



**ARIZONA DEPARTMENT OF CORRECTIONS  
ADULT FEMALE GENERAL POPULATION: LEVEL 1 & 2  
WEEKLY CYCLE MENUS**

**ADC Contract No. DC020205  
April 1, 2010**

**Menu Week 2**

	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	20	23	26	29	32	35	37		
<b>B</b>						Fruit	Fruit	1 SVG	1 SVG
<b>R</b>	Scrambled Eggs	Pancakes, 4"	Scrambled Eggs	Sausage Gravy	French Toast	Fruit Drink	Fruit Drink	1 Cup	1 Cup
<b>E</b>	Hot Cereal	Syrup	Hot Cereal		Syrup	Cold Cereal	Cold Cereal	1 Cup	1 Cup
<b>A</b>	Grilled Potatoes	T-Ham	Grilled Potatoes	Grilled Potatoes	Grilled Potatoes	Eggs	Scrambled Eggs	2 Each	3 WZ
<b>K</b>	Wheat Bread		Wheat Bread	Biscuits		T Ham	Refried Beans	1/2 Cup	1/2 Cup
<b>F</b>	Margarine	Margarine	Margarine		Margarine	Grilled Potatoes	Potatoes w/ Chorizo	1/2 Cup	1/2 Cup
<b>A</b>	Sugar PKT	Sugar PKT	Sugar PKT	Sugar PKT	Sugar PKT	Wheat Bread	Salsa	2 FZ	2 FZ
<b>S</b>	Coffee	Coffee	Coffee	Coffee	Coffee	Peanut Butter	Shredded Cheese	1 WZ	1 WZ
<b>T</b>	Low Fat Milk	Fruit Drink	Low Fat Milk	Fruit Drink	Low Fat Milk	Coffee	Corn Tortillas	2 Each	2 Each
	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Coffee	Coffee	2 Cup	2 Cup
						Sugar PKT	Sugar PKT	3 Each	3 Each
	<b>Meal # 21</b>	<b>Meal # 24</b>	<b>Meal # 27</b>	<b>Meal # 30</b>	<b>Meal # 33</b>	Low Fat Milk	Low Fat Milk	1 Cup	1 Cup
	T Ham	T Salami	Sliced Turkey	T Bologna	T Ham	Salt & Pepper Pkt	Salt & Pepper Pkt	1 Each	1 Each
	Sliced Cheese		Sliced Cheese		Sliced Cheese	<b>Weekend Modified Meal</b>		<b>Weekend Modified Meal</b>	
	Mustard	Mustard	Mustard	Mustard	Mustard	<b>Hours will be from:</b>		<b>Hours will be from:</b>	
<b>L</b>	Salad Dressing	Salad Dressing	Salad Dressing	Salad Dressing	Salad Dressing	<b>7:00 AM to 9:00 AM</b>		<b>7:00 AM to 9:00 AM</b>	
<b>U</b>	Wheat Bread	Wheat Bread	Wheat Bread	Wheat Bread	Wheat Bread				
<b>N</b>									
<b>C</b>									
<b>H</b>	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day				
	Cookie	Cookie	Cookie	Cookie	Cookie				
	Beverage	Beverage	Beverage	Beverage	Beverage				
	<b>Meal # 22</b>	<b>Meal # 25</b>	<b>Meal # 28</b>	<b>Meal # 31</b>	<b>Meal # 34</b>	<b>Meal # 36</b>	<b>Meal # 38</b>		
	Taco Meat Mix	Baked Chicken	Enchilada Casserole	Meat & Cheese Pizza	T Hot Dog 10/1	Italian Pasta Casserole	Hamburger @	4 WZ	4 WZ
	Shredded Cheese	with BBQ Sauce		(CUT 4" X 4")	Chili with Beans		Sliced Cheese	1/2 WZ	1/2 WZ
	Corn Chips	Potato Salad	Spanish Rice	(1 OZ Meat/2 OZ Cheese)			Oven Brown Potatoes	1/2 Cup	1/2 Cup
<b>D</b>	Spanish Rice			Vegetable Rice Soup	Mustard		Pickle Chips	2 Each	2 Each
<b>I</b>	Corn	Broccoli	Carrots		Diced Onions	Mixed Vegetables	Baked Beans	1/2 Cup	1/2 Cup
<b>N</b>		Tossed Salad	Tossed Salad		Tossed Salad	Tossed Salad	Shredded Lettuce	1/4 Cup	1/4 Cup
<b>N</b>	Shredded Lettuce	with Dressing	with Dressing	Tossed Salad with	with Dressing	with Dressing	Ketchup	2 FZ	2 FZ
<b>E</b>	Diced Onion	Wheat Bread		Salad Dressing	Wheat Bun	Garlic Toast	Mustard	1/2 FZ	1/2 FZ
<b>R</b>	Salsa	Margarine					Wheat Bun	1 Each	1 Each
	Pudding	Glazed Cake	Fruit	Gelatin	Gelatin	Cookies	Glazed Cake	1 Slice	1 Slice
	Beverage	Beverage	Beverage	Beverage	Beverage	Beverage	Beverage	2 Cup	2 Cup
	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	1 Each	1 Each

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 2 oz, or other snack items approved by ADOC

\*Inmates housed in Detention Units will receive this menu with Hot Soup and Hot Cereal omitted from tray

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ADULT FEMALE GENERAL POPULATION: LEVEL 1 & 2  
WEEKLY CYCLE MENUS**

**ADC Contract No. DC020205  
April 1, 2010**

**Menu Week 3**

	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SATURDAY	SATURDAY	SUNDAY
	39	42	45	48	51	54	54	54	56
<b>B</b>						Fruit	1 SVG	Fruit	1 SVG
<b>R</b>	Scrambled Eggs	French Toast	Pancakes, 4"	Sausage Gravy	Scrambled Eggs	Fruit Drink	1 Cup	Fruit Drink	1 Cup
<b>E</b>	Hot Cereal	Syrup	Syrup	1 FZ	Hot Cereal	Cold Cereal	1 Cup	Cold Cereal	1 Cup
<b>A</b>	Grilled Potatoes	Grilled Potatoes	T-Ham*	Grilled Potatoes	Grilled Potatoes	Egg Casserole	with T-Ham	Scrambled Eggs	3 WZ
<b>K</b>	Wheat Bread			Biscuits	Wheat Bread	Grilled Potatoes	1/2 Cup	Grilled Potatoes	1/2 Cup
<b>F</b>	Margarine	Margarine	Margarine	Margarine	Margarine	Wheat Bread	2 Slice	Biscuits	1 Each
<b>A</b>	Sugar PKT	Sugar PKT	Sugar PKT	Sugar PKT	Sugar PKT	Peanut Butter	1 WZ		
<b>S</b>	Coffee	Coffee	Coffee	Coffee	Coffee				
<b>T</b>	Low Fat Milk	Fruit Drink	Low Fat Milk	Fruit Drink	Low Fat Milk	Coffee	2 Cup	Coffee	2 Cup
	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Sugar PKT	3 Each	Sugar PKT	3 Each
	<b>Meal # 40</b>	<b>Meal # 43</b>	<b>Meal # 46</b>	<b>Meal # 49</b>	<b>Meal # 52</b>	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
<b>T</b>	Bologna	Peanut Butter & Jelly Mix	T Ham	T Bologna	T Salami	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
	Sliced Cheese	Sliced Turkey	Sliced Cheese	Sliced Cheese		<b>Weekend Modified Meal</b>		<b>Weekend Modified Meal</b>	
	Mustard	Mustard	Mustard	Mustard	Mustard	<b>Hours will be from:</b>		<b>Hours will be from:</b>	
<b>L</b>	Wheat Bread		Salad Dressing	Salad Dressing	Salad Dressing	<b>7:00 AM to 9:00 AM</b>		<b>7:00 AM to 9:00 AM</b>	
<b>U</b>	Salad Dressing	Wheat Bread	Wheat Bread	Wheat Bread	Wheat Bread				
<b>N</b>									
<b>H</b>	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day				
	Cookie	Cookie	Cookie	Cookie	Cookie				
	Beverage	Beverage	Beverage	Beverage	Beverage				
	<b>Meal # 41</b>	<b>Meal # 44</b>	<b>Meal # 47</b>	<b>Meal # 50</b>	<b>Meal # 53</b>	<b>Meal # 55</b>	<b>Meal # 55</b>	<b>Meal # 57</b>	
	Teriyaki Chicken	Beef Patty @	Grilled Cheese	Meat Loaf	T Sausage & Cheese Pizza	Baked Chicken	3 WZ	Breaded Chicken Patty	3 WZ
		Brown Gravy	on Wheat Bread	Brown Gravy	(CUT 4" X 4")	Poultry Gravy	2 FZ	with Shredded Cheese	1/2 WZ
<b>D</b>	Rice Pilaf	Mashed Potatoes	Vegetable Soup	Steamed Rice	(1 OZ Meat/2 OZ Cheese)	Mashed Potatoes	1/2 Cup	and Marinara Sauce	2 FZ
<b>I</b>	Broccoli	Carrots		Broccoli	Vegetable Soup	Bread Dressing	3/4 Cup	Pasta	6 WZ
<b>N</b>	Tossed Salad		Coleslaw		Tossed Salad	Green Peas	1/2 Cup	Mixed Vegetables	1/2 Cup
<b>N</b>	with Dressing				with Dressing	Tossed Salad	3/4 Cup	Tossed Salad	3/4 Cup
<b>E</b>	Wheat Dinner Roll	Wheat Bread		Wheat Bread		with Dressing	1 FZ	with Dressing	1 FZ
<b>R</b>	Margarine			Margarine		Wheat Dinner Roll	1 Each	Wheat Bread	2 Slice
	Pudding	Glazed Cake	Pudding	Pudding	Gelatin			Margarine	2 tsp
	Beverage	Beverage	Beverage	Beverage	Beverage	Glazed Cake	1 Slice	Cookies	2 Each
	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Beverage	2 Cup	Beverage	2 Cup
						Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 2 oz, or other snack items approved by ADOC

