

Attachment 1

NC - Wake County

Regular

Week 1

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Aug-01, Aug-29, Sep-26, Oct-24, Nov-21, Dec-19, Jan-16, Feb-13, Mar-13...	Aug-02, Aug-30, Sep-27, Oct-25, Nov-22, Dec-20, Jan-17, Feb-14, Mar-14...	Aug-03, Aug-31, Sep-28, Oct-26, Nov-23, Dec-21, Jan-18, Feb-15, Mar-15...	Aug-04, Sep-01, Sep-29, Oct-27, Nov-24, Dec-22, Jan-19, Feb-16, Mar-16...	Aug-05, Sep-02, Sep-30, Oct-28, Nov-25, Dec-23, Jan-20, Feb-17, Mar-17...	Aug-06, Sep-03, Oct-01, Oct-29, Nov-26, Dec-24, Jan-21, Feb-18, Mar-18...	Aug-07, Sep-04, Oct-02, Oct-30, Nov-27, Dec-25, Jan-22, Feb-19, Mar-19...
Breakfast						
Cold Cereal 1 cup Hard Boiled Egg 1 each Applesauce 1/2 cup Bread Wheat 2 slices wMargarine 2% Milk 1/2 pint Sugar PC 2 each Drink Vitamin Fortified Bulk 8 fl oz	Cold Cereal 1 cup Hard Boiled Egg 1 each Cheese Slice Imitation 2 slices Applesauce 1/2 cup Bread Wheat 2 slices wMargarine Sugar PC 2 each 2% Milk 1/2 pint Drink Vitamin Fortified Bulk 8 fl oz	Cold Cereal 1 cup Hard Boiled Egg 1 each Baked T.Bologna 2 oz Bread Wheat 2 slices wMargarine 2% Milk 1/2 pint Sugar PC 2 each Drink Vitamin Fortified Bulk 8 fl oz	Cold Cereal 1 cup Hard Boiled Egg 1 each Mandarin Oranges 1/2 cup Bread Wheat 2 slices wMargarine 2% Milk 1/2 pint Sugar PC 2 each Drink Vitamin Fortified Bulk 8 fl oz	Cold Cereal 1 cup Hard Boiled Egg 1 each Applesauce 1/2 cup Bread Wheat 2 slices wMargarine 2% Milk 1/2 pint Sugar PC 2 each Drink Vitamin Fortified Bulk 8 fl oz	Cold Cereal 1 cup Hard Boiled Egg 1 each Mandarin Oranges 1/2 cup Baked T.Bologna 2 oz Bread Wheat 2 slices wMargarine Sugar PC 2 each 2% Milk 1/2 pint Drink Vitamin Fortified Bulk 8 fl oz	Cold Cereal 1 cup Hard Boiled Egg 1 each Mandarin Oranges 1/2 cup Cheese Slice Imitation 2 slices Bread Wheat 2 slices wMargarine Sugar PC 2 each 2% Milk 1/2 pint Drink Vitamin Fortified Bulk 8 fl oz
Lunch						
Spicy Chicken Patty 1 each Mandarin Oranges 1/2 cup Lettuce Salad 1/2 cup Ranch Dressing 1/2 oz Bread Wheat 2 slices wMargarine Sweet Tea 8 oz	Kielbasa 1 each Baked Beans 1/2 cup Coleslaw 1/2 cup Bread Wheat 2 slices wMargarine Sweet Tea 8 oz	Spanish Rice 6 oz Casserole Applesauce 1/2 cup Seasoned Peas & Carrots 1/2 cup Bread Wheat 2 slices wMargarine Sweet Tea 8 oz	Spicy Chicken Patty 1 each Applesauce 1/2 cup Lettuce Salad 1/2 cup Ranch Dressing 1/2 oz Bread Wheat 2 slices wMargarine Sweet Tea 8 oz	Baked Turkey 2 oz Macaroni & Cheese 1/2 cup Seasoned Mixed Vegetables 1/2 cup Bread Wheat 2 slices wMargarine 2% Milk 1/2 pint	Chili Macaroni 6 oz Lettuce Salad 1/2 cup Ranch Dressing 1/2 oz Applesauce 1/2 cup Bread Wheat 2 slices wMargarine Sweet Tea 8 oz	Chicken Patty 1 each Applesauce 1/2 cup Seasoned Carrots 1/2 cup Bread Wheat 2 slices wMargarine Sweet Tea 8 oz
Dinner						
Turkey & Gravy 6 oz Seasoned Rice 1/2 cup Seasoned Green Beans 1 cup Buttered Cornbread 1/48 cut 2% Milk 1/2 pint	Chili 6 oz Seasoned Rice 1/2 cup Seasoned Collard Greens 1 cup Buttered Cornbread 1/48 cut Cookie 2 oz 2% Milk 1/2 pint	Chuckwagon Steak 1 each Macaroni & Cheese 1/2 cup Seasoned Green Beans 1 cup Mandarin Oranges 1/2 cup Buttered Cornbread 1/48 cut 2% Milk 1/2 pint	Swedish Meatballs 6 each Buttered Mashed Potatoes 1/2 cup Seasoned Peas 1/2 cup Mandarin Oranges 1/2 cup Buttered Cornbread 1/48 cut 2% Milk 1/2 pint	Beef Patty Each Seasoned Corn 1/2 cup Seasoned Green Beans 1 cup Mandarin Oranges 1/2 cup Buttered Cornbread 1/48 cut 2% Milk 1/2 pint	Meatloaf Patty 4oz 1 each Seasoned Peas 1 cup Seasoned Rice 1/2 cup Cookie 2 oz Buttered Cornbread 1/48 cut 2% Milk 1/2 pint	Meatballs 6 each Cream Gravy 2 oz Buttered Mashed Potatoes 1/2 cup Seasoned Peas 1 cup Buttered Cornbread 1/48 cut Vanilla Pudding 1/2 cup 2% Milk 1/2 pint

