bread 2SL Margarine 1TBP Cookies (.75OZ) 2.25OZ Sweetened Tea 1C	Red Beans with Ham (2OZ Meat) 8OZ Seasoned Rice 1/2C Garden Salad/Dressing 1/2C Combread 1/60 Margarine 1TBP Cookies (.75OZ) 2.25OZ Sweetened Tea 1C	Country Fried Steak 3OZ Brown Gravy 1/4C Mashed Potatoes 1/2C Seasoned Cabbage 1/2C Sliced Bread 2SL Margarine 1TBP Pudding 4OZ Sweetened Tea 1C	Chili con Carne/Beans (2OZ Meat) 8OZ Seasoned Rice 1/2C Coleslaw 1/2C Combread 1/60 Margarine 1TBP Cookies (.75OZ) 2.25OZ Sweetened Tea 1C	Turkey-Noodle Casserole 8OZ Seasoned BE Peas 1/2C Confetti Slaw 1/2C Biscuits (1/80) 2EA Margarine 1TBP Cookies (.75OZ) 2.25OZ 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.

APPROVAL DATE: December 1, 2009

WARREN COUNTY SHERIFF'S DEPARTMENT

APPROVAL DATE: 01-11-2010

DIETITIAN: Bakette J. Lewis, MS, LD, RD

WARRENTON, MO  
#641

FACILITY ADMINISTRATION: [Signature]

REG. #: 529770

**ABL MANAGEMENT, INC.**  
Master Menu #641  
WEEK 2

MENU REVIEWED/REVISED: 3/07;7/07;3/08;4/08;4/08  
3/09;10/09  
FOOD SERVICE DIRECTOR: S. Russell 1/11/10  
ABL MANAGEMENT, INC.

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B R E A K F A S T</b>	Fresh Orange Half 1EA Oatmeal/Marg/Sugar 1.25C	Orange Juice 1/2C Cornflakes 1 C	Applesauce 1/2C Oatmeal/Marg/Sugar 1.25C	Fresh Orange Half 1EA Grits with Margarine 1.25C	Applesauce 1/2C Oatmeal/Marg/Sugar 1.25C	Orange Juice 1/2C Grits with Margarine 1.25C	Applesauce 1/2C Cornflakes 1C
	Scrambled Eggs 4 OZ Biscuits (1/80) 2EA	Pancakes (20Z Each) 2 EA Turkey Sausage 1OZ	Sausage Gravy 6OZ Hash Brown Potatoes 1/2C Biscuits (1/80) 2EA	Potatoes w/ Scrambled Egg (20Z Meat) 6OZ Biscuits (1/80) 2 SL	Scrambled Eggs 4 OZ Biscuits (1/80) 2EA	Grilled Potatoes and Onion 1/2C T Ham 1OZ Oatmeal Breakfast Cake 1/60 Catsup 1TBP	Pancakes (20Z Each) 2 EA T Sausage 1 OZ
	Jelly 1TBP Margarine 1TBP	Warm Syrup 1/4C Margarine 1TBP Sugar Pkts 2EA Reduced Fat Milk 1C	Jelly 1/4C Margarine 1TBP Reduced Fat Milk 1C	Jelly 1TBP Margarine 1TBP Reduced Fat Milk 1C	Jelly 1TBP Margarine 1TBP Reduced Fat Milk 1C	Jelly 1TBP Margarine 1TBP Sugar Pkts 2EA Reduced Fat Milk 1C	Warm Syrup 2OZ 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	Reduced Fat Milk 1C