\*Inmates housed in Detention Units will receive this menu with Hot Soup and Hot Cereal omitted from tray

**ARIZONA DEPARTMENT OF CORRECTIONS  
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WEEKLY CYCLE MENUS**

**ADC Contract No. DC020205  
April 1, 2010**

**Menu Week 4**

	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	58	61	64	67	70	73	75		
<b>B</b>						Fruit 1 SVG	Fruit 1 SVG		
<b>R</b>	French Toast 2 Slice	Scrambled Eggs 2 WZ	Pancakes, 4" 2 Each	Scrambled Eggs 2 WZ	Sausage Gravy 1/2 Cup	Fruit Drink 1 Cup	Fruit Drink 1 Cup		
<b>E</b>	Syrup 1 FZ	Hot Cereal 1 Cup	Syrup 1 FZ	Hot Cereal 1 Cup	Cold Cereal 1 Cup	Cold Cereal 1 Cup	Cold Cereal 1 Cup		
<b>A</b>	Grilled Potatoes 1/2 Cup	Grilled Potatoes 1/2 Cup	T-Ham 2 WZ	Grilled Potatoes 1/2 Cup	Grilled Potatoes 1/2 Cup	Scrambled Eggs 3 WZ	Waffles 2 Each		
<b>K</b>		Wheat Bread 2 Slice		Wheat Bread 2 Slice	Biscuits 1 Each	Refried Beans 1/2 Cup	Syrup 1 FZ		
<b>F</b>	Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp	Potatoes w/ Chorizo 1/2 Cup	Western Scramble 4 WZ			
<b>A</b>	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Salsa 2 FZ	T Ham 1 WZ			
<b>S</b>	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Shredded Cheese 1 WZ			
<b>T</b>	Fruit Drink 1 Cup	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup	Fruit Drink 1 Cup	Corn Tortillas 2 Each	Margarine 2 tsp		
	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Coffee 2 Cup	Coffee 2 Cup		
						Sugar PKT 3 Each	Sugar PKT 3 Each		
	Meal # 59	Meal # 62	Meal # 65	Meal # 68	Meal # 71	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup		
	T Ham 3 WZ	Sliced Turkey 3 WZ	T Salami 3 WZ	Peanut Butter & Jelly Mix 2 WZ	Sliced Turkey 3 WZ	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each		
	Sliced Cheese 1 WZ		Sliced Cheese 1 WZ	T Ham 2 WZ	Sliced Cheese 1 WZ	<b>Weekend Modified Meal</b>		<b>Weekend Modified Meal</b>	
	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	<b>Hours will be from:</b>		<b>Hours will be from:</b>	
<b>L</b>	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	<b>7:00 AM to 9:00 AM</b>		<b>7:00 AM to 9:00 AM</b>	
<b>U</b>	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice				
<b>N</b>									
<b>C</b>									
<b>H</b>	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each				
	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each				
	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC				
	Meal # 60	Meal # 63	Meal # 66	Meal # 69	Meal # 72	Meal # 74	Meal # 76		
	Italian Sausage 4 WZ	Tossed Salad 1 Cup	Oven Fried Chicken 3 WZ	Meat & Cheese Pizza 2 Slice	Pasta with 4 WZ	Hamburger® 4 WZ	Diced Chicken Meat 3 WZ		
	Fried Onions, Bell Peppers and Tomato Sauce 1/2 Cup	Diced T Ham 2 WZ	Chicken Gravy 2 FZ	(CUT 4" X 4") 2 FZ	Meat Sauce 1/2 Cup	Sliced Cheese 1/2 WZ	Onions & Peppers 1/2 Cup		
<b>D</b>	Rice Pilaf 1/2 Cup	Shredded Cheese 1/2 WZ	Herb Noodles 1/2 Cup	(1 OZ Meat/2 OZ Cheese)	Oven Brown Potatoes 1/2 Cup	Ketchup 2 FZ	Cheese, shredded 1/2 WZ		
<b>I</b>	Three Bean Salad 1/2 Cup	Croutons 1/2 Cup	Green Beans 1/2 Cup	Broccoli 1/2 Cup	Green Peas 1/2 Cup	Baked Beans 1/2 Cup	Spanish Rice 1/2 Cup		
<b>N</b>		Dressing 2 FZ	Tossed Salad 3/4 Cup	Tossed Salad with 3/4 Cup	Tossed Salad with 3/4 Cup	Shredded Lettuce 1/4 Cup	Refried Beans 1/2 Cup		
<b>N</b>		Soup of the Day 1 Cup	with Dressing 1 FZ	Salad Dressing 1 FZ	Salad Dressing 1 FZ	Mustard 1/2 FZ	Tossed Salad with Dressing 3/4 Cup		
<b>E</b>	Wheat Bun 1 Each	Macaroni Salad 1/2 Cup	Wheat Dinner Roll 1 Each		Garlic Bread 1 Slice	Wheat Bun 1 Each	Salsa 2 FZ		
<b>R</b>						Tomato Slices 2 Each	Corn Tortillas 2 Each		
	Pudding 1/2 Cup	Fruit 1 Svg	Glazed Cake 1 Slice	Fruit 1 Svg	Gelatin 1/2 Cup	Pudding 1/2 Cup	Glazed Cake 1 Slice		
	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup		
	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each		

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Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 2 oz, or other snack items approved by ADOC