Dietary Consultant _____

Approval Date _____

NC - Wake County

Regular

Week 2

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Aug-08, Sep-05, Oct-03, Oct-31, Nov-28, Dec-26, Jan-23, Feb-20, Mar-20...	Aug-09, Sep-06, Oct-04, Nov-01, Nov-29, Dec-27, Jan-24, Feb-21, Mar-21...	Aug-10, Sep-07, Oct-05, Nov-02, Nov-30, Dec-28, Jan-25, Feb-22, Mar-22...	Aug-11, Sep-08, Oct-06, Nov-03, Dec-01, Dec-29, Jan-26, Feb-23, Mar-23...	Aug-12, Sep-09, Oct-07, Nov-04, Dec-02, Dec-30, Jan-27, Feb-24, Mar-24...	Aug-13, Sep-10, Oct-08, Nov-05, Dec-03, Dec-31, Jan-28, Feb-25, Mar-25...	Aug-14, Sep-11, Oct-09, Nov-06, Dec-04, Jan-01, Jan-29, Feb-26, Mar-26...
Breakfast						
Cold Cereal 1 cup Hard Boiled Egg 1 each Baked T.Ham 2 oz Mandarin Oranges 1/2 cup Bread Wheat wMargarine 2 slices Sugar PC 2 each 2% Milk 1/2 pint Drink Vitamin Fortified Bulk 8 fl oz	Cold Cereal 1 cup Hard Boiled Egg 1 each Applesauce 1/2 cup Bread Wheat wMargarine 2 slices 2% Milk 1/2 pint Sugar PC 2 each Drink Vitamin Fortified Bulk 8 fl oz	Cold Cereal 1 cup Hard Boiled Egg 1 each Baked T.Bologna 2 oz Bread Wheat wMargarine 2 slices 2% Milk 1/2 pint Sugar PC 2 each Drink Vitamin Fortified Bulk 8 fl oz	Cold Cereal 1 cup Hard Boiled Egg 1 each Cheese Slice Imitation 2 slices Mandarin Oranges 1/2 cup Bread Wheat wMargarine 2 slices Sugar PC 2 each 2% Milk 1/2 pint Drink Vitamin Fortified Bulk 8 fl oz	Cold Cereal 1 cup Hard Boiled Egg 1 each Applesauce 1/2 cup Bread Wheat wMargarine 2 slices 2% Milk 1/2 pint Sugar PC 2 each Drink Vitamin Fortified Bulk 8 fl oz	Cold Cereal 1 cup Baked T.Ham 2 oz Mandarin Oranges 1/2 cup Bread Wheat wMargarine 2 slices 2% Milk 1/2 pint Sugar PC 2 each Drink Vitamin Fortified Bulk 8 fl oz	Cold Cereal 1 cup Hard Boiled Egg 1 each Mandarin Oranges 1/2 cup Cheese Slice Imitation 2 slices Bread Wheat wMargarine 2 slices Sugar PC 2 each 2% Milk 1/2 pint Drink Vitamin Fortified Bulk 8 fl oz
Lunch						
Italian Meat Sauce 1/2 cup Seasoned Spaghetti Noodles 1/2 cup Applesauce 1/2 cup Lettuce Salad 1/2 cup Ranch Dressing 1/2 oz Bread Wheat wMargarine 2 slices Sweet Tea 8 oz	Kielbasa 1 each Baked Beans 1/2 cup Coleslaw 1/2 cup Bread Wheat wMargarine 2 slices Sweet Tea 8 oz	Spanish Rice Casserole 6 oz Applesauce 1/2 cup Peas & Carrots 1/2 cup Bread Wheat wMargarine 2 slices Sweet Tea 8 oz	Spicy Chicken Patty 1 each Applesauce 1/2 cup Lettuce Salad 1/2 cup Ranch Dressing 1/2 oz Bread Wheat wMargarine 2 slices Sweet Tea 8 oz	Baked Turkey 2 oz Macaroni & Cheese 1/2 cup Garnish Lettuce & Tomato Slice 1 each Seasoned Mixed Vegetables 1/2 cup Bread Wheat wMargarine 2 slices 2% Milk 1/2 pint	Chili Macaroni 6 oz Lettuce Salad 1/2 cup Ranch Dressing 1/2 oz Applesauce 1/2 cup Bread Wheat wMargarine 2 slices Sweet Tea 8 oz	Chicken Patty 1 each Applesauce 1/2 cup Seasoned Carrots 1/2 cup Bread Wheat wMargarine 2 slices Sweet Tea 8 oz
Dinner						
Turkey & Gravy 6 oz Seasoned Rice 1/2 cup Seasoned Green Beans 1 cup Buttered Cornbread 1/48 cut 2% Milk 1/2 pint	Chili 6 oz Seasoned Rice 1/2 cup Seasoned Collard Greens 1 cup Buttered Cornbread 1/48 cut Cookie 2 oz 2% Milk 1/2 pint	Chuckwagon Steak 1 each Macaroni & Cheese 1/2 cup Seasoned Green Beans 1 cup Mandarin Oranges 1/2 cup Buttered Cornbread 1/48 cut 2% Milk 1/2 pint	Swedish Meatballs 6 each Buttered Mashed Potatoes 1/2 cup Seasoned Peas 1 cup Buttered Cornbread 1/48 cut Mandarin Oranges 1/2 cup 2% Milk 1/2 pint	Beef Patty Each Seasoned Corn 1/2 cup Seasoned Green Beans 1 cup Mandarin Oranges 1/2 cup Buttered Cornbread 1/48 cut 2% Milk 1/2 pint	Meatloaf Patty 4oz 1 each Seasoned Rice 1/2 cup Seasoned Peas 1 cup Buttered Cornbread 1/48 cut Cookie 2 oz 2% Milk 1/2 pint	Meatballs 6 each Cream Gravy 2 oz Buttered Mashed Potatoes 1/2 cup Seasoned Peas 1 cup Buttered Cornbread 1/48 cut Vanilla Pudding 1/2 cup Drink Vitamin Fortified Bulk 8 fl oz

