



## Nutrition Development Systems

July 28, 2025

Aaron Henderson  
Kitchen Manager  
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 7-28-25, 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  
Contract Dietitian  
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CYCLE1

TELECARE

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

## PIONEER FOOD SERVICE

Ann Lammey RDCO CNETS  
7-28-25

| 3-Aug                                                                                                                                   |       | 4-Aug           |       | 5-Aug           |        | 6-Aug            |       | 7-Aug           |       | 8-Aug            |        | 9-Aug          |        |
|-----------------------------------------------------------------------------------------------------------------------------------------|-------|-----------------|-------|-----------------|--------|------------------|-------|-----------------|-------|------------------|--------|----------------|--------|
| 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                                                                                                                        | 2 ea  |                 | Bacon |                 | 2sl    | Hash Browns      | 1/2C  | Biscuits        | 2 ea  | Taco             |        | Tur.Saus Patty | 1 ea   |
|                                                                                                                                         |       |                 |       |                 |        |                  |       |                 |       |                  |        |                |        |
| 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   |
|                                                                                                                                         |       |                 |       |                 |        |                  |       |                 |       |                  |        |                |        |
|                                                                                                                                         |       |                 |       |                 |        |                  |       |                 |       |                  |        |                |        |
| T.Ham                                                                                                                                   | 3 oz  | Meat Loaf w/    | 3 oz  | Chicken Sausage | 4 oz   | Chili con carne  | 12 oz | Chicken Alfredo | 8 oz  | W/ Saltines      | 2 pak  | Hamb Patty     | 3 oz   |
| Cheese                                                                                                                                  | 2 sl  | Swiss Cheese    | 2ea   | in Marinara     |        | Shredded cheese  | 1 oz  | Casserol        |       | Bologna          | 3 oz   | W/Cheese,      | 1 ea   |
| Mustard/Mayo                                                                                                                            | 1 ea  | Mustard/Mayo    | 1 ea  | Pasta Salad     | 1/2 c  |                  |       |                 |       | Cheese           | 2sl    | Mayo/Must      | 1 ea   |
| Potato Chips                                                                                                                            | 1oz   | Green Salad     | 1 c   | Italian Veg Mix | 1/2C   | Capri Veg        | 1/2c  | Brussel Sprouts | 1/2 c | Mayo/Mustard     | 1pk ea | Macaroni &     | 1/2 c  |
|                                                                                                                                         |       | Ranch Dressing  | 1 oz  |                 |        |                  |       |                 |       | Baby Carrot**    | 1/2C   | Cheese         |        |
| Bread                                                                                                                                   | 2 sl  | Bread           | 2 sl  | Hoagie Roll     | 1 ea   | Cornbread/marg   | 1 ea  | Bread Roll/marg | 1ea   | Wheat Bread      | 2 sl   | Hamb Bun       | 1 ea   |
| Mandarins*                                                                                                                              | 1/2 c | Fresh Apple     | 1ea   | Fresh Orange*   | 1ea    | Tropical Mix     | 1/2c  | Fresh Banana    | 1 ea  | Fresh Orange*    | 1ea    | 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  | 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   | 3.6 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   | Venetian Mix 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      | 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    |
|                                                                                                                                         |       |                 |       |                 |        |                  |       |                 |       |                  |        | Salad Dressing | 1 oz   |
| Ham Bun                                                                                                                                 | 1 ea  | Bread/ Marg     | 1 ea  | Bread/marg      | 1ea    | Bread/marg       | 1 ea  | Bread/mar       | 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 are an average of 1 tsp ea catsup/mustard/mayo                         |       |                 |       |                 |        |                  |       |                 |       |                  |        |                |        |



