



Nutrition Development Systems

June 17, 2024

Lana Tourigny
Director Pioneer Food Services
1902 Milwaukee Way
Tacoma, WA 98421

To Whom It May Concern:

The current menus written for Pioneer Food Services – TRRC, PFH, and Telecare, signed and dated 6-17-24, meet nutrient requirements for healthy adult males and females as established by the Food and Nutrition Board of the Institute of Medicine.

Please do not hesitate to call if further clarification is needed.

Thank you.

Sincerely,

Ann Lachney RD CD CDCES

Ann Lachney, RD CD CDCES
Contract Dietitian
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Ann Lockmy RD CO CROES 6-17-24

PIONEER FOOD SERVICE

TRRC, PFH

Federal Residential Reentry Centers

CYCLE 1

	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun						
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
Rice Krispies	1 c	Cheerios	1 c	Oatmeal	1 c	Bran Flakes	1 c	Froot Loops	1 c	Oatmeal	1 c	Cornflakes	1 c
Waffle	2 ea	Frittata	1/2C	Waffle	2 ea	Scram. Eggs	1/2C	Sausage Gravy	1/2 c	Breakfast	1/2C	French Toast	2 sl
T. Sausage Links	2oz		Bacon	2oz	Hash Browns	1/2C	Biscuits	2 ea	Taco			Tur.Saus Patty	2 oz
Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl					Tortilla	2 ea
Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp						Marg
Cranberry Jce*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz	Cranberry Jce*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz	Apple Juice*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
Bologna	3 oz	Pastrami	3 oz	Tuna Salad	4 oz	Bologna	3 oz	Turkey	3 oz	Salami	3 oz	Chicken Salad	4 oz
Cheddar Cheese	.75 oz	Swiss Cheese	.75 oz	Cheese Stick	1oz	Cheddar Cheese	.75 oz	Cheddar Cheese	.75 oz	Cheddar Cheese	.75 oz	Wh Grain Bread	2 sl
Wh Grain Bread	2 sl	Wh Grain Bread	2 sl	Wh Grain Bread	2 sl	Wh Grain Bread	2 sl	Wh Grain Bread	2 sl	Wh Grain Bread	2 sl	Wh Grain Bread	2 sl
Mayo/Mustard	1pk ea	Mayo/Mustard	1pk ea		Mayo/Mustard	1pk ea	Mayo/Mustard	1pk ea	Mayo/Mustard	1pk ea	Mayo/Mustard	1pk ea	Mayo/Mustard
Orange	1 ea	Apple	1 ea	Orange*	1 ea	Apple	1 ea	Banana	1 ea	Orange*	1 ea	Apple	1 ea
Chips	1.5 oz	Chips	1.5 oz	Chips	1.5 oz	Chips	1.5 oz	Chips	1.5 oz	Chips	1.5 oz	Chips	1.5 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
Sloppy Joes	4 oz	Grilled Chicken	3 oz	Salisbury Steak	3.2 oz	Chix teriyaki	3 oz	Fried Steak	4 oz	Chick Cacciatore	4 oz	Breaded Fish	4 oz
Pasta Salad	1 c	Brown Rice	1 c	Mashed Potatoes	1 c	Rice	1 c	W/Country Gravy	3 oz	Penne Pasta	1 c	Tater Tots	1 c
Green Beans	1/2 c	Zucchini	1/2c	W/Brown Gravy	3 oz	Stir Fry Veg	1/2 c	Mashed Potatoes	1 c	Green Beans	1/2 c	W/Tartar sauce	1 oz
Green Salad	1c	Green Salad	1 c	Carrots	1/2C	Green Salad	1 c	Broccoli Blend	1/2 c	Green Salad	1 c	Capri Veg Mix	1/2 c
Salad Dressing	1oz	Salad Dressing	1 oz	Coleslaw	1/2 c	Salad Dressing	1 oz	Coleslaw	1/2 c	Salad Dressing	1 oz	Green Salad	1 c
Ham Bun	1 ea	Bread/Marg	1 ea	Bread/Marg	1ea	Bread/Marg	1 ea	Bread/Marg	1 ea	Bread Roll/Marg	1ea	Salad Dressing	1 oz
Pears	1/2 c	Mixed Fruit	1/2 c	Pineapple	1/2C	Pears	1ea	Apricot	1/2C	Pudding	1/2C	Bread/Marg	1 ea
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

If necessary due to production or delivery problems, a menu item may be replaced with an item of equal nutritional value.

Menu items contain no pork products (except bacon) - **turkey** ham, bologna, salami, pastrami are used. Sausage is beef, chicken or turkey.