Dietary Consultant _____

Approval Date _____

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Aug-15, Sep-12, Oct-10, Nov-07, Dec-05, Jan-02, Jan-30, Feb-27, Mar-27...	Aug-16, Sep-13, Oct-11, Nov-08, Dec-06, Jan-03, Jan-31, Feb-28, Mar-28...	Aug-17, Sep-14, Oct-12, Nov-09, Dec-07, Jan-04, Feb-01, Mar-01, Mar-29...	Aug-18, Sep-15, Oct-13, Nov-10, Dec-08, Jan-05, Feb-02, Mar-02, Mar-30...	Aug-19, Sep-16, Oct-14, Nov-11, Dec-09, Jan-06, Feb-03, Mar-03, Mar-31...	Aug-20, Sep-17, Oct-15, Nov-12, Dec-10, Jan-07, Feb-04, Mar-04, Apr-01...	Aug-21, Sep-18, Oct-16, Nov-13, Dec-11, Jan-08, Feb-05, Mar-05, Apr-02...
Breakfast						
Cold Cereal 1 cup	Cold Cereal 1 cup	Cold Cereal 1 cup	Cold Cereal 1 cup	Cold Cereal 1 cup	Cold Cereal 1 cup	Cold Cereal 1 cup
Hard Boiled Egg 1 each	Hard Boiled Egg 1 each	Hard Boiled Egg 1 each	Hard Boiled Egg 1 each	Hard Boiled Egg 1 each	Hard Boiled Egg 1 each	Hard Boiled Egg 1 each
Applesauce 1/2 cup	Cheese Slice Imitation 2 slices	Baked T.Bologna 2 oz	Mandarin Oranges 1/2 cup	Applesauce 1/2 cup	Mandarin Oranges 1/2 cup	Mandarin Oranges 1/2 cup
Bread Wheat wMargarine 2 slices	Applesauce 1/2 cup	Bread Wheat 2 slices	Bread Wheat 2 slices	Bread Wheat 2 slices	Baked T.Bologna 2 oz	Cheese Slice Imitation 2 slices
2% Milk 1/2 pint	Bread Wheat 2 slices wMargarine	2% Milk 1/2 pint	2% Milk 1/2 pint	2% Milk 1/2 pint	Bread Wheat 2 slices wMargarine	Bread Wheat 2 slices wMargarine
Sugar PC 2 each	Sugar PC 2 each	Sugar PC 2 each	Sugar PC 2 each	Sugar PC 2 each	Sugar PC 2 each	Sugar PC 2 each
Drink Vitamin Fortified Bulk 8 fl oz	2% Milk 1/2 pint	Drink Vitamin Fortified Bulk 8 fl oz	Drink Vitamin Fortified Bulk 8 fl oz	Drink Vitamin Fortified Bulk 8 fl oz	2% Milk 1/2 pint	2% Milk 1/2 pint
	Drink Vitamin Fortified Bulk 8 fl oz				Drink Vitamin Fortified Bulk 8 fl oz	Drink Vitamin Fortified Bulk 8 fl oz
Lunch						