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WEEKLY CYCLE MENUS**

**ADC Contract No. DC020205  
April 1, 2010**

**Menu Week 5**

	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
<b>B</b>						Fruit	Fruit		
<b>R</b>	Sausage Gravy 1/2 Cup	Scrambled Eggs 2 WZ	French Toast 2 Slice	Pancakes, 4" 2 Each	Sausage Gravy 1/2 Cup	Fruit Drink 1 Cup	Fruit Drink 1 Cup		
<b>E</b>		Hot Cereal 1 Cup	Syrup 1 FZ	Syrup 1 FZ		Cold Cereal 1 Cup	Cold Cereal 1 Cup		
<b>A</b>	Grilled Potatoes 1/2 Cup	Grilled Potatoes 1/2 Cup	Grilled Potatoes 1/2 Cup	T-Ham 2 WZ	Grilled Potatoes 1/2 Cup	Pancakes, 4" 2 Each	Egg Casserole		
<b>K</b>	Biscuits 1 Each	Wheat Bread 2 Slice			Biscuits 1 Each	Syrup 1 FZ	with T Ham 4 WZ		
<b>F</b>		Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp		Boiled Egg 1 Each	Grilled Potatoes 1/2 Cup		
<b>A</b>	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	T Ham 2 WZ	Wheat Bread 2 Slice		
<b>S</b>	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Margarine 2 tsp	Peanut Butter 1 WZ		
<b>T</b>	Fruit Drink 1 Cup	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup	Fruit Drink 1 Cup	Coffee 2 Cup	Coffee 2 Cup		
	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Sugar PKT 3 Each	Sugar PKT 3 Each		
	<b>Meal # 78</b>	<b>Meal # 81</b>	<b>Meal # 84</b>	<b>Meal # 87</b>	<b>Meal # 90</b>	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup		
<b>T</b>	Bologna 3 WZ	T Salami 3 WZ	Peanut Butter & Jelly Mix 2 WZ	T Bologna 3 WZ	Sliced Turkey 3 WZ	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each		
	Sliced Cheese 1 WZ	Sliced Cheese 1 WZ	T Ham 2 WZ		Sliced Cheese 1 WZ	<b>Weekend Modified Meal</b>		<b>Weekend Modified Meal</b>	
	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	<b>Hours will be from:</b>		<b>Hours will be from:</b>	
<b>L</b>	Wheat Bread 4 Slice	Salad Dressing 1 Pkt		Wheat Bread 4 Slice	Salad Dressing 1 Pkt	<b>7:00 AM to 9:00 AM</b>		<b>7:00 AM to 9:00 AM</b>	
<b>U</b>	Salad Dressing 1 Pkt	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Salad Dressing 1 Pkt	Wheat Bread 4 Slice				
<b>N</b>									
<b>C</b>									
<b>H</b>	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each				
	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each				
	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC				
	<b>Meal # 79</b>	<b>Meal # 82</b>	<b>Meal # 85</b>	<b>Meal # 88</b>	<b>Meal # 91</b>	<b>Meal # 93</b>	<b>Meal # 95</b>		
	Sweet & Sour Chicken 3/4 Cup	T-Hot Dogs 10/1 1 Each	Country Fried Patty 4 WZ	Grilled Cheese 1/2 WZ	Chicken Sauce 3/4 Cup	Hamburger @ 4 WZ	Baked Chicken 3 WZ		
		Baked Beans 1/2 Cup	County Gravy 2 FZ	and T Ham 2 WZ	over Biscuit 1 Each	Sliced Cheese 1/2 WZ	Poultry Gravy 2 FZ		
<b>D</b>	Steamed Rice 3/4 Cup	Hot Dog Bun 1 Each	Mashed Potatoes 1/2 Cup	on Wheat Bread 2 Slice	Oven Brown Potatoes 1/2 Cup	Oven Brown Potatoes 1/2 Cup	Herb Noodles 1/2 Cup		
		Diced Onions 1/4 Cup				Baked Beans 1/2 Cup			
<b>I</b>	Broccoli 1/2 Cup		Broccoli 1/2 Cup	Green Beans 1/2 Cup	Green Beans 1/2 Cup	Onion Slices 2 Each	Carrots 1/2 Cup		
<b>N</b>	Tossed Salad 3/4 Cup	Tossed Salad with 3/4 Cup			Tossed Salad 3/4 Cup	Pickle Chips 2 Each	Tossed Salad 3/4 Cup		
<b>N</b>	with Dressing 1 FZ	Salad Dressing 1 FZ			with Dressing 1 FZ	Mustard 1/2 FZ	with Dressing 1 FZ		
<b>E</b>	Wheat Dinner Roll 1 Slice	Mustard 1 FZ	Wheat Bread 2 Slice		Wheat Dinner Roll 1 Each	Wheat Bun 1 Each	Wheat Dinner Roll 1 Each		
<b>R</b>	Margarine 2 tsp	Ketchup 1 FZ		Ketchup 2 FZ		Ketchup 2 FZ	Margarine 2 tsp		
	Glazed Cake 1 Slice	Gelatin 1/2 Cup	Pudding 1/2 Cup	Pudding 1/2 Cup	Cookies 2 Each	Pudding 1/2 Cup	Glazed Cake 1 Slice		
	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup		
	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each		

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Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 2 oz, or other snack items approved by ADOC

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WEEKLY CYCLE MENUS**

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**Menu Week 6**

	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
	96	99	102	105	108	111	113			
<b>B</b>						Fruit 1 SVG	Fruit 1 SVG			
<b>R</b>	Scrambled Eggs 2 WZ	Pancakes, 4" 2 Each	Scrambled Eggs 2 WZ	Sausage Gravy 1/2 Cup	Pancakes, 4" 2 Each	Fruit Drink 1 Cup	Fruit Drink 1 Cup			
<b>E</b>	Hot Cereal 1 Cup	Syrup 1 FZ	Hot Cereal 1 Cup		Syrup 1 FZ	Cold Cereal 1 Cup	Cold Cereal 1 Cup			
<b>A</b>	Grilled Potatoes 1/2 Cup	T-Ham 2 WZ	Grilled Potatoes 1/2 Cup	Grilled Potatoes 1/2 Cup	T-Ham 2 WZ	French Toast 2 Each	Eggs 2 Each			
<b>K</b>	Wheat Bread 2 Slice		Wheat Bread 2 Slice	Biscuits 1 Each		Syrup 1 FZ	T Ham 2 WZ			
<b>F</b>	Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp		Margarine 2 tsp	Western Scramble 4 WZ	Grilled Potatoes 1/2 Cup			
<b>A</b>	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	T Ham* 1 WZ	Wheat Bread 2 Slice			
<b>S</b>	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup		Peanut Butter 1 WZ			
<b>T</b>	Low Fat Milk 1 Cup	Fruit Drink 1 Cup	Low Fat Milk 1 Cup	Fruit Drink 1 Cup	Low Fat Milk 1 Cup	Margarine 2 tsp				
	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Coffee 2 Cup	Coffee 2 Cup			
						Sugar PKT 3 Each	Sugar PKT 3 Each			
	Meal # 97	Meal # 100	Meal # 103	Meal # 106	Meal # 109	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup			
	T Bologna 3 WZ	Sliced Turkey 3 WZ	T Ham 2 WZ	Peanut Butter & Jelly Mix 2 WZ	T Salami 2 WZ	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each			
	Sliced Cheese 1 WZ	Sliced Cheese 1 WZ	T Bologna 1 WZ	T Ham 2 WZ	T Bologna 1 WZ	<b>Weekend Modified Meal</b>		<b>Weekend Modified Meal</b>		
	Mustard 1 Pkt		Sliced Cheese 1 WZ	Mustard 1 Pkt	Mustard 1 Pkt	<b>Hours will be from:</b>		<b>Hours will be from:</b>		
<b>L</b>	Wheat Bread 4 Slice	Mustard 1 Pkt	Mustard 1 Pkt		Wheat Bread 4 Slice	<b>7:00 AM to 9:00 AM</b>		<b>7:00 AM to 9:00 AM</b>		
<b>U</b>	Salad Dressing 1 Pkt	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Salad Dressing 1 Pkt					
<b>N</b>		Salad Dressing 1 Pkt	Salad Dressing 1 Pkt							
<b>C</b>										
<b>H</b>	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each					
	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each					
	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC					
	Meal # 98	Meal # 101	Meal # 104	Meal # 107	Meal # 110	Meal # 112	Meal # 114			
	Taco Meat Mix 2 WZ	Italian Sausage 4 WZ	Breaded Chicken Pieces 4 WZ	Salisbury Patty @ 4 WZ	Chicken Fried Rice 1 Cup	Baked Chicken 3 WZ	Italian Pasta Casserole 1 Cup			
	Shredded Cheese 1 WZ	Fried Onions, Bell Peppers	BBQ Sauce 1 FZ	Brown Gravy 2 FZ		with BBQ Sauce 1 FZ				
	Corn Chips 3/4 WZ	and Tomato Sauce 1/2 Cup	Rice Pilaf 1/2 Cup	Mashed Potatoes 1/2 Cup		Ranch Beans 1/2 Cup	Three Bean Salad 3/4 Cup			
<b>D</b>	Spanish Rice 1/2 Cup	Vegetable Soup 1 Cup				Potato Salad 3/4 Cup				
<b>I</b>	Corn 1/2 Cup	Potato Salad 1/2 Cup	Mixed Vegetables 1/2 Cup	Sliced Carrots 1/2 Cup	Mixed Vegetables 1/2 Cup	Green Beans 1/2 Cup	Broccoli 1/2 Cup			
<b>N</b>			Tossed Salad with Salad Dressing 3/4 Cup	Tossed Salad with Salad Dressing 3/4 Cup	Tossed Salad with Dressing 3/4 Cup					
<b>N</b>	Shredded Lettuce 1 Cup									
<b>E</b>	Diced Onion 1 WZ	Wheat Bun 1 Each	Wheat Dinner Roll 1 Each	Wheat Bread 2 Slice	Wheat Dinner Roll 1 Each	Wheat Bread 1 Slice	Garlic Toast 2 Slice			
<b>R</b>	Salsa 2 FZ				Margarine 2 tsp	Margarine 2 tsp				
	Pudding 1/2 Cup	Cookies 2 Each	Glazed Cake 1 Slice	Pudding 1/2 Cup	Cookies 2 Each	Glazed Cake 1 Slice	Pudding 1/2 Cup			
	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup			
	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each			