*Vitamin C rich source **Vitamin A rich source
 Condiments = average of 1 tsp ea catsup/may/mustard

PIONEER FOOD SERVICE

TRRC, PFH

CYCLE 2

Federal Residential Reentry Centers

Ann Mackemy RD CDC CB

6-17-24

	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cheerios	1 c	Rice Krispies	1 c	Frosted Flakes	1 c	Raisin Bran	1 c
Scrambled Eggs	1/2C	Belgian Waffle	2 ea	Breakfast	1/2C	Egg Patty	1 ea
Hash Browns	1/2C		Casserole		Sausage Patty	2 oz	Omelette
Wheat Toast	2 sl	Syrup	2 oz	Wheat Toast	2 sl	English Muffin	1 ea
Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
Apple Juice*	6 oz	Grape Juice*	6 oz	Cranberry Jce*	6 oz	Orange Juice*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
Turkey Ham	3 oz	Bologna	3 oz	Tuna Salad	4oz	Turkey Pesto	3 oz
Cheddar Cheese	.75 oz	Cheddar Cheese	.75 oz	Cheese Stick	1oz	Cheddar Cheese	.75 oz
Wh Grain Bread	2 sl	Wh Grain Bread	2 sl	Wh Grain Bread	2 sl	Wrap	1 ea
Mayo/Mustard	1pk ea	Mayo/Mustard	1pk ea		Cheese Stick	1 ea	Mayo/Mustard
Orange	1 ea	Apple	1 ea	Orange*	1ea	Apple	1 ea
Potato Chips	1.5 oz	Potato Chips	1.5 oz	Potato Chips	1.5 oz	Potato Chips	1.5 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
Beef Stroganoff	4 oz	Creamy Chicken	3 oz	T.Ham Steak	3 oz	Meat Lasagna	6 oz
Pasta	1 c	Rice	1C	Mashed Potatoes	1 c	Mashed Potatoes	1 c
Scandlavian Veg	1/2 c	Broccoli Blend	1/2 c	W/Gravy	3 oz	Italian Veg Blend	1/2 c
Green Salad	1 c	Green Salad	1 c	Carrots	1/2c	Green Salad	1 c
Salad Dressing	1 oz	Salad Dressing	1 oz	Coleslaw	1/2 c	Salad Dressing	1 oz
Bread/Marg	1 ea	Bread/ Marg	1 ea	Bread/ Marg	1 ea	Bread/Marg	1 ea
Pineapple	1/2 c	Mandarins*	1/2 c	Tropical Salad	1/2 c	Pudding	1/2 c
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

If necessary due to production or delivery problems, a menu item may be replaced with an item of equal nutritional value. Menu items contain no pork products (except bacon) - turkey ham, bologna, salami, pastami are used. Sausage is beef, chicken or turkey.

*Vitamin C rich source **Vitamin A rich source

Condiments = average of 1 tsp ea catsup/mayo/mustard
Nutritious snacks are to be kept on hand at all times.

