

PIONEER FOOD SERVICE

TRRC, PFH

Federal Residential Reentry Centers

CYCLE 1

5-May		6-May		7-May		8-May		9-May		10-May		11-May	
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	Marg	2 tsp
Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp					Syrup	2oz
Cranberry Jce*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz	Cranberry Jce*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz	Cranberry Jce*	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	Wrap	1 ea
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
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	Coleslaw	1/2 c
Ham Bun	1 ea	Bread/Marg	1 ea	Bread/Marg	1ea	Bread/Marg	1 ea	Bread/Marg	1 ea	Bread Roll/Marg	1ea	Bread/Marg	1 ea
Pears	1/2 c	Mixed Fruit	1/2 c	Pineapple	1/2C	Pears	1ea	Apricot	1/2C	Pudding	1/2C	Peaches	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

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

Nutritious snacks are to be kept on hand at all times.

CYCLE 2

Federal Residential Reentry Centers

12-May		13-May		14-May		15-May		16-May		17-May		18-May	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Cheerios	1 c	Rice Krispies	1 c	Frosted Flakes	1 c	Raisin Bran	1 c	Cornflakes	1 c	Oatmeal	1 c	Cheerios	1 c
Scrambled Eggs	1/2C	Belgian Waffle	2 ea	Breakfast	1/2C	Egg Patty	1 ea	Cheese	1ea	Pancakes	2ea	Frittata	1/2C
Hash Browns	1/2C			Casserole		Sausage Patty	2 oz	Omelette		Tur.Saus Patty	2 oz		
						Cheese Slice	1 ea						
Wheat Toast	2 sl	Syrup	2 oz	Wheat Toast	2 sl	English Muffin	1 ea	Wheat Toast	2 sl	Syrup	2oz	Wheat Toast	2 sl
Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	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	Apple Juice*	6 oz	Cranberry Jce*	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
Turkey Ham	3 oz	Bologna	3 oz	Tuna Salad	4oz	Turkey Pesto	3 oz	Salami	3 oz	Pastrami	3 oz	BBQ Chicken Sal	4 oz
Cheddar Cheese	.75 oz	Cheddar Cheese	.75 oz	Cheese Stick	1oz	Cheddar Cheese	.75 oz	Cheddar Cheese	.75 oz	Swiss Cheese	.75 oz	Wrap	1 ea
Wh Grain Bread	2 sl	Wh Grain Bread	2 sl	Wh Grain Bread	2 sl	Wrap	1 ea	Wh Grain Bread	2 sl	Wh Grain Bread	2 sl	Cheese Stick	1oz
Mayo/Mustard	1pk ea	Mayo/Mustard	1pk ea			Cheese Stick	1 ea	Mayo/Mustard	1pk ea	Mayo/Mustard	1pk ea		
Orange	1 ea	Apple	1 ea	Orange*	1ea	Apple	1 ea	Banana	1 ea	Apple	1 ea	Orange*	1ea
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
Beef Stroganoff	4 oz	Creamy Chicken	3 oz	T.Ham Steak	3 oz	Meat Lasagna	6 oz	Salisbury Steak	4 oz	Cheeseburger	3 oz	Brd Fish Square	3.6 oz
		Rice	1C	Mashed Potatoes	1 c			Mashed Potatoes	1 c	Mayo/Mustard	1 ea	W/Tartar Sauce	1 oz
Pasta	1 c	Broccoli Blend	1/2 c	W/Gravy	3 oz	Italian Veg Blend	1/2 c	W/Brown Gravy	3 oz	Tater tots	1 C	Tater Tots	1C
Scandiavian Veg	1/2 c			Carrots	1/2c	Green Salad	1 c	Brussel Sprouts	1/2 c	Corn	1/2 C	Peas & Carrots	1/2c
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Salad Dressing	1 oz	Coleslaw	1/2 c	Green Salad	1 c	Coleslaw	1/2 c
Salad Dressing	1 oz	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	1 ea	Bread/Marg	1ea	Ham Bun	1 ea	Hamb Bun	1 ea
Pineapple	1/2 c	Mandarins*	1/2 c	Tropical Salad	1/2 c	Pudding	1/2 c	Cake	1ea	Pears	1/2 c	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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PIONEER FOOD SERVICE