CYCLE2

TELECARE

Dinner Menu RD CD CDCFS

7-28-25

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

## PIONEER FOOD SERVICE

| 10-Aug                                                                                                                                   | 11-Aug               | 12-Aug                 | 13-Aug                | 14-Aug                 | 15-Aug              | 16-Aug                 |
|------------------------------------------------------------------------------------------------------------------------------------------|----------------------|------------------------|-----------------------|------------------------|---------------------|------------------------|
| 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 4 oz                                                                                                                         |                      | 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           |
|                                                                                                                                          |                      |                        |                       |                        |                     |                        |
|                                                                                                                                          | Beef Taco            |                        |                       | Chef's Salad           |                     | Soup of the day 8 oz   |
| T.Salami 3 oz                                                                                                                            | Taco Meat w/ 2sl     | Turkey Hot Dog 4 oz    | Br&Cheez Burrito 2 ea | T.Ham&Shrd Chz 1oz ea  | Sloppy Joes 4 oz    | Bologna 3 oz           |
| Cheese 2sl                                                                                                                               | Black Beans 4 oz     | W/Mustard/Mayd 1 ea    | Spanish Rice 1/2 c    | Hard boiled egg 1 ea   | Potato Salad 1/2 c  | W/Cheese 2sl           |
| Mayo/Mustard 1pk ea                                                                                                                      | Shred cheese 1 oz    | Macaroni & Cheese 1/2C | W/Salsa 1oz           | Lettuce mix 2 c        | Baby carrot** 1/2 c | Saltine Cracker 2ea    |
| Potato Chips 1oz                                                                                                                         | Shred lettuce 1/2 c  | Cheese 1/2C            | Green Beans 1/2 c     | Tomatoes 2 wdg         |                     | Mayo/Mustard 1ea       |
|                                                                                                                                          | Salsa/sour crm 1ozea | Coleslaw 1/2 c         |                       | Salad Dressing 2 oz    |                     | Potato Chips 1oz       |
| Wheat Bread 2 sl                                                                                                                         | Tortilla 2 ea        | Hot dog buns 2 ea      |                       | Dinner Roll/mar 1 ea   | Hamb Bun 1ea        | Bread 2ea              |
| Fresh Orange* 1 ea                                                                                                                       | Fresh Apple 1 ea     | Pears 1/2 c            | Apricot 1/2 c         | Mixed Fruit 1/2 c      | Mandarins* 1/2 c    | Fresh Apple 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           |
|                                                                                                                                          |                      |                        |                       |                        |                     |                        |
| Beef Stroganoff 4 oz                                                                                                                     | Creamy Chicken 3 oz  | T.Ham Steak 3 oz       | Meat Lasagna 6 oz     | Salisbury Steak 3.2 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           | Capri Veg Mix 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                                                                                                                          | Coleslaw 1/2 c       | Green Salad 1 c        | Salad Dressing 1 oz   | 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    |
| Bread/marg 1 ea                                                                                                                          | Bread/ Marg 1 ea     | Bread/ Marg 1 ea       | Bread/marg 1 ea       | Bread/marg 1ea         | Hamb Bun 1ea        | Bread/Marg 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           |
| 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, pastрами 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                                 |                      |                        |                       |                        |                     |                        |

7/27/2025



Ann Lammey RD CD CPCS

7-28-25

## PIONEER FOOD SERVICE

| 17-Aug                                                                                                                                   |       | 18-Aug             |        | 19-Aug          |       | 20-Aug           |         | 21-Aug           |        | 22-Aug            |        | 23-Aug            |         |
|------------------------------------------------------------------------------------------------------------------------------------------|-------|--------------------|--------|-----------------|-------|------------------|---------|------------------|--------|-------------------|--------|-------------------|---------|
| 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              | 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    |
|                                                                                                                                          |       |                    |        |                 |       |                  |         |                  |        |                   |        |                   |         |
|                                                                                                                                          |       |                    |        |                 |       | Chop Chop Salad  |         |                  |        | Beef Taco         |        |                   |         |
| 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  |                 |       | Salad Mix/dres   | 2c/2z   | Coleslaw         | 1/2 c  | Shred lettuce     | 1/2 c  |                   |         |
| Bread                                                                                                                                    | 2ea   |                    |        | Bread Roll/Marg | 1ea   | Bread/ Marg      | 1/1 tsf | 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 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   |                 |       | in Country Gravy |         | Shred Cheese     | 1/2 oz | Marinara&Parmesan | 10zea  | 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    |
| 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    |
| 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                       |       |                    |        |                 |       |                  |         |                  |        |                   |        |                   |         |