PIONEER FOOD SERVICE

TRRC, PFH

Federal Residential Reentry Centers

CYCLE 3

23-Jun SUNDAY	24-Jun MONDAY	25-Jun TUESDAY	26-Jun WEDNESDAY	27-Jun THURSDAY	28-Jun FRIDAY	29-Jun SATURDAY
Froot Loops 1 c	Rice Krispies 1 c	Oatmeal 1 c	Bran Flakes 1 c	Frosted Flakes 1 c	Cheerios 1 c	Oatmeal 1 c
Sausage Gravy 1/2 c	French Toast 2 ea	Scrambled Eggs 1/2C	Waffles 2 ea	Frittata 1/2C	Cheese 1 ea	French Toast 2 sl
Biscuits 2 ea	Bacon 2 oz	Hash Browns 1/2C	T.Sausage Patty 2 oz		Omelette	T. Sausage Links 2 oz
	Marg 2 tsp	Wheat Toast 2 sl	Marg 2 tsp	Wheat Toast 2 sl	Wheat Toast 2 sl	Marg 2 tsp
	Syrup 2 oz	Marg 2 tsp	Syrup 2 oz	Marg 2 tsp	Marg 2 tsp	Syrup 2 oz
Orange Juice* 6 oz	Cranberry Juice* 6 oz	Orange Juice* 6 oz	Apple Juice* 6 oz	Cranberry Juice* 6 oz	Apple Juice* 6 oz	Grape Juice* 6 oz
2% Milk 8 oz	2% Milk 8 oz	2% Milk 8 oz	2% Milk 8 oz	2% Milk 8 oz	2% Milk 8 oz	2% Milk 8 oz
Bologna 3 oz	Salami 3 oz	Turkey Ham 3 oz	Pastrami 3 oz	Turkey 3 oz	Bologna 3 oz	Tuna Salad 4 oz
Cheddar Cheese .75 oz	Cheddar Cheese .75 oz	Cheddar Cheese .75 oz	Swiss Cheese .75 oz	Cheddar Cheese .75 oz	Cheddar Cheese .75 oz	Cheese Stick 1 oz
Wh Grain Bread 2 sl	Wh Grain Bread 2 sl	Wh Grain Bread 2 sl	Wh Grain Bread 2 sl	Wh Grain Bread 2 sl	Wh Grain Bread 2 sl	Wh Grain Bread 2 sl
Mayo/Mustard 1pk ea	Mayo/Mustard 1pk ea	Mayo/Mustard 1pk ea	Mayo/Mustard 1pk ea	Mayo/Mustard 1pk ea	Mayo/Mustard 1pk ea	
Apple 1 ea	Orange* 1 ea	Apple 1 ea	Orange* 1 ea	Apple 1 ea	Orange* 1 ea	Apple 1 ea
Potato Chips 1.5 oz	Potato Chips 1.5 oz	Potato Chips 1.5 oz	Potato Chips 1.5 oz	Potato Chips 1.5 oz	Potato Chips 1.5 oz	Potato Chips 1.5 oz
2% Milk 8 oz	2% Milk 8 oz	2% Milk 8 oz	2% Milk 8 oz	2% Milk 8 oz	2% Milk 8 oz	2% Milk 8 oz
Sweet and Sour Chicken 4 oz	Fried Steak 4 oz	Creamy Chicken 3 oz	Swedish Meath 3 oz	Beef Chili 12 oz	Chicken Parmesan/ 10za	Turkey Hot Dog 4oz-2ea
Rice 1 c	W/Country Gravy 3 oz	Penne Pasta 1 c	in Contry Gravy 1 c	Shred Cheese 1/2 oz	Marinara&Parmesan 1oz	W/Mustard/May 2 ea
Stir Fry Veg 1/2 c	Scalloped Potatoe 1 c	Italian Veg 1/2c	Rice 1 c	Cornbread/Marg 1 ea	Penne Pasta 1 c	Macaroni & Cheese 1 c
Green Salad 1 c	Zucchini 1/2 c	Green Salad 1 c	Scandinavian Veg 1/2 c	Mix Veg 1/2 c	Brussel Spouts 1/2 c	Country Mix ** 1/2 c
Salad Dressing 1 oz	Coleslaw 1/2 c	Green Salad 1 c	Coleslaw 1/2 c	Green Salad 1 c	Green Salad 1 c	Green Salad 1 c
Bread/Marg 1ea	Bread/Marg 1ea	Salad Dressing 1 oz	Bread/Marg 1ea	Green Salad 1 c	Salad Dressing 1 oz	Salad Dressing 1 oz
Pudding 1/2 c	Mandarins* 1/2 c	Bread/Marg 1ea	Bread/Marg 1ea	Salad Dressing 1 oz	Bread/Marg 1ea	Hot Dog Buns 2 ea
2% Milk 1 c	2% Milk 8 oz	Pineapple 1/2 c	Apricot 1/2C	Peaches 1/2 c	Pears 1/2 c	Mixed Fruit 1/2 c
		2% Milk 8 oz	2% Milk 8 oz	2% Milk 8 oz	2% Milk 8 oz	2% Milk 8 oz

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 Menu items contain no pork products (except bacon)- **turkey** ham, bologna, salami, pastrami are used. Sausage is beef, chicken or turkey.

*Vitamin C rich source **Vitamin A rich source
 Condiments = average of 1 tsp ea catsup/may/mustard