TRRC, PFH

Federal Residential Reentry Centers

CYCLE 3

19-May		20-May		21-May		22-May		23-May		24-May		25-May	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		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	2ea	Scrambled Eggs	1/2C	Waffles	2 ea	Frittata	1/2C	Cheese	1ea	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	1oz
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		Fried Steak	4 oz	Creamy Chicken	3 oz	Swedish Meatb	3 oz	Beef Chili	12 oz	Chicken Parmesan/	3 oz	Turkey Hot Dog	4oz-2ea
Sour Chicken	4 oz	W/Country Gravy	3 oz	Penne Pasta	1 c	in Contry Gravy		Shred Cheese	1/2 oz	Marinara&Parmesan	1ozaea	W/Mustard/Mayo	2 ea
Rice	1 c	Scalloped Potatoes	1 c	Italian Veg	1/2c	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			Scandiavian Veg	1/2 c	Mix Veg	1/2 c	Brussel Spouts	1/2 c	Country Mix **	1/2 c
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c			Green Salad	1 c	Coleslaw	1/2 c
Salad Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1 oz			Green Salad	1 c	Salad Dressing	1 oz		
Bread/Marg	1ea	Bread/Marg	1ea	Bread/Marg	1 ea	Bread/Marg	1ea	Salad Dressing	1 oz	Bread/Marg	1 ea	Hot Dog Buns	2 ea
Pudding	1/2 c	Mandarins*	1/2 c	Pineapple	1/2 c	Apricot	1/2C	Peaches	1/2 c	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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Condiments = average of 1 tsp ea catsup/may/mustard

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PIONEER FOOD SERVICE

TRRC, PFH

Federal Residential Reentry Centers

CYCLE 4													
26-May		27-May		28-May		29-May		30-May		31-May		1-Jun	
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
		Scrambled Eggs	1/2C	Waffles	2 ea	Cheese	1ea	Egg Patty	1 ea	Pancakes	2 sl	Frittata	1/2C
Sausage Gravy	1/2 c	Hash Browns	1/2C	T.Sausage Patty	1ea	Omelette		Sausage Patty	1 ea	Bacon	2ea		
Biscuits	2 ea							Cheese Slice	1 ea				
		Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl	English Muffin	1 ea	Syrup	2 oz	Wheat Toast	2 sl
		Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
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
Salami	3 oz	Turkey Ham	3 oz	BBQ Chicken	4 oz	Bologna	3 oz	Pastrami	3 oz	T.Ham	3 oz	Turkey	3 oz
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	.75 oz
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	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
Orange*	1 ea	Apple	1 ea	Orange*	1 ea	Apple	1 ea	Orange*	1 ea	Banana	1 ea	Orange*	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
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	3 oz
W/Tartar Sauce	1 oz	Penne Pasta	1 c	W/Potatoe and		W/Country Gravy	3 oz	Rice	1 c			w/Country Gravy	3oz
Tater Tots	1C	Broccoli Blend	1/2 c	Veg. in Stew		Tater Tots	1 c	W/Chix Gravy	3 oz			Mashed Potato	1 c
Peas & Carrots	1/2c					Green Beans	1/2c	California Veg Blend	1/2 c	Capri Veg Mix	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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Menu items contain no pork products (except bacon)- **turkey** ham, bologna, salami, pastrami are used. Sausage is beef, chicken or turkey.

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PIONEER FOOD SERVICE

TRRC, PFH

Federal Residential Reentry Centers

CYCLE 5													
2-Jun		3-Jun		4-Jun		5-Jun		6-Jun		7-Jun		8-Jun	
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	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 Jce*	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
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	Cheddar Cheese	.75 oz	Cheddar Cheese	.75 oz	Cheddar Cheese	.75 oz	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	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
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
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 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	1oza	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			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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