Spicy Chicken Patty 1 each	Kielbasa 1 each	Spanish Rice 6 oz	Spicy Chicken Patty 1 each	Baked Turkey 2 oz	Chili Macaroni 6 oz	Chicken Patty 1 each
Mandarin Oranges 1/2 cup	Baked Beans 1/2 cup	Casserole 1/2 cup	Applesauce 1/2 cup	Macaroni & Cheese 1/2 cup	Lettuce Salad 1/2 cup	Applesauce 1/2 cup
Lettuce Salad 1/2 cup	Coleslaw 1/2 cup	Applesauce 1/2 cup	Lettuce Salad 1/2 cup	Seasoned Mixed Vegetables 1/2 cup	Ranch Dressing 1/2 oz	Seasoned Carrots 1/2 cup
Ranch Dressing 1/2 oz	Bread Wheat 2 slices	Seasoned Peas & Carrots 1/2 cup	Ranch Dressing 1/2 oz	Bread Wheat 2 slices	Applesauce 1/2 cup	Bread Wheat 2 slices
Bread Wheat wMargarine 2 slices	wMargarine 2 slices	Bread Wheat 2 slices	Bread Wheat wMargarine 2 slices	Bread Wheat wMargarine 2 slices	Bread Wheat wMargarine 2 slices	Bread Wheat wMargarine 2 slices
Sweet Tea 8 oz	Sweet Tea 8 oz	wMargarine 2 slices	Sweet Tea 8 oz	2% Milk 1/2 pint	Sweet Tea 8 oz	Sweet Tea 8 oz
Dinner						
Turkey & Gravy 6 oz	Chili 6 oz	Chuckwagon Steak 1 each	Swedish Meatballs 6 each	Beef Patty Each	Meatloaf Patty 4oz 1 each	Meatballs 6 each
Seasoned Rice 1/2 cup	Seasoned Rice 1/2 cup	Macaroni & Cheese 1/2 cup	Buttered Mashed Potatoes 1/2 cup	Seasoned Corn 1/2 cup	Seasoned Rice 1/2 cup	Cream Gravy 2 oz
Seasoned Green Beans 1 cup	Seasoned Collard Greens 1 cup	Seasoned Green Beans 1 cup	Seasoned Peas 1/2 cup	Seasoned Green Beans 1 cup	Seasoned Peas 1 cup	Buttered Mashed Potatoes 1/2 cup
Buttered Cornbread 1/48 cut	Buttered Cornbread 1/48 cut	Mandarin Oranges 1/2 cup	Buttered Cornbread 1/48 cut	Mandarin Oranges 1/2 cup	Cookie 2 oz	Seasoned Peas 1 cup
2% Milk 1/2 pint	Cookie 2 oz	Buttered Cornbread 1/48 cut	Mandarin Oranges 1/2 cup	Buttered Cornbread 1/48 cut	Buttered Cornbread 1/48 cut	Buttered Cornbread 1/48 cut
	2% Milk 1/2 pint	2% Milk 1/2 pint	2% Milk 1/2 pint	2% Milk 1/2 pint	2% Milk 1/2 pint	Vanilla Pudding 1/2 cup
						2% Milk 1/2 pint