Amberley RDC en CDCES
 6-17-24

PIONEER FOOD SERVICE

TRRC, PFH

Federal Residential Reentry Centers

Ann Williams RD CDCEFS

6-17-24

	CYCLE 4											
30-Jun	1-Jul		2-Jul		3-Jul		4-Jul		5-Jul		6-Jul	
SUNDAY	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Rice Krispies	1 c	Crispix	1 c	Frosted Flakes	1 c	Toasted Os	1 c	Oatmeal	1 c	Cornflakes	1 c	Rice Krispies
Sausage Gravy	1/2 c	Scrambled Eggs	1/2C	Waffles	2 ea	Cheese	1ea	Egg Patty	1 ea	Pancakes	2 sl	Frittata
Biscuits	2 ea	Hash Browns	1/2C	T.Sausage Patty	1ea	Omelette		Sausage Patty	1 ea	Bacon	2ea	
		Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl	Cheese Slice	1 ea			
		Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	English Muffin	1 ea	Syrup	2 oz	Wheat Toast
Cranberry Jce*	6 oz	Grape Juice*	6 oz	Apple Juice*	6 oz	Grape Juice*	6 oz	Marg	2 tsp	Marg	2 tsp	Marg
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	Cranberry Jce*	6 oz	Orange Juice*	6 oz	Apple Juice*
								2% Milk	8 oz	2% Milk	8 oz	2% Milk
Salami	3 oz	Turkey Ham	3 oz	BQO Chicken	4 oz	Bologna	3 oz	Pastrami	3 oz	T.Ham	3 oz	Turkey
Cheddar Cheese	.75 oz	Cheddar Cheese	.75 oz	Salad Wrap	1 ea	Cheddar Cheese	.75 oz	Swiss Cheese	.75 oz	Cheddar Cheese	.75 oz	Cheddar Cheese
Wh Grain Bread	2 sl	Wh Grain Bread	2 sl	Cheese Stick	1oz	Wh Grain Bread	2 sl	Wh Grain Bread	2 sl	Wh Grain Bread	2 sl	Wh Grain Bread
Mayo/Mustard	1pk ea	Mayo/Mustard	1pk ea			Mayo/Mustard	1pk ea	Mayo/Mustard	1pk ea	Mayo/Mustard	1pk ea	Mayo/Mustard
Orange*	1 ea	Apple	1 ea	Orange*	1 ea	Apple	1 ea	Orange*	1 ea	Banana	1 ea	Orange*
Potato Chips	1.5 oz	Potato Chips	1.5 oz	Potato Chips	1.5 oz	Potato Chips	1.5 oz	Potato Chips	1.5 oz	Potato Chips	1.5 oz	Potato Chips
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk
Brd Fish Square	4 oz	Grilled Chicken	3 oz	Beef Stew	12 oz	Fried Steak	4 oz	Br.Chicken Patty	3 oz	Shepherd's Pie	6 oz	T.Ham Steak
W/Tartar Sauce	1 oz	Penne Pasta	1 c	W/Potatoe and		W/Country Gravy	3 oz	Rice	1 c			W/Country Gravy
Tater Tots	1C	Broccoli Blend	1/2 c	Veg. in Stew		Tater Tots	1 c	W/Chix Gravy	3 oz			Mashed Potato
Peas & Carrots	1/2c					Green Beans	1/2c	California Veg Blend	1/2 c	Capri Veg Mix	1/2 c	Baby Carrots**
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad
Salad Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1 oz			Salad Dressing	1 oz			Salad Dressing
Bread/Marg	1 ea	Bread/Marg	1/1 tsp	Biscuit/Marg	1 ea	Bread/Marg	1 ea	Bread/Marg	1 ea	Bread/Marg	1 ea	Bread/Marg
Peaches	1/2 c	Tropical Salad	1/2 c	Pudding	1/2 c	Cake	1ea	Pineapple	1/2 c	Apricot	1/2 c	Peaches
2% Milk	2 c	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk

If necessary due to production or delivery problems, a menu item may be replaced with an item of equal nutritional value.
 Menu items contain no pork products (except bacon)- **turkey** ham, bologna, salami, pastrami are used. Sausage is beef, chicken or turkey.
 *Vitamin C rich source **Vitamin A rich source
 Condiments = average of 1 tsp ea catsup/mayo/mustard