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



DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

| 24-Aug                                                                                                                                  | 25-Aug | 26-Aug           | 27-Aug    | 28-Aug          | 29-Aug | 30-Aug         |       |                      |        |                 |        |                 |       |
|-----------------------------------------------------------------------------------------------------------------------------------------|--------|------------------|-----------|-----------------|--------|----------------|-------|----------------------|--------|-----------------|--------|-----------------|-------|
| 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*    | 2 tsp |
| 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  | Chef's Sal      |        |                 |       |
| Casserole                                                                                                                               | 8 oz   | Spanish Rice     | 1/2 c     | W/Cheese        | 2ea    | W/Saltines     | 2 pak | Shred Cheese         | 1/2 oz | T.Ham&Shrd Chz  | 1oz ea | Creamy Chicken  | 3 oz  |
|                                                                                                                                         |        | W/Salsa          | 1oz       |                 |        | Ham            | 3 oz  | Mix Veggies**        | 1/2 c  | Hard boiled egg | 1 ea   | Rice            | 1/2 c |
| Green Beans                                                                                                                             | 1/2 c  | Zucchini         | 1/2c      | Mayo/Mustard    | 1pk ea | Cheese         | 2ea   |                      |        | Lettuce mix     | 2 c    | Winter Blend    | 1/2 c |
|                                                                                                                                         |        |                  |           | Baby carrot**   | 1/2C   | Mayo/Mustard   | 1 ea  | Cornbread            | 1 sq   | Tomatoes        | 2 wdg  | Biscuit/Marg    | 1es   |
| Dinner Roll/mar                                                                                                                         | 1 ea   |                  |           | Hoagie Roll     | 1 ea   | Wh Wheat Brd   | 2 sl  |                      |        | Salad Dressing  | 2 oz   |                 |       |
| Fresh Apple                                                                                                                             | 1ea    | Fresh Orange*    | 1ea       | Pear            | 1/2 c  | Tropical Mix   |       | Fresh Apple          | 1ea    | Dinner Roll/mar | 1 ea   |                 |       |
| 2% Milk                                                                                                                                 | 8 oz   | 2% Milk          | 8 oz      | 2% Milk         | 8 oz   | 2% Milk        | 8 oz  | 2% Milk              | 8 oz   | Banana          | 1 ea   | Pears           | 1/2 c |
|                                                                                                                                         |        |                  |           |                 |        |                |       |                      |        | 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  | Br.Chicken Patty     | 3 oz   | Shepherds Pie   | 6 oz   | T.Ham Steak     | 3 oz  |
| W/Tartar Sauce                                                                                                                          | 1 oz   | W/Gravy          | 3oz       | W/Potatce and   |        | W/Country Graw | 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  |
|                                                                                                                                         |        |                  |           |                 |        |                |       |                      |        |                 |        |                 |       |
|                                                                                                                                         |        |                  |           |                 |        |                |       |                      |        |                 |        |                 |       |
| 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                     |        |                  |           |                 |        |                |       |                      |        |                 |        |                 |       |



## PIONEER FOOD SERVICE

Ann Williams, RD CD CDE'S

7-28-25

| 31-Aug              |       | 1-Sep           |         | 2-Sep            |        | 3-Sep            |         | 4-Sep            |         | 5-Sep            |       | 6-Sep              |       |
|---------------------|-------|-----------------|---------|------------------|--------|------------------|---------|------------------|---------|------------------|-------|--------------------|-------|
| 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 |                 | 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    |                  |       |                    |       |
| Salmon Burger       | 3 oz  | Taco Meat w/    |         | Chix teriyaki    | 3 oz   | Diced Chicken    | 3 oz    | W/ Saltines      | 2 pak   | BBQ 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 c |
|                     |       | Salsa/sour crm  | 10za    |                  |        | 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 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  |
|                     |       |                 |         |                  |        |                  |         |                  |         |                  |       |                    |       |
| 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&Parmes10za |       | 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        | 1/2 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  |