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 2 oz, or other snack items approved by ADOC

\*Inmates housed in Detention Units will receive this menu with Hot Soup and Hot Cereal omitted from tray





**ARIZONA DEPARTMENT OF CORRECTIONS  
ADULT FEMALE GENERAL POPULATION: LEVEL 3 & 4  
WEEKLY CYCLE MENUS**

ADC Contract No. DC020205  
April 1, 2010

Menu Week 3

	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	39	42	45	48	51	54	56		
<b>B</b>						Fruit	1 SVG	Fruit	1 SVG
<b>R</b>	Scrambled Eggs	French Toast	Pancakes, 4"	Sausage Gravy	Scrambled Eggs	Fruit Drink	1 Cup	Fruit Drink	1 Cup
<b>E</b>	Hot Cereal	Syrup	Syrup	1 FZ	Hot Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal
<b>A</b>	Grilled Potatoes	Grilled Potatoes	T-Ham*	2 WZ	Grilled Potatoes	Egg Casserole	3 WZ	Scrambled Eggs	3 WZ
<b>K</b>	Wheat Bread	2 Slice		Biscuits	1 Each	with T-Ham	4 WZ	Sausage Gravy	3/4 Cup
<b>F</b>	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Grilled Potatoes	1/2 Cup	Grilled Potatoes
<b>A</b>	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Wheat Bread	2 Slice	Biscuits
<b>S</b>	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Peanut Butter	1 WZ	
<b>T</b>	Low Fat Milk	1 Cup	Fruit Drink	1 Cup	Low Fat Milk	1 Cup	Coffee	2 Cup	Coffee
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Sugar PKT	3 Each	Sugar PKT
						Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
	<b>Meal # 40</b>	<b>Meal # 43</b>	<b>Meal # 46</b>	<b>Meal # 49</b>	<b>Meal # 52</b>	<b>Meal # 55</b>	<b>Meal # 58</b>	<b>Meal # 61</b>	<b>Meal # 64</b>
<b>L</b>	Teriyaki Chicken	1/2 Cup	Beef Patty @	4 WZ	Grilled Cheese	1 1/2 WZ	Meat Loaf	4 WZ	T Sausage & Cheese Pizza
			Brown Gravy	2 FZ	on Wheat Bread	2 Slice	Brown Gravy	2 FZ	(CUT 4" X 4")
<b>U</b>	Rice Pilaf	1/2 Cup	Mashed Potatoes	1/2 Cup	Vegetable Soup	1 Cup	Steamed Rice	1/2 Cup	(1 OZ Meat/2 OZ Cheese)
<b>N</b>	Broccoli	1/2 Cup	Carrots	1/2 Cup			Broccoli	1/2 Cup	Vegetable Soup
<b>C</b>	Tossed Salad	3/4 Cup			Coleslaw	1/2 Cup			Tossed Salad
<b>H</b>	with Dressing	1 FZ					Wheat Bread	2 Slice	with Dressing
	Wheat Dinner Roll	1 Each	Wheat Bread	2 Slice			Margarine	2 tsp	Gelatin
	Margarine	2 tsp	Glazed Cake	1 Slice	Pudding	1/2 Cup	Pudding	1/2 Cup	1/2 Cup
	Pudding	1/2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage
	Beverage	2 Cup	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt
	Salt & Pepper Pkt	1 Each							
	<b>Meal # 41</b>	<b>Meal # 44</b>	<b>Meal # 47</b>	<b>Meal # 50</b>	<b>Meal # 53</b>	<b>Meal # 56</b>	<b>Meal # 59</b>	<b>Meal # 62</b>	<b>Meal # 65</b>
<b>D</b>	T Bologna	3 WZ	Peanut Butter & Jelly Mi	2 WZ	T Ham	3 WZ	T Bologna	3 WZ	T Salami
<b>I</b>	Sliced Cheese	1 WZ	Sliced Turkey	2 WZ	Sliced Cheese	1 WZ	Sliced Cheese	1 WZ	Baked Chicken
<b>N</b>	Mustard	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Poultry Gravy
<b>N</b>	Wheat Bread	4 Slice			Salad Dressing	1 Pkt	Salad Dressing	1 Pkt	Mashed Potatoes
<b>E</b>	Salad Dressing	1 Pkt	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Bread Dressing
<b>R</b>									Green Peas
	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Tossed Salad
									with Dressing
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Wheat Dinner Roll
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Glazed Cake
									2 tsp
									2 Each
									2 Cup
									1 Each
									1 Each

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 2 oz, or other snack items approved by ADOC

\*Inmates housed in Detention Units will receive this menu with Hot Soup and Hot Cereal omitted from tray

**ARIZONA DEPARTMENT OF CORRECTIONS  
ADULT FEMALE GENERAL POPULATION: LEVEL 3 & 4  
WEEKLY CYCLE MENUS**

**ADC Contract No. DC020205  
April 1, 2010**

**Menu Week 4**

	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	58	61	64	67	70	73	75		
<b>B</b>						Fruit 1 SVG	Fruit 1 SVG		
<b>R</b>	French Toast 2 Slice	Scrambled Eggs 2 WZ	Pancakes, 4" 2 Each	Scrambled Eggs 2 WZ	Sausage Gravy 1/2 Cup	Fruit Drink 1 Cup	Fruit Drink 1 Cup		
<b>E</b>	Syrup 1 FZ	Hot Cereal 1 Cup	Syrup 1 FZ	Hot Cereal 1 Cup		Cold Cereal 1 Cup	Cold Cereal 1 Cup		
<b>A</b>	Grilled Potatoes 1/2 Cup	Grilled Potatoes 1/2 Cup	T-Ham 2 WZ	Grilled Potatoes 1/2 Cup	Grilled Potatoes 1/2 Cup	Scrambled Eggs 3 WZ	Waffles 2 Each		
<b>K</b>		Wheat Bread 2 Slice		Wheat Bread 2 Slice	Biscuits 1 Each	Refried Beans 1/2 Cup	Syrup 1 FZ		
<b>F</b>	Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp		Potatoes w/ Chorizo 1/2 Cup	Western Scramble 4 WZ		
<b>A</b>	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Salsa 2 FZ	T Ham 1 WZ		
<b>S</b>	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Shredded Cheese 1 WZ			
<b>T</b>	Fruit Drink 1 Cup	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup	Fruit Drink 1 Cup	Corn Tortillas 2 Each	Margarine 2 tsp		
	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Coffee 2 Cup	Coffee 2 Cup		
						Sugar PKT 3 Each	Sugar PKT 3 Each		
	<b>Meal # 59</b>	<b>Meal # 62</b>	<b>Meal # 65</b>	<b>Meal # 68</b>	<b>Meal # 71</b>	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup		
	Italian Sausage 4 WZ	Tossed Salad 1 Cup	Oven Fried Chicken 3 WZ	Meat & Cheese Pizza 2 Slice	Pasta with 4 WZ	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each		
	Fried Onions, Bell Peppers	Diced T Ham 2 WZ	Chicken Gravy 2 FZ	(CUT 4" X 4")	Meat Sauce 1/2 Cup				
	and Tomato Sauce 1/2 Cup	Shredded Cheese 1/2 WZ	Herb Noodles 1/2 Cup	(1 OZ Meat/2 OZ Cheese)		<b>Weekend Modified Meal</b>	<b>Weekend Modified Meal</b>		
<b>L</b>	Rice Pilaf 1/2 Cup	Croutons 1/2 Cup				<b>Hours will be from:</b>	<b>Hours will be from:</b>		
<b>U</b>	Three Bean Salad 1/2 Cup	Carrots 1/2 Cup	Green Beans 1/2 Cup	Broccoli 1/2 Cup	Green Peas 1/2 Cup	<b>7:00 AM to 9:00 AM</b>	<b>7:00 AM to 9:00 AM</b>		
<b>N</b>		Dressing 2 FZ	Tossed Salad 3/4 Cup	Tossed Salad with 3/4 Cup	Tossed Salad with 3/4 Cup				
<b>C</b>		Soup of the Day 1 Cup	with Dressing 1 FZ	Salad Dressing 1 FZ	Salad Dressing 1 FZ				
<b>H</b>	Wheat Bun 1 Each	Macaroni Salad 1/2 Cup	Wheat Dinner Roll 1 Each		Garlic Bread 1 Slice				
	Pudding 1/2 Cup	Fruit 1 Svg	Glazed Cake 1 Slice	Fruit 1 Svg	Gelatin 1/2 Cup				
	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup				
	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each				
	<b>Meal # 60</b>	<b>Meal # 63</b>	<b>Meal # 66</b>	<b>Meal # 69</b>	<b>Meal # 72</b>	<b>Meal # 74</b>	<b>Meal # 76</b>		
	T Ham 3 WZ	Sliced Turkey 3 WZ	T Salami 3 WZ	Peanut Butter & Jelly Mix 2 WZ	Sliced Turkey 3 WZ	Hamburger® 4 WZ	Diced Chicken Meat 3 WZ		
	Sliced Cheese 1 WZ		Sliced Cheese 1 WZ	T Ham 2 WZ	Sliced Cheese 1 WZ	Sliced Cheese 1/2 WZ	Onions & Peppers 1/2 Cup		
	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Oven Brown Potatoes 1/2 Cup	Cheese, shredded 1/2 WZ		
<b>D</b>	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt		Salad Dressing 1 Pkt	Ketchup 2 FZ	Spanish Rice 1/2 Cup		
<b>I</b>	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Baked Beans 1/2 Cup	Refried Beans 1/2 Cup		
<b>N</b>						Shredded Lettuce 1/4 Cup	Tossed Salad 3/4 Cup		
<b>N</b>						Mustard 1/2 FZ	with Dressing 1 FZ		
<b>E</b>	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each	Wheat Bun 1 Each	Salsa 2 FZ		
<b>R</b>						Tomato Slices 2 Each	Corn Tortillas 2 Each		
	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Pudding 1/2 Cup	Glazed Cake 1 Slice		
	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 2 Cup	Beverage 2 Cup		
						Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each		