PIONEER FOOD SERVICE

TRRC, PFH

6-17-24

Ann Lechny RD RD CP CES

Federal Residential Reentry Centers

CYCLE 5

	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Toasted Os	1 c Oatmeal	1 c Cornflakes	1 c Oatmeal	1 c Rice Krispies	1 c Froot Loops	1 c Cornflakes	1 c
French Toast	2 ea Scram. Eggs	1/2C Waffle	2 ea T. Sausage Links	2 ea Egg Patty	1 ea Cheese	1 ea Scram. Eggs	1/2C French Toast
				1 ea Sausage Patty	1 ea Omelette	Hash Browns	1/2C Tur.Saus Patty
				1 ea Cheese Slice			
Marg	2 tsp Wheat Toast	2 sl Marg	2 tsp Marg	1 ea English Muffin	1 ea Wheat Toast	2 sl Wheat Toast	2 sl Marg
Syrup	2 oz Marg	2 tsp Syrup	2 oz Marg	2 tsp Marg	2 tsp Marg	2 tsp Marg	2 tsp Syrup
Grape Juice*	1/2 c Cranberry Jce*	6 oz Orange Juice*	6 oz Grape Juice*	6 oz Grape Juice*	6 oz Cranberry Juice*	6 oz Apple Juice*	6 oz Orange Juice*
2% Milk	8 oz 2% Milk	8 oz 2% Milk	8 oz 2% Milk	8 oz 2% Milk	8 oz 2% Milk	8 oz 2% Milk	8 oz 2% Milk
Tuna Salad	4 oz Salami	3 oz Chicken Salad	4 oz Bologna	3 oz Turkey Ham	3 oz Turkey	3 oz Salami	3 oz
Wrap	1 ea Cheddar Cheese	75 oz Cheese Stick	1oz Wh Grain Bread	2 sl Wh Grain Bread	2 sl Wh Grain Bread	2 sl Wh Grain Bread	2 sl Wh Grain Bread
Cheese Stick	1oz Wh Grain Bread	2 sl Mayo/Mustard	1pk ea Mayo/Mustard	1 ea Banana	1 ea Orange*	1 ea Apple	1pk ea Mayo/Mustard
Apple	1 ea Orange*	1 ea Apple	1 ea Orange	1 ea Banana	1 ea Orange*	1 ea Apple	1 ea
Potato Chips	1.5 oz Potato Chips	1.5 oz Potato Chips	1.5 oz Potato Chips	1.5 oz Potato Chips	1.5 oz Potato Chips	1.5 oz Potato Chips	1.5 oz Potato Chips
2% Milk	8 oz 2% Milk	8 oz 2% Milk	8 oz 2% Milk	8 oz 2% Milk	8 oz 2% Milk	8 oz 2% Milk	8 oz 2% Milk
Chicken Parm	3 oz Chicken Stew	12 oz Brd Fish Square	3.6oz Broccoli Beef	4 oz Chicken Patty w/	3 oz Salisbury Steak	3.2 oz T.Ham Steak	3 oz
Marinara&Parm	1ozea W/Potatoe and	W/Tartar Sauce	1 oz Rice	1C Gravy	3oz W/Brown Gravy	3 oz W/Gravy	3 oz
Penne Pasta	1 c Veg. in Stew	Tater Tots	1C Stir Fry Veg	1/2 c Mashed Potatoes	1 c Rice	1 c Scalloped Potatoes	1 c
Zucchini	1/2 c	Peas	1/2 c	Peas & Carrots	1/2C Capri Veg Mix	1/2 c Mix Veggies	1/2c
Green Salad	1 c Green Salad	1 c Coleslaw	1/2 c Green Salad	1 c Coleslaw	1/2 c Green Salad	1 c Green Salad	1 c
Salad Dressing	1 oz Salad Dressing	1 oz	1 oz Salad Dressing	1 oz	1/1 tsp Salad Dressing	1 oz Salad Dressing	1 oz
Bread/Marg	1 ea Biscuit/Marg	1/1 tsp Hamb Bun	1 ea Bread/Marg	1 ea Bread/Marg	1/1 tsp Bread/Marg	1 ea Bread/Marg	1 ea
Pudding	1/2 c Mandarins*	1/2 c Pineapple	1/2 c Apricot	1/2 c Peaches	1/2 c Cake	1ea Tropical Salad	1/2 c
2% Milk	8 oz 2% Milk	8 oz 2% Milk	8 oz 2% Milk	8 oz 2% Milk	8 oz 2% Milk	8 oz 2% Milk	8 oz

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*Vitamin C rich source **Vitamin A rich source