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



7-28-25

## Anna Laimany, RD CDE CDEES

|                                                                                                                                                 |        | CYCLE 1         |        |                 |        |                |        |                 |        |                  |        |
|-------------------------------------------------------------------------------------------------------------------------------------------------|--------|-----------------|--------|-----------------|--------|----------------|--------|-----------------|--------|------------------|--------|
| 3-Aug                                                                                                                                           |        | 4-Aug           |        | 5-Aug           |        | 6-Aug          |        | 7-Aug           |        | 8-Aug            |        |
| SUNDAY                                                                                                                                          |        | MONDAY          |        | TUESDAY         |        | WEDNESDAY      |        | THURSDAY        |        | FRIDAY           |        |
|                                                                                                                                                 |        |                 |        |                 |        |                |        |                 |        |                  |        |
|                                                                                                                                                 |        |                 |        |                 |        |                |        |                 |        |                  |        |
| Rice Krispies                                                                                                                                   | 1 c    | Cheerios        | 1 c    | Oatmeal         | 1 c    | Bran Flakes    | 1 c    | Froot Loops     | 1 c    | Oatmeal          | 1 c    |
| Waffle                                                                                                                                          | 2 ea   | Frittata        | 1/2C   | Waffle          | 2 ea   | Scram. Eggs    | 1/2C   | Sausage Gravy   | 1/2 c  | Breakfast        | 1/2C   |
| T. Sausage Links                                                                                                                                | 2oz    |                 |        | Bacon           | 2oz    | Hash Browns    | 1/2C   | Biscuits        | 2 ea   | Taco             |        |
| 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   |
| 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   |
| 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   |
| 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   | Orange*          | 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 |
| 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   |
| Pasta Salad                                                                                                                                     | 1 c    | Brown Rice      | 1 c    | Mashed Potatoes | 1 c    | Rice           | 1 c    | W/Country Gravy | 3 oz   | Penne Pasta      | 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  |
| Green Salad                                                                                                                                     | 1c     | Green Salad     | 1 c    | Carrots**       | 1/2C   | Green Salad    | 1 c    | Broccoli Blend  | 1/2 c  | Green Salad      | 1 c    |
| Salad Dressing                                                                                                                                  | 1oz    | Salad Dressing  | 1 oz   | Coleslaw        | 1/2 c  | Salad Dressing | 1 oz   | Coleslaw        | 1/2 c  | Salad Dressing   | 1 oz   |
|                                                                                                                                                 |        |                 |        |                 |        |                |        |                 |        |                  |        |
| Ham Bun                                                                                                                                         | 1 ea   | Bread/Marg      | 1 ea   | Bread/Marg      | 1ea    | Bread/Marg     | 1 ea   | Bread/Marg      | 1 ea   | Bread Roll/Marg  | 1ea    |
| Pears                                                                                                                                           | 1/2 c  | Mixed Fruit     | 1/2 c  | Pineapple       | 1/2C   | Pears          | 1ea    | Apricot         | 1/2C   | Pudding          | 1/2C   |
| 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) - <b>turkey</b> 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

1-28-25

*Ann Wachmeyer RD CD CACES*

## CYCLE 2

### Federal Residential Reentry Centers

| 10-Aug          |        | 11-Aug         |        | 12-Aug          |        | 13-Aug            |        | 14-Aug          |        | 15-Aug         |        | 16-Aug           |        |
|-----------------|--------|----------------|--------|-----------------|--------|-------------------|--------|-----------------|--------|----------------|--------|------------------|--------|
| 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   | Orange*         | 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     |
| Scandnavian 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    | Coleslaw       | 1/2 c  | Green Salad     | 1 c    | Salad Dressing    | 1 oz   | 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   |
| Bread/Marg      | 1 ea   | Bread/ Marg    | 1 ea   | Bread/ Marg     | 1 ea   | Bread/Marg        | 1 ea   | Bread/Marg      | 1ea    | Ham Bun        | 1 ea   | Bread/Marg       | 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   |

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, pastarni 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

7-28-25

## Federal Residential Reentry Centers

*Ann Lohmeyer RD CD CDECS*

### CYCLE 3

| 17-Aug                | 18-Aug                 | 19-Aug                | 20-Aug                | 21-Aug                | 22-Aug                   | 23-Aug                 |
|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|--------------------------|------------------------|
| SUNDAY                | MONDAY                 | TUESDAY               | WEDNESDAY             | THURSDAY              | FRIDAY                   | SATURDAY               |
| Egg 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 4 oz        | 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 1 c   | Shred Cheese 1/2 oz   | Marinara&Parmesan 1oz ea | 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       | 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   |                       | Green Salad 1 c       | Salad Dressing 1 oz      | Salad Dressing 1 oz    |
| Bread/Marg 1 ea       | Bread/Marg 1 ea        | Bread/Marg 1 ea       | Bread/Marg 1 ea       | 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           |