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 2 oz, or other snack items approved by ADOC

\*Inmates housed in Detention Units will receive this menu with Hot Soup and Hot Cereal omitted from tray

**ARIZONA DEPARTMENT OF CORRECTIONS  
ADULT FEMALE GENERAL POPULATION: LEVEL 3 & 4  
WEEKLY CYCLE MENUS**

ADC Contract No. DC020205  
April 1, 2010

Menu Week 5

	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #
	MONDAY 77	TUESDAY 80	WEDNESDAY 83	THURSDAY 86	FRIDAY 89	SATURDAY 92	SUNDAY 94		
B						Fruit 1 SVG	Fruit 1 SVG		
R	Sausage Gravy 1/2 Cup	Scrambled Eggs 2 WZ	French Toast 2 Slice	Pancakes, 4" 2 Each	Sausage Gravy 1/2 Cup	Fruit Drink 1 Cup	Fruit Drink 1 Cup		
E		Hot Cereal 1 Cup	Syrup 1 FZ	Syrup 1 FZ		Cold Cereal 1 Cup	Cold Cereal 1 Cup		
A	Grilled Potatoes 1/2 Cup	Grilled Potatoes 1/2 Cup	Grilled Potatoes 1/2 Cup	T-Ham 2 WZ	Grilled Potatoes 1/2 Cup	Pancakes, 4" 2 Each	Egg Casserole		
K	Biscuits 1 Each	Wheat Bread 2 Slice			Biscuits 1 Each	Syrup 1 FZ	with T Ham 4 WZ		
F		Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp		Boiled Egg 1 Each	Grilled Potatoes 1/2 Cup		
A	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	T Ham 2 WZ	Wheat Bread 2 Slice		
S	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Margarine 2 tsp	Peanut Butter 1 WZ		
T	Fruit Drink 1 Cup	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup	Fruit Drink 1 Cup	Coffee 2 Cup	Coffee 2 Cup		
	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Sugar PKT 3 Each	Sugar PKT 3 Each		
	<b>Meal # 78</b>	<b>Meal # 81</b>	<b>Meal # 84</b>	<b>Meal # 87</b>	<b>Meal # 90</b>	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup		
	Sweet & Sour Chicken 3/4 Cup	T-Hot Dogs 10/1 1 Each	Country Fried Patty 4 WZ	Grilled Cheese 1/2 WZ	Chicken Sauce 3/4 Cup	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each		
		Baked Beans 1/2 Cup	County Gravy 2 FZ	and T Ham 2 WZ	over Biscuit 1 Each	<b>Weekend Modified Meal</b>		<b>Weekend Modified Meal</b>	
L	Steamed Rice 3/4 Cup	Hot Dog Bun 1 Each	Mashed Potatoes 1/2 Cup	on Wheat Bread 2 Slice		<b>Hours will be from:</b>		<b>Hours will be from:</b>	
U	Broccoli 1/2 Cup	Diced Onions 1/4 Cup	Broccoli 1/2 Cup	Oven Brown Potatoes 1/2 Cup	Green Beans 1/2 Cup	<b>7:00 AM to 9:00 AM</b>		<b>7:00 AM to 9:00 AM</b>	
N	Tossed Salad 3/4 Cup	Tossed Salad with 3/4 Cup		Green Beans 1/2 Cup	Tossed Salad 3/4 Cup				
C	with Dressing 1 FZ	Salad Dressing 1 FZ			with Dressing 1 FZ				
H	Wheat Dinner Roll 1 Slice	Mustard 1 FZ	Wheat Bread 2 Slice		Wheat Dinner Roll 1 Each				
	Margarine 2 tsp	Ketchup 1 FZ		Ketchup 2 FZ					
	Glazed Cake 1 Slice	Gelatin 1/2 Cup	Pudding 1/2 Cup	Pudding 1/2 Cup	Cookies 2 Each				
	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup				
	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each				
	<b>Meal # 79</b>	<b>Meal # 82</b>	<b>Meal # 85</b>	<b>Meal # 88</b>	<b>Meal # 91</b>	<b>Meal # 93</b>	<b>Meal # 95</b>		
	T Bologna 3 WZ	T Salami 3 WZ	Peanut Butter & Jelly Mix 2 WZ	T Bologna 3 WZ	Sliced Turkey 3 WZ	Hamburger® 4 WZ	Baked Chicken 3 WZ		
	Sliced Cheese 1 WZ	Sliced Cheese 1 WZ	T Ham 2 WZ	Sliced Cheese 1 WZ	Sliced Cheese 1 WZ	Sliced Cheese 1/2 WZ	Poultry Gravy 2 FZ		
	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Oven Brown Potatoes 1/2 Cup	Herb Noodles 1/2 Cup		
D	Wheat Bread 4 Slice	Salad Dressing 1 Pkt		Wheat Bread 4 Slice	Wheat Bread 4 Slice	Baked Beans 1/2 Cup			
I	Salad Dressing 1 Pkt	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Wheat Bread 4 Slice	Onion Slices 2 Each	Carrots 1/2 Cup	
N							Pickle Chips 2 Each	Tossed Salad 3/4 Cup	
N							Mustard 1/2 FZ	with Dressing 1 FZ	
E	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each	Wheat Bun 1 Each	Wheat Dinner Roll 1 Each	
R							Ketchup 2 FZ	Margarine 2 tsp	
	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Pudding 1/2 Cup	Glazed Cake 1 Slice	
	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 2 Cup	Beverage 2 Cup	
							Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 2 oz, or other snack items approved by ADOC

\*Inmates housed in Detention Units will receive this menu with Hot Soup and Hot Cereal omitted from tray



