

WEEK #1-JOHNSON COUNTY JUV

BREAKFAST

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
1-WG Donut 1.7 oz	2-WG toast 2 oz	2-WG waffles 1.3 oz ea.	1c. Oatmeal w/ w/ Br sugar&cinnamon	1-WG banana bread 3.4 oz	1-WG mini cinni 2.3 oz	1-WG cocoa puff bar 2.4 oz
1-cereal 1 oz	2 oz scamb eggs	1-saus patty 1.5 oz	1-single poptart 1.6 oz	1-boiled egg	1-cereal 1 oz	1-saus patty 1.5 oz
1-yogurt 4 oz	2-butter cup 5g ea.	2-butter cup 5g ea.	1-juice 4 oz	1-juice 4 oz	1-juice 4 oz	1-juice 4 oz
1-juice 4 oz	2-lite jelly 1 oz ea.	2-lite syrup 1 oz ea.	1-Fresh fruit=1c.	1-Fresh fruit=1c.	1-Fresh fruit=1c.	1-Fresh fruit=1c.
1-Fresh fruit=1c.	1-juice 4 oz	1-juice 4 oz	1-milk 8 oz	1-milk 8 oz	1-milk 8 oz	1-milk 8 oz
1-milk 8 oz	1-Fresh fruit=1c.	1-Fresh fruit=1c.	1-milk 8 oz			
	1-milk 8 oz	1-milk 8 oz				
	Only NO salt added seasonings for breakfast and lunch			*Only NO salt added seasonings for breakfast and lunch*		
			LUNCH			
9-baked popcorn chix 3 oz	12-nacho chips 1 oz	1-plain rib patty 2.5 oz	3 oz orange chicken	1-calzone 4.5 oz	5-baked boneless wings 4 oz	Chicken manhattan
1-baked tater	2 oz gr. Beef w/ taco seas	1-WG sub bun 2 oz	1/2c plain brown rice	1c salad mix w/ 1 oz shred cheese	1 oz hot honey sauce	3.5 oz diced chicken
3/4c. Plain Green beans	2 oz cheese sauce	1-plain corn cobbette 4 oz	1-baked egg roll 3 oz	1 crouton packet	3-celery sticks	2 oz chicken gravy
1-WG roll 1 oz	3/4c. Plain refried beans	1/2c plain hashbrowns	3/4c plain broccoli	1-sweet n sour dip 1 oz	1- baby carrots pack 3 oz	2-WG bread 2 oz
1-BBQ dip 1 oz	1/2c plain brown rice	1-BBQ dip 1 oz	1-sweet n sour dip 1 oz	6-baked onion rings 3 oz	3-cucumber slices	3/4c mashed taters
2-ketchup packets	1/2c. Lettuce	2-ketchup packets	1-Fresh fruit=1c.	1-marinara dip 2.5 oz	1c baked french fries	3/4c plain cooked carrots
2-butter cup 5g ea.	1-salsa cup 3 oz	2-butter cup 5g ea.	1-milk 8 oz	1-dressing 1 oz	2-WG rolls 1 oz ea.	1-Fresh fruit=1c.
1-sour cream packet 1 oz	1-sour cream packet 1 oz	1-Fresh fruit=1c.		1-Fresh fruit=1c.	1- ranch dip 1 oz	1-milk 8 oz
1-Fresh fruit=1c.	1-Fresh fruit=1c.	1-milk 8 oz		1-milk 8 oz	2-ketchup packets	
1-milk 8 oz	1-milk 8 oz				1-Fresh fruit=1c.	
					1-milk 8 oz	
	Only NO salt added seasonings for breakfast and lunch			*Only NO salt added seasonings for breakfast and lunch*		
			DINNER			
Corn dog-1	Biscuits-2	Meatball pasta-1c.	Meatloaf-1 slice	Tuna casserole-1c.	BacChz Burger-1	Mini Pizza-1
Chips-1	Sausage gravy-1/2c.	breadstick-1	Bread-1 slice	Bread-1 slice	Chips-1	Chips-1
Cream corn-1/2c.	Sausage patty-1	Mix veggie-1/2c.	Cheez pasta-1/2c.	Cheez taters-1/2c.	Cottage cheese-1/2c.	Celery/PB-1 each
Peas-1/2c.	Egg patty-1	Leftover veggie-1/2c.	Bake beans-1/2c.	Leftover veggies-1/2c.	Mac salad-1/2c.	Mac salad-1/2c.
Fruit-1c	Hashbrown patty-1	Fruit-1c	Fruit-1c	Fruit-1c	Jello cup-1	Cake/Janet dessert or 1 moon pie
Milk-1	Fruit-1c	Milk-1	Milk-1	Milk-1	Fruit-1c	Fruit-1c
Ketch/Must/Honey mustard	Milk-1	Ice cream cup-1	Butter	Butter	Milk-1	Milk-1