Condiments = average of 1 tsp ea catsup/may/mustard

CYCLE2
PIONEER FOOD SERVICE

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

TELECARE

Ann Lockman RD CD DCS

6-17-24

	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cheerios	1 c	Rice Krispies	1 c	Frosted Flakes	1 c	Raisin Bran	1 c
Scrambled Eggs	1/2C	Belgian Waffle	2 ea	Breakfast	1/2C	Egg Patty	1 ea
Hash Browns	4 oz		Casserole		Sausage Patty	2 oz	Omelette
Wheat Toast	2 sl	Syrup	2 oz	Wheat Toast	2 sl	English Muffin	1 ea
Marq	2 tsp	Marq	2 tsp	Marq	2 tsp	Marq	2 tsp
Apple Juice*	6 oz	Grape Juice*	6 oz	Cranberry Jce*	6 oz	Orange Juice*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
		Beef Taco				Chef's Salad	
T.Salami	3 oz	Taco Meat w/	Turkey Hot Dog	4 oz	Br&Cheez Burrito	2 ea	T.Ham&Shrd Chz
Cheese	2sl	Black Beans	4 oz	W/Mustard/Mayo	1 ea	Spanish Rice	1/2 c
Mayo/Mustard	1pk ea	Shred cheese	1 oz	Macaroni &		W/Salsa	1oz
Potato Chips	1oz	Shred lettuce	1/2 c	Cheese	1/2C	Green Beans	1/2 c
Wheat Bread	2 sl	Tortilla	2 ea	Coleslaw	1/2 c	Salad Dressing	2 oz
Fresh Orange*	1 ea	Fresh Apple	1 ea	Pears	1/2 c	Apricot	1/2 c
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
Beef Stroganoff	4 oz	Creamy Chicken	3 oz	T.Ham Steak	3 oz	Meat Lasagna	6 oz
		Rice	1C	Mashed Potatoes	1 c	Mashed Potatoes	1 c
Pasta	1 c	Broccoli Blend	1/2 c	W/Gravy	3 oz	Capri Veg Mix	1/2 c
Scandinavian Veg	1/2 c		Carrots	1/2C	Green Salad	1 c	Brussel Sprouts
Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c	Salad Dressing	1 oz
Salad Dressing	1 oz	Salad Dressing	1 oz				
Bread/marg	1 ea	Bread/ Marg	1 ea	Bread/ Marg	1 ea	Bread/marg	1ea
Pineapple	1/2 c	Mandarins*	1/2 c	Tropical Salad	1/2 c	Cake	1ea
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

If necessary due to production or delivery problems, a menu item may be replaced with an item of equal nutritional value.
Menu items contain no pork products (except bacon) - turkey ham, bologna, salami, pastrami are used. Sausage is beef, chicken or turkey.
*Vitamin C rich source **Vitamin A rich source Condiments are an average of 1 tsp ea catsup/mustard/mayo

3
PIONEER FOOD SERVICE

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

TELECARE

Annaladine RD CD CDCES
4-17-24

	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun						
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
Root Loops	1 c	Rice Krispies	1 c	Oatmeal	1 c	Bran Flakes	1 c	Frosted Flakes	1 c	Cheerios	1 c	Oatmeal	1 c
Sausage Gravy	1/2 c	French Toast	2ea	Scrambled Eggs	1/2c	Waffles	2ea	Frittata	1/2c	Cheese	1ea	French Toast	2 sl
Biscuits	2 ea	Bacon	2ea	Hash Browns	1/2c	T.Sausage Patty	1 ea			Omelette		T. Sausage links	2 ea
		Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl	Wheat Toast	2 sl	Marg	2 tsp
		Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp	Syrup	2 oz
Orange Juice*	6 oz	Cranberry Juice*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz	Cranberry Juice*	6 oz	Apple Juice*	6 oz	Grape Juice*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
Meat Loaf Sand	3 oz	Pastrami	3 oz	Beef Tator Tot	8 oz	Chicken, ham	1oz ea	BBQ Chicken	4 oz	Taco Meat w/		Chix teriyaki	3 oz
w/Cheese	2ea	Swiss Cheese	2ea	Casserole		Hard-boiled egg	1 ea	Tater Tots	1/2 c	Black Beans	4 oz	Rice	1/2 c
Mustard/Mayo	1 ea	Wh Grain Bread	2 sl	California Veg	1/2c	Tomatoes	2 wdg	Corn and Peppers	1/2c	Shred cheese	1 oz	Stir Fry Veg	1/2 c
California veg blend	1/2 c	Mayo/Mustard	1pk ea			Shred Carrot	1/4c			Salsa/sour crm	1oz ea		
		Baby carrot**	1/2 c										
Bread	2ea			Bread Roll/Marg	1ea	Bread/Marg	1/1 tsp	Hamb Bun	1 ea	Tortilla	2 ea	Bread/Marg	1/1 tsp
Mixed Fruit	1/2 c	Fresh Apple	1ea	Pear	1/2 c	Fresh Orange*	1ea	Tropical Mix	1/2 c	Pineapple	1 ea	Mandarins*	1ea
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
Sweet and		Fried Steak	4 oz	Creamy Chicken	3 oz	Swedish Meath	3 oz	Beef Chili	12 oz	Chicken Parmesan/	3 oz	Turkey Hot Dog	4oz-2ea
Hour Chicken	4 oz	W/Country Gravy	3 oz			in Country Gravy		Shred Cheese	1/2 oz	Marinara&Parmesan	1oz	W/Mustard/Mayo	2 ea
Rice	1 c	Scalloped Potatoes	1 c	Penne Pasta	1 c	Rice	1 c	Cornbread/Marg	1 ea	Penne Pasta	1 c	Macaroni & Cheese	1 c
Stir Fry Veg	1/2 c	Zucchini	1/2 c	Italian Veg	1/2c	Scandiavian Veg.	1/2 c	Mixed Veg	1/2 c	Brussel Sprouts	1/2 c	Country Mix **	1/2 c
Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c	Coleslaw	1/2 c			Green Salad	1 c	Green Salad	1 c
Salad Dressing	1 oz			Ranch Dressing	1 oz			Green Salad	1 c	Salad Dressing	1 oz	Salad Dressing	1oz
Bread/ Marg	1ea	Bread/ Marg	1ea	Bread/mar	1 ea	Bread/marg	1ea	Salad Dressing	1 oz	Bread/marg	1 ea	Hot dog buns	2 ea
Judging	1/2 c	Mandarins*	1/2 c	Pineapple	1/2 c	Apricot	1/2c	Peaches	1/2c	Pears	1/2 c	Mixed Fruit	1/2 c
2% Milk	1 c	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