<b>L U N C</b>	Scalloped T Ham & Potatoes (2OZ Meat) 8OZ Seasoned Navy Beans 1/2C Mixed Green Salad 1/2C Hot Baked Bread 1/60 Margarine 1TBP Glazed Cake 1/60 Beverage with Vit C 1C	Chili Macaroni Casserole (2OZ Meat) 8OZ Seasoned Carrots 1/2C Combread (1/60) 1EA Margarine 1TBP Glazed Cake 1/60 Beverage with Vit C 1C	Breaded Fish Tartar Sauce 3OZ Home Fries 1/2C Catsup 1TBP Coleslaw 1/2C Enriched Bread 2EA Rice Pudding 1/2C Beverage with Vit C 1C	Beef Patty Gravy 3 OZ Cheesy Noodles 1/2C Carrifruit Salad 1/2C Enriched Bread 2SL Glazed Cake 1/60 Beverage with Vit C 1C	T Ham and White Beans (2OZ Meat) 8OZ Seasoned Rice 1/2C Coleslaw 1/2C Combread (1/60) 1EA Margarine 1TBP Glazed Cake 1/60 Beverage with Vit C 1C	T Hot Dogs (10/1) (3 OZ Meat) 2 EA Mustard/Catsup 1TBS Baked Beans 1/2C Potato Salad 1/2C Enriched Bread 2SL Glazed Cake 1/60 Beverage with Vit C 1C	Turkey Ham (2 OZ Meat) 3 OZ Chassy Noodles 1/2C Coleslaw 1/2C Enriched Bread 2SL Margarine 1TBP Glazed Cake 1/60 Beverage with Vit C 1C
<b>D I N N E R</b>	Meatballs with Gravy 3OZ Seasoned Noodles 1/2C Seasoned BE Peas 1/2C Enriched Bread 1/60 Margarine 1TBP Cookies (.75OZ) 2.25OZ Sweetened Tea 1C	Country Fried Steak Gravy 3OZ Seasoned Rice 1/4C Steamed Cabbage 1/2C Enriched Bread 2SL Margarine 1TBP Pudding 4OZ Sweetened Tea 1C	Spaghetti with Meat Sauce (2OZ Meat) 1C Seasoned Green Beans 1/2C Garden Salad/Dressing 1/2C Garlic Bread 2EA Cookies (.75OZ) 2.25OZ Sweetened Tea 1C	Breaded Chicken Patty Brown Gravy 3 OZ Mashed Potatoes 1/4C Seasoned Pintos 1/2C Pasta/Vegetable Salad 1/2C Enriched Bread 2SL Margarine 1TBP Cookies (.75OZ) 2.25OZ Sweetened Tea 1C	Turkey Tetrazinni (2OZ Meat) 8OZ Seasoned Navy Beans 1/2C Garden Salad/Dressing 1/2C Biscuits (1/80) 2EA Margarine 1TBP Bread Pudding 1/2C Sweetened Tea 1C	Salisbury Steak Gravy 3 OZ Seasoned Rice 1/4C Seasoned Carrots 1/2C Enriched Bread 2SL Margarine 1TBP Cookies (.75OZ) 2.25OZ Sweetened Tea 1C	Chili con carne w/Beans 8OZ Seasoned Rice 1/2C Garden Salad/Dressing 1/2C Combread 1/60 Margarine 1TBP Pudding 1/2C 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.