**ARIZONA DEPARTMENT OF CORRECTIONS  
MINOR FEMALE GENERAL POPULATION  
WEEKLY CYCLE MENUS**

**ADC Contract No. DC020205  
April 1, 2010**

**Menu Week 1**

	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SATURDAY	SATURDAY	SUNDAY
	1	4	7	10	13	16	16	16	18
<b>B</b>						Fruit	1 SVG	Fruit	1 SVG
<b>R</b>						Fruit Drink	1 Cup	Fruit Drink	1 Cup
<b>E</b>	French Toast	Scrambled Eggs	Pancakes, 4"	Scrambled Eggs	Sausage Gravy	Cold Cereal	1 Cup	Cold Cereal	1 Cup
<b>A</b>	Syrup	Hot Cereal	Syrup	Hot Cereal	Egg Casserole	Waffles	2 Each	Waffles	2 Each
<b>K</b>	Grilled Potatoes	Grilled Potatoes	T-Ham	Grilled Potatoes	Grilled Potatoes	with T-Ham	4 WZ	Syrup	1 FZ
<b>F</b>		Wheat Bread		Wheat Bread	Biscuits	Grilled Potatoes	1/2 Cup	Scrambled Egg	3 WZ
<b>A</b>	Margarine	Margarine	Margarine	Margarine	Sugar PKT	Wheat Bread	2 Slice	T Ham	2 WZ
<b>S</b>	Sugar PKT	Sugar PKT	Sugar PKT	Sugar PKT	Sugar PKT	Peanut Butter	1 WZ	Margarine	2 tsp
<b>T</b>	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	2 Cup	Coffee	2 Cup
	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	1 Cup	Coffee	2 Cup
	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	1 Each	Sugar PKT	3 Each
						Low Fat Milk	2 Cup	Low Fat Milk	2 Cup
	<b>Meal # 2</b>	<b>Meal # 5</b>	<b>Meal # 8</b>	<b>Meal # 11</b>	<b>Meal # 14</b>			Salt & Pepper Pkt	1 Each
<b>L</b>	T Bologna	T Ham	Peanut Butter & Jelly Mix	T Salami	T Bologna	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
<b>U</b>	Sliced Cheese	Sliced Cheese	Sliced Turkey	Sliced Cheese	Sliced Cheese	<b>Weekend Modified Meal</b>		<b>Weekend Modified Meal</b>	
<b>N</b>	Mustard	Mustard	Mustard	Mustard	Mustard	<b>Hours will be from:</b>		<b>Hours will be from:</b>	
<b>C</b>	Salad Dressing	Salad Dressing	Wheat Bread	Wheat Bread	Wheat Bread	<b>7:00 AM to 9:00 AM</b>		<b>7:00 AM to 9:00 AM</b>	
<b>H</b>	Wheat Bread	Wheat Bread	Wheat Bread	Salad Dressing	Salad Dressing				
	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day				
	Cookie	Cookie	Cookie	Cookie	Cookie				
	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk				
	<b>Meal # 3</b>	<b>Meal # 6</b>	<b>Meal # 9</b>	<b>Meal # 12</b>	<b>Meal # 15</b>	<b>Meal # 17</b>	<b>Meal # 19</b>		
<b>D</b>	Chili con Carne	Pasta with	T Sausage & Cheese	Italian Sausage	Breaded Chicken Pieces	Baked Chicken	3 WZ	Salisbury Patty®	4 WZ
<b>I</b>	Baked Potato	Meat Sauce	Pizza (CUT 4" X 4")	Fried Onions, Bell Peppers	BBQ Sauce	Country Gravy	2 FZ	Brown Gravy	3 FZ
<b>N</b>	Shredded Cheese		(1 OZ Meat/2 OZ Cheese)	and Tomato Sauce	Rice Pilaf	Mashed Potatoes	1/2 Cup	Potatoes O'Brien	3/4 Cup
<b>N</b>	Broccoli	Green Beans	Corn	Wheat Bun	Mixed Vegetables	Bread Dressing	3/4 Cup	Green Beans	1/2 Cup
<b>E</b>		Tossed Salad with	Tossed Salad with	Minestrone Soup	Tossed Salad with	Green Peas	1/2 Cup	Tossed Salad with	3/4 Cup
<b>R</b>	Cornbread	Salad Dressing	Salad Dressing	Chips	Salad Dressing	Tossed Salad with	1 FZ	Salad Dressing	1 FZ
<b>K</b>	Margarine	Garlic Bread		Pudding	Wheat Dinner Roll	Wheat Dinner Roll	1 Each	Wheat Bread	2 Slice
	Cookies	Fruit	Gelatin	Pudding	Cookies	Cookies	2 Each	Margarine	2 tsp
	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	1 Cup	Glazed Cake	1 Slice
	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	1 Each	Low Fat Milk	1 Cup
<b>S</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
<b>N</b>	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	1 PC	Fruit Drink	1 PC
<b>K</b>	Graham Crackers	Pretzels or Chips	Veggie Sticks	Peanut Butter	Cheese	Graham Crackers	2 Each	Peanut Butter	1/2 WZ
				Wheat Bread	and Crackers	Wheat Bread	1 Slice	Wheat Bread	1 Slice

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 2 oz, or other snack items approved by ADOC



**ARIZONA DEPARTMENT OF CORRECTIONS  
MINOR FEMALE GENERAL POPULATION  
WEEKLY CYCLE MENUS**

**ADC Contract No. DC020205  
April 1, 2010**

**Menu Week 3**

	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SATURDAY	SATURDAY	SUNDAY	
	39	42	45	48	51	54	54	54	56	
<b>B</b>						Fruit	1 SVG	Fruit	1 SVG	
<b>R</b>	Scrambled Eggs	French Toast	Pancakes, 4"	Sausage Gravy	Scrambled Eggs	Fruit Drink	1 Cup	Fruit Drink	1 Cup	
<b>E</b>	Hot Cereal	Syrup	Syrup	Syrup	Hot Cereal	Cold Cereal	1 Cup	Cold Cereal	1 Cup	
<b>A</b>	Grilled Potatoes	Grilled Potatoes	T-Ham*	Grilled Potatoes	Grilled Potatoes	Egg Casserole		Scrambled Eggs	3 WZ	
<b>K</b>	Wheat Bread			Biscuits	Wheat Bread	with T-Ham	4 WZ	Sausage Gravy	3/4 Cup	
<b>F</b>	Margarine	Margarine	Margarine	Margarine	Margarine	Grilled Potatoes	1/2 Cup	Grilled Potatoes	1/2 Cup	
<b>A</b>	Sugar PKT	Sugar PKT	Sugar PKT	Sugar PKT	Sugar PKT	Wheat Bread	2 Slice	Biscuits	1 Each	
<b>S</b>	Coffee	Coffee	Coffee	Coffee	Coffee	Peanut Butter	1 WZ			
<b>T</b>	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Coffee	2 Cup	Coffee	2 Cup	
	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Sugar PKT	3 Each	Sugar PKT	3 Each	
	<b>Meal # 40</b>	<b>Meal # 43</b>	<b>Meal # 46</b>	<b>Meal # 49</b>	<b>Meal # 52</b>	Low Fat Milk	2 Cup	Low Fat Milk	2 Cup	
	T Bologna	Peanut Butter & Jelly Mi	T Ham	T Bologna	T Salami	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	
	Sliced Cheese	Sliced Turkey	Sliced Cheese	Sliced Cheese		<b>Weekend Modified Meal</b>		<b>Weekend Modified Meal</b>		
	Mustard	Mustard	Mustard	Mustard	Mustard	<b>Hours will be from:</b>		<b>Hours will be from:</b>		
<b>L</b>	Wheat Bread		Salad Dressing	Salad Dressing	Salad Dressing	<b>7:00 AM to 9:00 AM</b>		<b>7:00 AM to 9:00 AM</b>		
<b>U</b>	Salad Dressing	Wheat Bread	Wheat Bread	Wheat Bread	Wheat Bread					
<b>N</b>										
<b>C</b>										
<b>H</b>	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day					
	Cookie	Cookie	Cookie	Cookie	Cookie					
	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk					
	<b>Meal # 41</b>	<b>Meal # 44</b>	<b>Meal # 47</b>	<b>Meal # 50</b>	<b>Meal # 53</b>	<b>Meal # 55</b>	<b>Meal # 55</b>	<b>Meal # 57</b>		
	Teriyaki Chicken	Beef Patty @	Grilled Cheese	Meat Loaf	T Sausage & Cheese Pizza	Baked Chicken	3 WZ	Breaded Chicken Patty	3 WZ	
		Brown Gravy	on Wheat Bread	Brown Gravy	(CUT 4" X 4")	Poultry Gravy	2 FZ	with Shredded Cheese	1/2 WZ	
<b>D</b>	Rice Pilaf	Mashed Potatoes	Vegetable Soup	Steamed Rice	(1 OZ Meat/2 OZ Cheese)	Mashed Potatoes	1/2 Cup	and Marinara Sauce	2 FZ	
<b>I</b>	Broccoli	Carrots		Broccoli		Bread Dressing	3/4 Cup	Pasta	6 WZ	
<b>N</b>	Tossed Salad		Coleslaw		Vegetable Soup	Green Peas	1/2 Cup	Mixed Vegetables	1/2 Cup	
<b>N</b>	with Dressing				Tossed Salad	with Dressing	3/4 Cup	Tossed Salad	3/4 Cup	
<b>E</b>	Wheat Dinner Roll	Wheat Bread		Wheat Bread	with Dressing	Wheat Dinner Roll	1 FZ	with Dressing	1 FZ	
<b>R</b>	Margarine			Margarine				Wheat Bread	2 Slice	
	Pudding	Glazed Cake	Pudding	Pudding	Gelatin	Glazed Cake	1 Slice	Margarine	2 tsp	
	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	1 Cup	Cookies	2 Each	
	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	1 Each	Low Fat Milk	1 Cup	
								Salt & Pepper Pkt	1 Each	
<b>S</b>	<b>SNACK</b>		<b>SNACK</b>		<b>SNACK</b>		<b>SNACK</b>		<b>SNACK</b>	
<b>N</b>	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	1 PC	Fruit Drink	1 PC	
<b>K</b>	Cheese and Crackers	Pretzels or Chips	Veggie Sticks	Pretzels or Chips	Graham Crackers	Peanut Butter	1/2 WZ	Peanut Butter	1/2 WZ	
						Wheat Bread	1 Slice	Wheat Bread	1 Slice	