WEEK #2-JOHNSON COUNTY JEV

BREAKFAST

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
1-WG Muffin 2 oz	1-WG Eng muff 2 oz	1-pack. WG Fr. Toast 3 oz	1 c. Brkf Casserole	1-WG cinnaroll 2.9 oz	1-mini bagels 2.4 oz	2-Brkf tacos 2.5 oz
1-cereal 1 oz	1-saus patty 1.5 oz	1-saus patty 1.5 oz	hashbr & egg & gravy	1-boiled egg	1-cereal 1 oz	1-salsa cup 3 oz
1-yogurt 4 oz	2-butter cup 5 g ea.	2-butter cup 5 g ea.	1-WG Toast	1-juice 4 oz	1-juice 4 oz	1-sour cream packet 1 oz
1-juice 4 oz	2-lite jelly	2-lite syrup 1 oz ea.	1-butter cup 5g ea.	1 Fresh Fruit=1c	1 Fresh Fruit=1c	1-juice 4 oz
1 Fresh Fruit=1c	1-yogurt 4 oz	1-juice 4 oz	1-lite jelly 1 oz ea.	1-milk 8 oz	1-milk 8 oz	1 Fresh Fruit=1c
1-milk 8 oz	1-juice 4 oz	1 Fresh Fruit=1c	1-juice 4 oz			1-milk 8 oz
	1 Fresh Fruit=1c	1-milk 8 oz	1 Fresh Fruit=1c			
	1-milk 8 oz		1-milk 8 oz			
	Only NO salt added seasonings for Breakfast and lunch			*Only NO salt added seasonings for Breakfast and lunch*		
			Lunch			
5-baked chix nuggs 3 oz	3 oz plain fajita chix	1-Salisbury steak 3 oz	3.5 oz General Tso chix	4- Baked mozza stix 4 oz	1- Baked Fish patty 3.5 oz	1.5 c. Smoke Saus. Cass.
9-baked tater tots 3 oz	3/4c. Pepper & onion	1 oz beef gravy	1/2c plain brown rice	1c salad mix w/ only	1-WG bun 2 oz	6 smokies 2 oz
3/4c. Plain Green beans	1-tortilla 10 inch	1-WG bun 2 oz	3-Baked Rangoon 3 oz	1 crouton packet	1/2c. Mac n cheese	2 oz cheese sauce
1-WG roll 1 oz	3/4c. Plain Black beans	1/2c plain hashbrowns	3/4c plain broccoli	1-plain corn cobbette 4 oz	1/2c. Baked beans	1 c. diced taters
1-BBQ dip 1 oz	1/2c plain brown rice	3/4c plain cooked carrots	1-sweet n sour dip 1 oz	1-WG roll 1 oz	1-Tartar packet	3/4c plain peas
2-ketchup packets	1/2c. Lettuce	2-ketchup packets	1 Fresh Fruit=1c	1-marinara dip 2.5 oz	2-ketchup packets	2-WG bread
1-butter cup 5g ea.	1-salsa cup 3 oz	1 Fresh Fruit=1c	1-milk 8 oz	1-dressing 1 oz	1 Fresh Fruit=1c	2-butter cup 5g ea.
1 Fresh Fruit=1c	1-sour cream pack 1 oz	1-milk 8 oz		1 Fresh Fruit=1c	1-milk 8 oz	1 Fresh Fruit=1c
1-milk 8 oz	1 oz shred cheese			1-milk 8 oz		1-milk 8 oz
	1 Fresh Fruit=1c					
	1-milk 8 oz					
	Only NO salt added seasonings for Breakfast and lunch			*Only NO salt added seasonings for Breakfast and lunch*		
			DINNER			
Hot dog-1	Biscuits-2	Pizza-1 slice	Empanada-1	Chicken noodles-1c.	Hot pocket-1	Pig in blanket-1
Sub bun-1	Sausage gravy-1/2c.	Breadstick-1	Tortilla chips-1c.	Bread-1 slice	Chips-1	Chips-1
Cheez pasta-1/2c.	Sausage patty-1	Cream corn-1/2c.	Black beans-1/2c.	Mash taters-1/2c.	Cole slaw-1/2c.	Cole slaw-1/2c.
Baked beans-1/2c.	Egg patty-1	Leftover veggies-1/2c.	Cheez taters-1/2c.	Leftover veggies-1/2c.	Celery/PB-1 each	Cottage cheese-1/2c.
Fruit-1c.	Hashbrown patty-1	Fruit-1c.	Fruit-1c.	Fruit-1c.	Krispy treat-1	Cookie-1
Milk-1	Fruit-1c	Milk-1	Milk-1	Milk-1	Fruit-1c.	Fruit-1c.
Ketch/Mustard/Relish	Milk-1	Ice cream sandwich-1	Salsa/Sour cream	Butter	Milk-1	Milk-1