APPROVAL DATE: December 1, 2009

WARREN COUNTY SHERIFF'S DEPARTMENT

APPROVAL DATE: 01-11-2010

DIETITIAN: Bakette J. Quinn, MS, LDN, RD

WARRENTON, MO

FACILITY ADMINISTRATION: [Signature] 432

#641

ABL MANAGEMENT, INC.

MENU REVIEWED/REVISED: 3/07;7/07;3/08;4/08;4/08

REG. #: 529770

Master Menu #641

3/09;10/09

WEEK 3

FOOD SERVICE DIRECTOR: S. Russell 1/11/10  
ABL MANAGEMENT, INC.

	SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
B R E A K F A S T	Fresh Orange Half	1EA	Applesauce	1/2C	Orange Juice	1/2C	Applesauce	1/2C	Fresh Orange Half	1EA	Applesauce	1/2C	Orange Juice	1/2C	
	Oatmeal/Marg/Sugar	1.25C	Cornflakes	1C	Grits with Margarine	1.25C	Oatmeal/Marg/Sugar	1.25C	Oatmeal/Marg/Sugar	1.25C	Grits with Margarine	1.25C	Toasted Oats	1C	
	Scrambled Eggs	4 OZ	Pancakes (20Z Each)	2 EA	Potatoes w/ Scrambled	6OZ	Sausage Gravy	6OZ	Scrambled Eggs	4 OZ	Grilled Potatoes w/ Onion	1/2C	Pancakes (20Z Each)	2 EA	
	Biscuits (1/80)	2EA	T Sausage	1OZ	Egg (20Z Meat)		Hash Brown Potatoes	1/2C	Biscuits (1/80)	2EA	T Ham	1OZ	T Sausage	1 OZ	
	Jelly	1TBP	Warm Syrup	1/4C	Oatmeal Break Cake	1/60	Biscuits (1/80)	2EA	Biscuits (1/80)	2EA	Biscuits (1/80)	2EA	Catsup	1TBP	
	Margarine	1TBP	Margarine	1TBP	Jelly	1TBP	Margarine	1TBP	Jelly	1TBP	Jelly	1TBP	Jelly	1TBP	Warm Syrup
L U N C	Reduced Fat Milk	1C	Sugar Pkts	2EA	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	Sugar PKTS	2EA	Sugar PKTS	2EA	
	Homemade Hamburger Steak	3OZ	Taco Meat (20Z Meat)	3OZ	Turkey Ham	3 OZ	Beef Patty Gravy	3 OZ	T Meatballs BBQ Sauce	3OZ	Sloppy Joe Meat Mix (2 OZ Meat)	4OZ	Breaded Fish	3OZ	
	Seasoned Rice	1/2C	Cheese Sauce	.5OZ	Garlic Potatoes	1/2C	Cheesy Macaroni	1/2C	Baked Beans	1/2C	Home Fries	1/2C	Tartar Sauce	1TBP	
	Coleslaw	1/2C	Shred Lettuce/Dc Onion	1/4C	Mexican Beans	1/2C	Rice/Vegetable Salad	1/2C	Enriched Bread	2SL	Catsup	1TBP	Seasoned Noodles	1/2C	
	Combread	1/60	Refried Beans	1C	Enriched Bread	2EA	Enriched Bread	2SL	Enriched Bread	2SL	Garden Salad/Dressing	1/2C	Potato Salad	1/2C	
Margarine	1TBP	Tortilla Chips	1OZ	Glazed Cake	1/60	Glazed Cake	1/60	Rice Pudding	1/2C	Enriched Bread	2SL	Enriched Bread	2EA		
D I N N R	Glazed Cake	1/60	Glazed Cake	1/60	Beverage with Vit C	1C	Beverage with Vit C	1C	Beverage with Vit C	1C	Glazed Cake	1/60	Glazed Cake	1/60	
	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	
	Turkey Noodle Casserole (2 OZ Meat)	8OZ	Country Fried Steak Gravy	3OZ	Spaghetti with Meat Sauce (20Z Meat)	1C	Meatloaf Gravy	3OZ	Red Beans with Ham (20Z Meat)	8OZ	Breaded Chicken Patty Gravy	3 OZ	Chili Mac Casserole (20Z Meat)	8OZ	
	Seasoned Cabbage	1/2C	Seasoned Navy Beans	1/2C	Seasoned Green Beans	1/2C	Mashed Potatoes	1/2C	Seasoned Rice	1/2C	Mashed Potatoes	1/2C	Cabbage/Carrot Sp	1/2C	
	Hot Baked Bread	1/60	Pasta/Vegetable Salad	1/2C	Garden Salad/Dressing	1/2C	Seasoned BE Peas	1/2C	Garden Salad/Dressing	1/2C	Pinto Beans	1/2C	Combread	1/60	
	Margarine	1TBP	Enriched Bread	2SL	Garlic Bread	2EA	Combread	1/60	Combread	1/60	Mixed Green Salad	1/2C	Margarine	1TBP	
Cookies (.75OZ)	2.25OZ	Margarine	1TBP	Fruit Crisp	1/2C	Margarine	1TBP	Margarine	1TBP	Enriched Bread	2SL	Margarine	1TBP		
Sweetened Tea	1C	Pudding	1/2C	Sweetened Tea	1C	Sweetened Tea	1C	Cookies (.75OZ)	2.25OZ	Enriched Bread	2SL	Pudding	1/2C		
		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.

APPROVAL DATE: December 1, 2009

WARREN COUNTY SHERIFF'S DEPARTMENT

APPROVAL DATE: 01-11-2019

DIETITIAN: Babette S. Quinn, MS, LD, RD

WARRENTON, MO

FACILITY ADMINISTRATION: [Signature]