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 2 oz, or other snack items approved by ADOC

**ARIZONA DEPARTMENT OF CORRECTIONS  
MINOR FEMALE GENERAL POPULATION  
WEEKLY CYCLE MENUS**

**ADC Contract No. DC020205  
April 1, 2010**

**Menu Week 4**

	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	58	61	64	67	70	73	75		
<b>B</b>						Fruit	1 SVG	Fruit	1 SVG
<b>R</b>	French Toast	Scrambled Eggs	Pancakes, 4"	Scrambled Eggs	Sausage Gravy	Fruit Drink	1 Cup	Fruit Drink	1 Cup
<b>E</b>	Syrup	Hot Cereal	Syrup	Hot Cereal	Cold Cereal	Scrambled Eggs	1 Cup	Cold Cereal	1 Cup
<b>A</b>	Grilled Potatoes	Grilled Potatoes	T-Ham	Grilled Potatoes	Grilled Potatoes	Refried Beans	1/2 Cup	Syrup	1 FZ
<b>K</b>		Wheat Bread		Wheat Bread	Biscuits	Potatoes w/ Chorizo	1/2 Cup	Western Scramble	4 WZ
<b>F</b>	Margarine	Margarine	Margarine	Margarine	Salsa	T Ham	1 WZ		
<b>A</b>	Sugar PKT	Sugar PKT	Sugar PKT	Sugar PKT	Sugar PKT	Shredded Cheese	1 WZ		
<b>S</b>	Coffee	Coffee	Coffee	Coffee	Coffee	Corn Tortilla 6"	2 Each	Margarine	2 tsp
<b>T</b>	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Coffee	2 Cup	Coffee	2 Cup
	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Sugar PKT	3 Each	Sugar PKT	3 Each
	Meal # 59	Meal # 62	Meal # 65	Meal # 68	Meal # 71	Low Fat Milk	2 Cup	Low Fat Milk	2 Cup
	T Ham	Sliced Turkey	T Salami	Peanut Butter & Jelly Mix	Sliced Turkey	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
	Sliced Cheese		Sliced Cheese	T Ham	Sliced Cheese	<b>Weekend Modified Meal</b>		<b>Weekend Modified Meal</b>	
	Mustard	Mustard	Mustard	Mustard	Mustard	<b>Hours will be from:</b>		<b>Hours will be from:</b>	
<b>L</b>	Salad Dressing	Salad Dressing	Salad Dressing	Salad Dressing	Salad Dressing	<b>7:00 AM to 9:00 AM</b>		<b>7:00 AM to 9:00 AM</b>	
<b>U</b>	Wheat Bread	Wheat Bread	Wheat Bread	Wheat Bread	Wheat Bread				
<b>N</b>									
<b>C</b>									
<b>H</b>	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day				
	Cookie	Cookie	Cookie	Cookie	Cookie				
	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk				
	Meal # 60	Meal # 63	Meal # 66	Meal # 69	Meal # 72	Meal # 74	Meal # 76		
	Italian Sausage	Tossed Salad	Oven Fried Chicken	Meat & Cheese Pizza	Pasta with	Hamburger ®	4 WZ	Diced Chicken Meat	3 WZ
	Fried Onions, Bell Peppers and Tomato Sauce	Diced T Ham	Chicken Gravy	(CUT 4" X 4")	Meat Sauce	Sliced Cheese	1/2 WZ	Onions & Peppers	1/2 Cup
<b>D</b>	Rice Pilaf	Shredded Cheese	Herb Noodles	(1 OZ Meat/2 OZ Cheese)		Oven Brown Potatoes	1/2 Cup	Cheese, shredded	1/2 WZ
<b>I</b>	Three Bean Salad	Croutons	Green Beans	Broccoli	Green Peas	Ketchup	2 FZ	Spanish Rice	1/2 Cup
<b>N</b>		Carrots	Tossed Salad	Tossed Salad with	Tossed Salad with	Baked Beans	1/2 Cup	Refried Beans	1/2 Cup
<b>N</b>		Dressing	with Dressing	Salad Dressing	Salad Dressing	Shredded Lettuce	1/4 Cup	Tossed Salad	3/4 Cup
<b>E</b>	Wheat Bun	Soup of the Day	Wheat Dinner Roll		Garlic Bread	Mustard	1/2 FZ	with Dressing	1 FZ
<b>R</b>		Macaroni Salad				Wheat Bun	1 Each	Salsa	2 FZ
	Pudding	Fruit	Glazed Cake	Fruit	Gelatin	Tomato Slices	2 Each	Corn Tortilla 6"	2 Each
	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Pudding	1/2 Cup	Glazed Cake	1 Slice
	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
						Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
<b>S</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
<b>N</b>	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	1 PC	Fruit Drink	1 PC
<b>K</b>	Peanut Butter	Pretzels or Chips	Veggie Sticks	Graham Crackers	Pretzels or Chips	Peanut Butter	1/2 WZ	Graham Crackers	2 Each
	Wheat Bread				Wheat Bread	Wheat Bread	1 Slice		

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Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 2 oz, or other snack items approved by ADOC

**ARIZONA DEPARTMENT OF CORRECTIONS  
MINOR FEMALE GENERAL POPULATION  
WEEKLY CYCLE MENUS**

**ADC Contract No. DC020205  
April 1, 2010**

**Menu Week 5**

	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	77	80	83	86	89	92	94		
<b>B</b>						Fruit	1 SVG	Fruit	1 SVG
<b>R</b>						Fruit Drink	1 Cup	Fruit Drink	1 Cup
<b>E</b>	Sausage Gravy	Scrambled Eggs	French Toast	Pancakes, 4"	Sausage Gravy	Cold Cereal	1 Cup	Cold Cereal	1 Cup
<b>A</b>	Grilled Potatoes	Grilled Potatoes	Grilled Potatoes	T-Ham	Grilled Potatoes	Pancakes, 4"	2 Each	Egg Casserole	
<b>K</b>	Biscuits	Wheat Bread	Margarine	Margarine	Margarine	Syrup	1 FZ	with T Ham	4 WZ
<b>F</b>						Boiled Egg	1 Each	Grilled Potatoes	1/2 Cup
<b>A</b>	Sugar PKT	Sugar PKT	Sugar PKT	Sugar PKT	Sugar PKT	T Ham	2 WZ	Wheat Bread	2 Slice
<b>S</b>	Coffee	Coffee	Coffee	Coffee	Coffee	Wheat Bread	1 Slice	Peanut Butter	1 WZ
<b>T</b>	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Margarine	2 tsp	Coffee	2 Cup
	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	Coffee	2 Cup	Coffee	2 Cup
						Sugar PKT	3 Each	Sugar PKT	3 Each
	<b>Meal # 78</b>	<b>Meal # 81</b>	<b>Meal # 84</b>	<b>Meal # 87</b>	<b>Meal # 90</b>	Low Fat Milk	2 Cup	Low Fat Milk	2 Cup
	T Bologna	T Salami	Peanut Butter & Jelly Mix	T Bologna	Sliced Turkey	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
	Sliced Cheese	Sliced Cheese	T Ham	Sliced Cheese	Sliced Cheese	<b>Weekend Modified Meal</b>		<b>Weekend Modified Meal</b>	
	Mustard	Mustard	Mustard	Mustard	Mustard	<b>Hours will be from:</b>		<b>Hours will be from:</b>	
<b>L</b>	Wheat Bread	Salad Dressing	Wheat Bread	Wheat Bread	Salad Dressing	<b>7:00 AM to 9:00 AM</b>		<b>7:00 AM to 9:00 AM</b>	
<b>U</b>	Salad Dressing	Wheat Bread	Wheat Bread	Salad Dressing	Wheat Bread				
<b>N</b>									
<b>C</b>									
<b>H</b>	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day				
	Cookie	Cookie	Cookie	Cookie	Cookie				
	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk				
	<b>Meal # 79</b>	<b>Meal # 82</b>	<b>Meal # 85</b>	<b>Meal # 88</b>	<b>Meal # 91</b>	<b>Meal # 93</b>	<b>Meal # 95</b>		
	Sweet & Sour Chicken	T-Hot Dogs 10/1	Country Fried Patty	Grilled Cheese	Chicken Sauce	Hamburger ®	Baked Chicken		
		Baked Beans	County Gravy	and T Ham	over Biscuit	Sliced Cheese	Poultry Gravy		
<b>D</b>	Steamed Rice	Hot Dog Bun	Mashed Potatoes	on Wheat Bread		Oven Brown Potatoes	Herb Noodles		
<b>I</b>	Broccoli	Diced Onions	Broccoli	Oven Brown Potatoes	Oven Brown Potatoes	Baked Beans			
<b>N</b>	Tossed Salad	Tossed Salad with		Green Beans	Green Beans	Onion Slices	Carrots		
<b>N</b>	with Dressing	Salad Dressing			Tossed Salad	Pickle Chips	Tossed Salad		
<b>E</b>	Wheat Dinner Roll	Mustard	Wheat Bread	Ketchup	with Dressing	Mustard	with Dressing		
<b>R</b>	Margarine	Ketchup		2 FZ	Wheat Dinner Roll	Wheat Bun	Wheat Dinner Roll		
	Glazed Cake	Gelatin	Pudding	1/2 Cup		Ketchup	Margarine		
	Low Fat Milk	Low Fat Milk	Low Fat Milk	1 Cup	Cookies	Pudding	Glazed Cake		
	Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt	1 Each	Low Fat Milk	Low Fat Milk	Low Fat Milk		
					Salt & Pepper Pkt	Salt & Pepper Pkt	Salt & Pepper Pkt		
<b>S</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>		
<b>N</b>	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink		
<b>K</b>	Pretzels or Chips	Graham Crackers	Pretzels or Chips	Peanut Butter	Veggie Sticks	Peanut Butter	Peanut Butter		
				Wheat Bread	Wheat Bread	Wheat Bread	Wheat Bread		