Dietary Consultant _____

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Saturday Aug-22, Sep-19, Oct-17, Nov-14, Dec-12, Jan-09, Feb-06, Mar-06, Apr-03...	Sunday Aug-23, Sep-20, Oct-18, Nov-15, Dec-13, Jan-10, Feb-07, Mar-07, Apr-04...	Monday Aug-24, Sep-21, Oct-19, Nov-16, Dec-14, Jan-11, Feb-08, Mar-08, Apr-05...	Tuesday Aug-25, Sep-22, Oct-20, Nov-17, Dec-15, Jan-12, Feb-09, Mar-09, Apr-06...	Wednesday Aug-26, Sep-23, Oct-21, Nov-18, Dec-16, Jan-13, Feb-10, Mar-10, Apr-07...	Thursday Aug-27, Sep-24, Oct-22, Nov-19, Dec-17, Jan-14, Feb-11, Mar-11, Apr-08...	Friday Aug-28, Sep-25, Oct-23, Nov-20, Dec-18, Jan-15, Feb-12, Mar-12, Apr-09...
Breakfast						
Cold Cereal 1 cup Hard Boiled Egg 1 each Baked T.Ham 2 oz Mandarin Oranges 1/2 cup Bread Wheat 2 slices wMargarine Sugar PC 2 each 2% Milk 1/2 pint Drink Vitamin 8 fl oz Fortified Bulk	Cold Cereal 1 cup Hard Boiled Egg 1 each Applesauce 1/2 cup Bread Wheat 2 slices wMargarine 2% Milk 1/2 pint Sugar PC 2 each Drink Vitamin 8 fl oz Fortified Bulk	Cold Cereal 1 cup Hard Boiled Egg 1 each Baked T.Bologna 2 oz Bread Wheat 2 slices wMargarine 2% Milk 1/2 pint Sugar PC 2 each Drink Vitamin 8 fl oz Fortified Bulk	Cold Cereal 1 cup Hard Boiled Egg 1 each Cheese Slice Imitation 2 slices Mandarin Oranges 1/2 cup Bread Wheat 2 slices wMargarine Sugar PC 2 each 2% Milk 1/2 pint Drink Vitamin 8 fl oz Fortified Bulk	Cold Cereal 1 cup Hard Boiled Egg 1 each Applesauce 1/2 cup Bread Wheat 2 slices wMargarine 2% Milk 1/2 pint Sugar PC 2 each Drink Vitamin 8 fl oz Fortified Bulk	Cold Cereal 1 cup Baked T.Ham 2 oz Mandarin Oranges 1/2 cup Bread Wheat 2 slices wMargarine 2% Milk 1/2 pint Sugar PC 2 each Drink Vitamin 8 fl oz Fortified Bulk	Cold Cereal 1 cup Hard Boiled Egg 1 each Cheese Slice Imitation 2 slices Mandarin Oranges 1/2 cup Bread Wheat 2 slices wMargarine 2% Milk 1/2 pint Sugar PC 2 each 2% Milk 1/2 pint Drink Vitamin 8 fl oz Fortified Bulk
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