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

7-28-25

## Federal Residential Reentry Centers

*Ann Valmney RD CD COES*

|                  |        | CYCLE 4         |         |                 |        |                 |        |                      |        |                |        |                 |        |  |  |
|------------------|--------|-----------------|---------|-----------------|--------|-----------------|--------|----------------------|--------|----------------|--------|-----------------|--------|--|--|
| 24-Aug           |        | 25-Aug          |         | 26-Aug          |        | 27-Aug          |        | 28-Aug               |        | 29-Aug         |        | 30-Aug          |        |  |  |
| 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   | Apple          | 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   |  |  |

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

1-28-25

## Federal Residential Reentry Centers

*Ann Williams RDCD sheets*

| 31-Aug                                                                                                                                          |        | CYCLE 5         |         |                  |        |
|-------------------------------------------------------------------------------------------------------------------------------------------------|--------|-----------------|---------|------------------|--------|
| SUNDAY                                                                                                                                          |        | 1-Sep           |         | 2-Sep            |        |
|                                                                                                                                                 |        | MONDAY          |         | TUESDAY          |        |
|                                                                                                                                                 |        |                 |         | WEDNESDAY        |        |
|                                                                                                                                                 |        |                 |         | THURSDAY         |        |
|                                                                                                                                                 |        |                 |         | FRIDAY           |        |
|                                                                                                                                                 |        |                 |         | SATURDAY         |        |
| Toasted Os                                                                                                                                      | 1 c    | Oatmeal         | 1 c     | Cornflakes       | 1 c    |
| French Toast                                                                                                                                    | 2 ea   | Scram. Eggs     | 1/2C    | Waffle           | 2 ea   |
|                                                                                                                                                 |        | Tater Triangles | 2 ea    | T. Sausage Links | 2 ea   |
|                                                                                                                                                 |        |                 |         |                  |        |
| Marg                                                                                                                                            | 2 tsp  | Wheat Toast     | 2 sl    | Marg             | 2 tsp  |
| Syrup                                                                                                                                           | 2 oz   | Marg            | 2 tsp   | Syrup            | 2oz    |
| Grape Juice*                                                                                                                                    | 1/2 c  | Cranberry Jce*  | 6 oz    | Orange Juice*    | 6 oz   |
| 2% Milk                                                                                                                                         | 8 oz   | 2% Milk         | 8 oz    | 2% Milk          | 8 oz   |
|                                                                                                                                                 |        |                 |         |                  |        |
| Tuna Salad                                                                                                                                      | 4 oz   | Salami          | 3 oz    | Chicken Salad    | 4 oz   |
| Wrap                                                                                                                                            | 1 ea   | Cheddar Cheese  | .75 oz  | Cheese Stick     | 1oz    |
| Cheese Stick                                                                                                                                    | 1oz    | Wh Grain Bread  | 2 sl    | Wh Grain Bread   | 2 sl   |
|                                                                                                                                                 |        | Mayo/Mustard    | 1pk 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 |
| 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  |
| Marinara&Parm                                                                                                                                   | 1oz ea | W/Potatoe and   |         | W/Tartar Sauce   | 1 oz   |
| Penne Pasta                                                                                                                                     | 1 c    | Veg. in Stew    |         | Tater Tots       | 1C     |
| Zucchini                                                                                                                                        | 1/2 c  |                 |         | Peas             | 1/2 c  |
| Green Salad                                                                                                                                     | 1 c    | Green Salad     | 1 c     | Coleslaw         | 1/2 c  |
| Salad Dressing                                                                                                                                  | 1 oz   | Salad Dressing  | 1 oz    |                  |        |
| Bread/Marg                                                                                                                                      | 1 ea   | Biscuit/Marg    | 1/1 tsp | Hamb Bun         | 1 ea   |
| Pudding                                                                                                                                         | 1/2 c  | Mandarins*      | 1/2 c   | Pineapple        | 1/2 c  |
| 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) - <b>turkey</b> ham, bologna, salami, pastрами 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                                                                                             |        |                 |         |                  |        |