WEEK #3-JOHNSON COUNTY JEV

BREAKFAST

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
1-WG Danish 2.5 oz	1-WG bagel 2 oz	2-WG pancakes 1.3 oz ea.	1-WG Brkf pizza 3 oz	2-WG Brkf stix 2.3 oz ea.	1-WG frudel 2.3 oz	1-WG Brkf calzone 4.5 oz
1-cereal 1 oz	2-boiled eggs	1-saus patty 1.5 oz	1-single poptart 1.6 oz	1-yogurt 4 oz	1- egg patty 1 oz	1-yogurt 4 oz
1-juice 4 oz	2-butter cup 5 g ea.	2-butter cup 5 g ea.	1-juice 4 oz	1-juice 4 oz	1-yogurt 4 oz	1-juice 4 oz
1 Fresh Fruit=1c	2-lite jelly	2-lite syrup 1 oz ea.	1 Fresh Fruit=1c	1 Fresh Fruit=1c	1-juice 4 oz	1 Fresh Fruit=1c
1-milk 8 oz	1-Cream cheese 1 oz	1-juice 4 oz	1-milk 8 oz	1-milk 8 oz	1 Fresh Fruit=1c	1-milk 8 oz
	1-juice 4 oz	1 Fresh Fruit=1c			1-milk 8 oz	
	1 Fresh Fruit=1c	1-milk 8 oz				
	1-milk 8 oz					
	Only NO salt added seasoning for breakfast and lunch			*Only NO salt added seasoning for breakfast and lunch*		
			LUNCH			
3-Baked chix strips 3 oz	3.5 oz chicken w/ taco seas.	1-Burger patty 3 oz	2.75 oz Teriyaki chicken	1-slice WG pizza 4.5 oz	Chili Cheez Fries	1c. Pintos
6-baked onion rings 3 oz	1-tortilla 10 inch	1-WG bun 2 oz	1/2c plain brown rice	1-WG breadstick	1c. Baked fries	2 oz diced ham
3/4c. Plain Mix veggies	1-plain corn cobbette 4 oz	1-Cheese slice .5 oz	4-Baked Spring rolls 3 oz	1c salad mix w/ only	2 oz sloppy joe	1-WG cornbread 2 oz
1-WG roll 1 oz	3/4c. Plain Black beans	1/2c plain hashbrowns	3/4c plain broccoli	1 crouton packet	2 oz shred cheese	1/2c baked sw. tater cubes
1-BBQ dip 1 oz	1/2c. Lettuce	1/2c. plain Baked beans	1-sweet n sour dip 1 oz	3/4c plain peas	3/4c plain cooked carrots	3/4c. Plain Mixed veggies
2-ketchup packets	1-salsa cup 3 oz	1/2c. Lettuce	1 Fresh Fruit=1c	1-dressing 1 oz	3/4c. Plain Green beans	2-ketchup packets
1-butter cup 5g ea.	1-sour cream packet 1 oz	2-slices tomato	1-milk 8 oz	1 Fresh Fruit=1c	1-WG roll 1 oz	1 Fresh Fruit=1c
1 Fresh Fruit=1c	2 oz shred cheese	3-ketchup packets		1-milk 8 oz	1-butter cup 5g ea.	1-milk 8 oz
1-milk 8 oz	1 Fresh Fruit=1c	2-mustard packets			1 Fresh Fruit=1c	
	1-milk 8 oz	1-mayo packet			1-milk 8 oz	
		1 Fresh Fruit=1c				
		1-milk 8 oz				
	Only NO salt added seasoning for breakfast and lunch			*Only NO salt added seasoning for breakfast and lunch*		
			DINNER			
Grilled chix patty-1	Biscuit-2	Chix Alfredo pasta-1c.	Meatball Sub-6 balls	Chili-1c.	White castles-1 pack	Pot pie-1
Bun-1	Sausage gravy-1/2c.	Breadstick-1	Sub bun-1	Oyster Crackers-2	Chips-1	Chips-1
Baked tater-1	Sausage patty-1	Cream corn-1/2c.	Cheez pasta-1/2c.	Cheez taters-12/c.	Tater salad-1/2c.	Tater salad-1/2c.
Green beans-1/2c.	Egg patty-1	Leftover veggie-1/2c.	Peas-1/2c.	Leftover veggie-1/2c.	Carrots/Dip-1 each	Cottage cheese-1/2c.
Butter/Sour cr/Shred chz	Hashbrown patty-1	Fruit-1c.	Shred Chz	Shred Chz	Pudding cup-1	Brownie-1
Fruit-1c.	Fruit-1c.	Milk-1	Fruit-1c.	Fruit-1c.	Fruit-1c.	Fruit-1c.
Milk-1	Milk-1	Popsicle-1	Milk-1	Milk-1	Milk-1	Milk-1