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Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 2 oz, or other snack items approved by ADOC

**ARIZONA DEPARTMENT OF CORRECTIONS  
MINOR FEMALE GENERAL POPULATION  
WEEKLY CYCLE MENUS**

ADC Contract No. DC020205  
April 1, 2010

Menu Week 6

	Meal #		Meal #		Meal #		Meal #		Meal #		Meal #		Meal #	
	MONDAY	96	TUESDAY	99	WEDNESDAY	102	THURSDAY	105	FRIDAY	108	SATURDAY	111	SUNDAY	113
<b>B</b>											Fruit	1 SVG	Fruit	1 SVG
<b>R</b>	Scrambled Eggs	2 WZ	Pancakes, 4"	2 Each	Scrambled Eggs	2 WZ	Sausage Gravy	1/2 Cup	Pancakes, 4"	2 Each	Fruit Drink	1 Cup	Fruit Drink	1 Cup
<b>E</b>	Hot Cereal	1 Cup	Syrup	1 FZ	Hot Cereal	1 Cup			Syrup	1 FZ	Cold Cereal	1 Cup	Cold Cereal	1 Cup
<b>A</b>	Grilled Potatoes	1/2 Cup	T-Ham	2 WZ	Grilled Potatoes	1/2 Cup	Grilled Potatoes	1/2 Cup	T-Ham	2 WZ	French Toast	2 Each	Eggs	2 Each
<b>K</b>	Wheat Bread	2 Slice			Wheat Bread	2 Slice	Biscuits	1 Each			Syrup	1 FZ	T Ham	2 WZ
<b>F</b>	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp			Margarine	2 tsp	Western Scramble	4 WZ	Grilled Potatoes	1/2 Cup
<b>A</b>	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	T Ham*	1 WZ	Wheat Bread	2 Slice
<b>S</b>	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Margarine	2 tsp	Peanut Butter	1 WZ
<b>T</b>	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Coffee	2 Cup	Coffee	2 Cup
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Sugar PKT	3 Each	Sugar PKT	3 Each
	<b>Meal # 97</b>		<b>Meal # 100</b>		<b>Meal # 103</b>		<b>Meal # 106</b>		<b>Meal # 109</b>		Low Fat Milk	2 Cup	Low Fat Milk	2 Cup
	T Bologna	3 WZ	Sliced Turkey	3 WZ	T Ham	2 WZ	Peanut Butter & Jelly Mix	2 WZ	T Salami	2 WZ	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
	Sliced Cheese	1 WZ	Sliced Cheese	1 WZ	T Bologna	1 WZ	T Ham	2 WZ	T Bologna	1 WZ	<b>Weekend Modified Meal</b>		<b>Weekend Modified Meal</b>	
	Mustard	1 Pkt			Sliced Cheese	1 WZ	Mustard	1 Pkt	Mustard	1 Pkt	<b>Hours will be from:</b>		<b>Hours will be from:</b>	
<b>L</b>	Wheat Bread	4 Slice	Mustard	1 Pkt	Mustard	1 Pkt			Wheat Bread	4 Slice	<b>7:00 AM to 9:00 AM</b>		<b>7:00 AM to 9:00 AM</b>	
<b>U</b>	Salad Dressing	1 Pkt	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Salad Dressing	1 Pkt				
<b>N</b>			Salad Dressing	1 Pkt	Salad Dressing	1 Pkt								
<b>C</b>														
<b>H</b>	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each				
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each				
	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup				
	<b>Meal # 98</b>		<b>Meal # 101</b>		<b>Meal # 104</b>		<b>Meal # 107</b>		<b>Meal # 110</b>		<b>Meal # 112</b>		<b>Meal # 114</b>	
	Taco Meat Mix	2 WZ	Italian Sausage	4 WZ	Breaded Chicken Pieces	4 WZ	Salisbury Patty ®	4 WZ	Chicken Fried Rice	1 Cup	Baked Chicken	3 WZ	Italian Pasta Casserole	1 Cup
	Shredded Cheese	1 WZ	Fried Onions, Bell Peppers		BBQ Sauce	1 FZ	Brown Gravy	2 FZ	with BBQ Sauce	1 FZ				
	Corn Chips	3/4 WZ	and Tomato Sauce	1/2 Cup	Rice Pilaf	1/2 Cup	Mashed Potatoes	1/2 Cup	Ranch Beans	1/2 Cup			Three Bean Salad	3/4 Cup
<b>D</b>	Spanish Rice	1/2 Cup	Vegetable Soup	1 Cup					Potato Salad	3/4 Cup				
<b>I</b>	Corn	1/2 Cup	Potato Salad	1/2 Cup	Mixed Vegetables	1/2 Cup	Sliced Carrots	1/2 Cup	Green Beans	1/2 Cup			Broccoli	1/2 Cup
<b>N</b>					Tossed Salad with	3/4 Cup	Tossed Salad with	3/4 Cup	Tossed Salad	3/4 Cup				
<b>N</b>	Shredded Lettuce	1 Cup			Salad Dressing	1 FZ	Salad Dressing	1 FZ	with Dressing	1 FZ				
<b>E</b>	Diced Onion	1 WZ	Wheat Bun	1 Each	Wheat Dinner Roll	1 Each	Wheat Bread	2 Slice	Wheat Dinner Roll	1 Each	Wheat Bread	1 Slice	Garlic Toast	2 Slice
<b>R</b>	Salsa	2 FZ							Margarine	2 tsp	Margarine	2 tsp		
	Pudding	1/2 Cup	Cookies	2 Each	Glazed Cake	1 Slice	Pudding	1/2 Cup	Cookies	2 Each	Glazed Cake	1 Slice	Pudding	1/2 Cup
	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
<b>S</b>	<b>SNACK</b>		<b>SNACK</b>		<b>SNACK</b>		<b>SNACK</b>		<b>SNACK</b>		<b>SNACK</b>		<b>SNACK</b>	
<b>N</b>	Fruit Drink	1 PC	Fruit Drink	1 PC	Fruit Drink	1 PC	Fruit Drink	1 PC	Fruit Drink	1 PC	Fruit Drink	1 PC	Fruit Drink	1 PC
<b>K</b>	Pretzels or Chips	1/2 WZ	Veggie Sticks	6 Each	Cheese and Crackers	1/2 WZ	Graham Crackers	2 Each	Pretzels or Chips	1/2 WZ	Peanut Butter	1/2 WZ	Graham Crackers	2 Each
											Wheat Bread	1 Slice		

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.  
R = Raw, uncooked portion  
Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit  
Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 2 oz, or other snack items approved by ADOC