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Menu items contain no pork products (except bacon) - turkey ham, bologna, salami, pastrami are used. Sausage is beef, chicken or turkey.
*Vitamin C rich source **Vitamin A rich source Condiments are an average of 1 tsp ea catsup/mustard/mayo

CYCLE 4
PIONEER FOOD SERVICE

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

TELECARE

Ann Whitney RD CD CDERS

6-17-24

	30-Jun		1-Jul		2-Jul		3-Jul		4-Jul		5-Jul		6-Jul	
	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Rice Krispies	1 c	Crispix	1 c	Frosted Flakes	1 c	Toasted Os	1 c	Oatmeal	1 c	Cornflakes	1 c	Rice Krispies	1 c	
Sausage Gravy	1/2 c	Scrambled Eggs	1/2C	Waffles	2 ea	Cheese	1ea	Egg Patty	1 ea	Pancakes	2 sl	Frittata	1/2C	
Biscuits	2 ea	Hash Browns	1/2C	T.sausage patty	2 oz	Omelette		Sausage Patty	1 ea	Bacon	2 oz			
		Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl	Cheese Slice	1 ea					
		Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	English Muffin	1 ea	Syrup	2 oz	Wheat Toast	2 sl	
Cranberry Jce*	6 oz	Grape Juice*	6 oz	Apple Juice*	6 oz	Grape Juice*	6 oz	Cranberry Jce*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz	
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	
Chicken noodle		Bn&Cheez Burrito	2 ea	Turkey	3 oz	Tomato Soup	8 oz	Beef Chili	12 oz	T.Ham&Shrd Chz	1oz ea	Creamy Chicken	3 oz	
Casserole	8 oz	Spanish Rice	1/2 c	W/Cheese	2ea	W/Saltines	2 pak	Shred Cheese	1/2 oz	Hard boiled egg	1 ea	Rice	1/2 c	
		W/Salsa	1oz			Ham	3 oz	Mix Vegqies**	1/2 c	Lettuce mix	2 c	Winter Blend	1/2 c	
Green Beans	1/2 c	Zucchini	1/2c	Mayo/Mustard	1pk ea	Cheese	2ea	Tomatoes	2 wdq	Biscuit/Marg	1es			
				Baby carrot**	1/2C	Mayo/Mustard	1 ea	Cornbread	1 sq	Salad Dressing	2 oz			
Dinner Roll/mar	1 ea			Hoagie Roll	1 ea	Wh Wheat Brd	2 sl			Dinner Roll/mar	1 ea			
Fresh Apple	1ea	Fresh Orange*	1ea	Pear	1/2 c	Tropical Mix		Fresh Apple	1ea	Banana	1 ea	Pears	1/2 c	
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	
Breaded Fish	3.6 oz	Grilled Chicken	3 oz	Beef Stew	12 oz	Fried Steak	4 oz	B.Chicken Patty	3 oz	Shepherds Pie	6 oz	T.Ham Steak	3 oz	
W/Tartar Sauce	1 oz	W/Gravy	3oz	W/Potatoe and		W/Country Grav	3 oz	Rice	1 c			W/ Contry Gravy	3oz	
Tater Tots	1C	Penne Pasta	1 c	Veg.in stew		Tater Tots	1 c	W/Chix Gravy	3 oz			Mashed Potato	1 c	
Peas & Carrots	1/2c	Broccoli Blend	1/2 c			Green Beans	1/2c	California veg blend	1/2 c	Capri Veg	1/2 c	Baby Carrots**	1/2C	
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c	
Salad Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1 oz			Salad Dressing	1 oz			Salad Dressing	1 oz	
Bread/Marg	1 ea	Bread/ Marg	1/1 tsp	Biscuit/Marg	1 ea	Bread/ Marg	1 ea	Bread/ Marg	1 ea	Bread/marg	1 ea	Bread/marg	1 ea	
Peaches	1/2 c	Tropical Salad	1/2 c	Pudding	1/2 c	Cake	1ea	Pineapple	1/2 c	Apricot	1/2 c	Peaches	1/2 c	
2% Milk	2 c	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	