REG. #: 529770

#641  
**ABL MANAGEMENT, INC.**  
 Master Menu #641  
**WEEK 4**

MENU REVIEWED/REVISED: 3/07;7/07;3/08;4/08;4/08

3/09;10/09

FOOD SERVICE DIRECTOR: S. Russell, 1/11/19  
**ABL MANAGEMENT, INC.**

	SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>B R E A K F A S T</b>	Applesauce Grits with Margarine	1/2C 1.25C	Fresh Orange Half Grits with Margarine	1EA 1.25C	Applesauce Oatmeal/Marg/Sugar	1/2C 1.25C	Orange Juice Grits with Margarine	1/2C 1.25C	Fresh Orange Half Toasted Oats	1EA 1C	Applesauce Oatmeal/Marg/Sugar	1/2C 1.25C	Orange Juice Cornflakes	4OZ 1C
	Potatoes w/ Scrambled Egg (2OZ Meat) Biscuits (1/80)	6OZ 2EA	Pancakes (2OZ Each) T Sausage	2 EA 1 OZ	Sausage Gravy Hash Brown Potatoes Biscuits (1/80)	6OZ 1/2C 2EA	Grilled Potatoes w/ Onion T Sausage Crumb Coffee Cake Catsup	1/2C 1OZ 1/60 1TBP	Pancakes (2OZ Each) T Ham	2 EA 1 OZ	Scrambled Eggs Biscuits (1/80)	4 OZ 2EA	Pancakes (2OZ Each) T Sausage	2 EA 1 OZ
	Jelly Margarine Reduced Fat Milk	1TBP 1TBP 1C	Warm Syrup Margarine	1/4C 1TBP	Margarine Reduced Fat Milk	1TBP 1C	Jelly Margarine Sugar PKTS Reduced Fat Milk	1TBP 1TBP 2EA 1C	Warm Syrup Margarine	2OZ 1TBP	Jelly Margarine	1TBP 1TBP	Warm Syrup Margarine Reduced Fat Milk	1/4C 1TBP 1C
<b>L U N C</b>	Macaroni and Cheese w/ Ham (2OZ Meat) Seasoned Pinto Beans Garden Salad/Dressing Cornbread (1/60) Margarine Rice Pudding Beverage with Vit C	8 OZ 1/2C 1/2C 1EA 1TBP 1/2C 1C	T-Ham w/White Beans (2OZ Meat) Seasoned Rice Seasoned Carrots Cornbread (1/60) Margarine Glazed Cake Beverage with Vit C	8OZ 1/2C 1/2C 1EA 1TBP 1/60 1C	T Ham Cheese Peanut Butter Jelly Bread Vegetable Sticks Fresh Fruit Glazed Cake Beverage with Vit C	1OZ 1SL 1OZ 1TBSP 4SL 1/2C 1EA 1/60 1C	Beef Pattie Mustard/Catsup Home Fries Navy Beans Enriched Bread Glazed Cake Beverage with Vit C	3 OZ 1TBP 1/2C 1/2C 2SL 1/60 1C	Chili Con Carne (2OZ Meat) Seasoned Rice Mixed Green Salad Cornbread Margarine Glazed Cake Beverage with Vit C	8 OZ 1/2C 1/2C 1/60 1TBP 1/60 1C	T Hot Dogs (10/1) (3 OZ Meat) BBQ Sauce Garlic Potatoes Coleslaw Enriched Bread Glazed Cake Beverage with Vit C	2 EA 2TBSP 1/2C 1/2C 2SL 1/60 1C	Scalloped T Ham & Potatoes (2OZ Meat) Seasoned Green Beans Garden Salad/Dressing Hot Baked Bread Margarine Pudding Beverage with Vit C	8OZ 1/2C 1/2C 1/60 1TBP 1/2C 1C
<b>D I N N E R</b>	Meatball Stew 2OZ Meat Seasoned Noodles Seasoned Navy Beans Enriched Bread Margarine Cookies (.75OZ) Sweetened Tea	8OZ 1/2C 1/2C 2 EA 1TBP 2.25OZ 1C	Meatloaf Mashed Potatoes Seasoned Cabbage Enriched Bread Margarine Pudding Sweetened Tea	3 OZ 1/2C 1/2C 2 EA 1TBP 1/2C 1C	Chicken Fried Steak Gravy Seasoned Rice Black-Eyed Peas Coleslaw Enriched Bread Margarine Cookies (.75OZ) Sweetened Tea	3 OZ 1/4C 1/2C 1/2C 2SL 1TBP 2.25OZ 1C	Spaghetti with Meat Sauce (2OZ Meat) Tossed Salad/Dressing Garlic Bread Bread Pudding Sweetened Tea	1C 4 OZ 1/2C 2EA 1/2C 1C	Chicken Fried Steak Brown Gravy Mashed Potatoes Seasoned Pintos Enriched Bread Margarine Cookies (.75OZ) Sweetened Tea	3 OZ 1/4C 1/2C 1/2C 2SL 1TBP 2.25OZ 1C	Chili Macaroni (2OZ Meat) Seasoned Cabbage Cornbread (1/60) Margarine Cookies (.75OZ) Sweetened Tea	8OZ 1/2C 1EA 1TBP 2.25OZ 1C	Salisbury Steak Gravy Seasoned Rice Seasoned Navy Beans Coleslaw Enriched Bread Margarine Cookies (.75OZ) Sweetened Tea	3 OZ 1/4C 1/2C 1/2C 2SL 1TBP 2.25OZ 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.