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*Ann Lachmy RDCD CDCES
4-17-24*

CYCLES

TELECARE

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

PIONEER FOOD SERVICE

	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul						
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
Toasted Os	1 c	Oatmeal	1 c	Oatmeal	1 c	Rice Krispies	1 c	Froot Loops	1 c	Cornflakes	1 c		
French Toast	2 ea	Scram. Eggs	1/2C	Waffle	2 ea	Egg Patty	1 ea	Cheese	1ea	Scram. Eggs	1/2C	French Toast	2 ea
		Tater Triangles	2 ea	T. Sausage links	2 oz	Sausage Patty	1 ea	Omelette		Hash Browns	1/2C	Tur.Saus Patty	2 oz
				Cheese Slice	1 ea								
Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	English Muffin	1 ea	Wheat Toast	2 sl	Wheat Toast	2 sl	Marg	2 tsp
Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Syrup	2oz
Grape Juice*	1/2 c	Cranberry Jc	6 oz	Orange Juice*	6 oz	Grape Juice*	6 oz	Cranberry Juice*	6 oz	Apple Juice*	6 oz	Orange Juice*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
		Beef Taco		Caesar Salad w/		Soup of the day	8 oz			BBO Chicken	4 oz	Turkey Noodle	8 oz
Salmon Burger	3 oz	Taco Meat w/		Chix teriyaki	3 oz	Diced Chicken	3 oz	W/ Saitnes	2 pak	BBO Chicken	4 oz	Turkey Noodle	8 oz
W/Tartar Sauce	1 oz	Black Beans	4 oz	Rice	1/2 c	Lettuce Mix	2 c	Bologna	3 oz	Tater Tots	1/2 c	Casserole	
Rice Pilaf	1/2C	Shred cheese	1 oz	Stir Fry Veg	1/2 c	CROUTONS/Parm	1 oz ea	Cheese	2ea	Corn and Peppers	1/2C		
Peas & Carrots	1/2 c	Shred lettuce	1/2 c			Caesar Dressing	2 oz	Mustard/Mayo	1 ea			Italian Veg	1/2
		Salsa/sour crm	1oz ea			Dinner Roll/marg	1 ea	Baby Carrots**	1/2C	Coleslaw	1/2c		
Hamb Bun	1 ea	Tortilla	2 ea	Bread/ Marg	1 ea			Bread	2 sl	Hamb Bun	1 ea	Biscuit/Marg	1ea
Tropical Salad	1/2 c	Apricot	1/2 c	Pear	1/2 c	Fresh Apple	1ea	Fresh Orange*	1ea	Fresh Banana	1ea	Pudding	1/2
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
Chicken Parmesar	3 oz	Chicken Stew	12 oz	Breaded Fish	3.6 oz	Broccoli Beef	4 oz	Chicken Patty w/	3 oz	Salisbury Steak	4 oz	T.Ham Steak	3 oz
Marinara&Parmes	1oz ea	W/Potatoe and		W/Tartar Sauce	1 oz	Rice	1C	Gravy	3oz	W/Brown Gravy	3 oz	W/Gravy	3 oz
Penne Pasta	1 c	Veg.in stew		Tater Tots	1C	Stir Fry Veg	1/2 c	Mashed Potatoes	1 c	Rice	1 c	Scalloped Potatoes	1 c
Zucchini	1/2 c			Peas		Peas & Carrots	1/2C	Capri Veg	1/2c	Mix Veggies	1/2c		
Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c	Green Salad	1 c
Salad Dressing	1 oz	Salad Dressing	1 oz			Salad Dressing	1 oz			Salad Dressing	1 oz	Salad Dressing	1 oz
bread/marg	1 ea	Biscuit/Marg	1/1 tsp	Hamb Bun	1 ea	Bread/Marg	1 ea	Bread/ Marg	1/1 tsp	Bread/marg	1 ea	Bread/marg	1 ea
Pudding	1/2 c	Mandarins*	1/2 c	Pineapple	1/2 c	Apricot	1/2 c	Peaches	1/2 c	Cake	1ea	Tropical Salad	1/2 c
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

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