

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

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

Menu Week 1

	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
	1	4	7	10	13	16	18			
B	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Fruit 1 SVG	Fruit 1 SVG			
R	French Toast 3 Slice	Scrambled Eggs 3 WZ	Pancakes, 4" 3 Each	Scrambled Eggs 3 WZ	Sausage Gravy 3/4 Cup	Fruit Drink 1 Cup	Fruit Drink 1 Cup			
E	Syrup 2 FZ		Syrup 2 FZ			Cold Cereal 1 Cup	Cold Cereal 1 Cup			
A	Grilled Potatoes 1/2 Cup	Grilled Potatoes 1/2 Cup	T-Ham 2 WZ	Grilled Potatoes 1/2 Cup	Grilled Potatoes 1/2 Cup	Egg Casserole with T Ham 6 WZ	Waffles 3 Each			
K		Wheat Bread 2 Slice		Wheat Bread 2 Slice	Biscuits 2 Each	Grilled Potatoes 1/2 Cup	Scrambled Egg 4 WZ			
F	Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp		Wheat Bread 2 Slice	Wheat Bread 2 Slice			
A	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Peanut Butter & Jelly Mix (2 oz PB) 3 WZ	T Ham 2 WZ			
S	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup		Margarine 2 tsp			
T	Fruit Drink 1 Cup	Low Fat Milk 1 Cup	Fruit Drink 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			
	Meal # 2	Meal # 5	Meal # 8	Meal # 11	Meal # 14	Meal # 17	Meal # 19			
	T Bologna 3 WZ	T Ham 3 WZ	Peanut Butter & Jelly Mix 2 WZ	T Salami 3 WZ	T Bologna 3 WZ	Sliced Cheese 1 WZ	Salt & Pepper Pkt 1 Each			
	Sliced Cheese 1 WZ	Sliced Cheese 1 WZ	Sliced Turkey 2 WZ		Sliced Cheese 1 WZ	Weekend Modified Meal		Weekend Modified Meal		
	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt			Hours will be from:		Hours will be from:		
L	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt		Mustard 1 Pkt	Mustard 1 Pkt		7:00 AM to 9:00 AM		7:00 AM to 9:00 AM	
U	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice					
N				Salad Dressing 1 Pkt	Salad Dressing 1 Pkt					
C										
H	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				
	Cookie 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	Beverage 1 PC				
	Meal # 3	Meal # 6	Meal # 9	Meal # 12	Meal # 15	Meal # 18	Meal # 21			
	Chili con Carne 3/4 Cup	Pasta with Meat Sauce 6 WZ	T Sausage & Cheese 2 Slice	Italian Sausage 1 Each	Breaded Chicken Pieces 4 WZ	Baked Chicken 3 WZ	Salisbury Patty® 4 WZ			
	Baked Potato 1 Each		Pizza (CUT 4" X 4") (1 OZ Meat/2 OZ Cheese)	Fried Onions, Bell Peppers, and Tomato Sauce 1/2 Cup	BBQ Sauce 1 FZ	Country Gravy 3 FZ	Brown Gravy 3 FZ			
	Shredded Cheese 1/2 WZ			Wheat Bun 1 Each	Rice Pilaf 3/4 Cup	Mashed Potatoes 3/4 Cup	Potatoes O'Brien 1 Cup			
D						Bread Dressing 1 Cup				
I	Broccoli 1/2 Cup	Green Beans 1/2 Cup	Corn 1/2 Cup	Minestrone Soup 1 Cup	Mixed Vegetables 1/2 Cup	Green Peas 1/2 Cup	Green Beans 1/2 Cup			
N		Tossed Salad with Salad Dressing 3/4 Cup	Tossed Salad with Salad Dressing 3/4 Cup		Tossed Salad with Salad Dressing 3/4 Cup	Tossed Salad with Salad Dressing 3/4 Cup	Tossed Salad with Salad Dressing 3/4 Cup			
N										
E	Cornbread 1 Slice	Garlic Bread 2 Slice		Chips 1/2 WZ	Wheat Dinner Roll 1 Each	Wheat Dinner Roll 1 Each	Wheat Bread 2 Slice			
R	Margarine 2 tsp						Margarine 2 tsp			
	Cookies 2 Each	Fruit 1 Svg	Gelatin 1/2 Cup	Pudding 1/2 Cup	Pudding 1/2 Cup	Cookies 2 Each	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			

*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 MALE 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 20	TUESDAY 23	WEDNESDAY 26	THURSDAY 29	FRIDAY 32	SATURDAY 35	SUNDAY 37		
B	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Fruit 1 SVG	Fruit 1 SVG		
R	Scrambled Eggs 3 WZ	Pancakes, 4" Syrup 3 Each 2 FZ	Scrambled Eggs 3 WZ	Sausage Gravy 3/4 Cup	French Toast 3 Slice	Fruit Drink 1 Cup	Fruit Drink 1 Cup		
E						Cold Cereal 1 Cup	Cold Cereal 1 Cup		
A	Grilled Potatoes 1/2 Cup	T-Ham 2 WZ	Grilled Potatoes 1/2 Cup	Grilled Potatoes 1/2 Cup	Grilled Potatoes 1/2 Cup	Eggs 2 Each	Scrambled Eggs 4 WZ		
K	Wheat Bread 2 Slice		Wheat Bread 2 Slice	Biscuits 2 Each		T Ham 2 WZ	Refried Beans 1/2 Cup		
F	Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp		Margarine 2 tsp	Grilled Potatoes 1/2 Cup	Potatoes w/ Chorizo 1/2 Cup		
A	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Wheat Bread 2 Slice	Salsa 2 FZ		
S	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Peanut Butter & Jelly Mix (2 oz PB) 3 WZ	Shredded Cheese 1 WZ		
T	Low Fat Milk 1 Cup	Fruit Drink 1 Cup	Low Fat Milk 1 Cup	Fruit Drink 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		
	Meal # 21	Meal # 24	Meal # 27	Meal # 30	Meal # 33	Meal # 36	Meal # 39		
	T Ham 3 WZ	T Salami 3 WZ	Sliced Turkey 3 WZ	T Bologna 3 WZ	T Ham 3 WZ	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup		
	Sliced Cheese 1 WZ		Sliced Cheese 1 WZ		Sliced Cheese 1 WZ	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each		
	Mustard 1 WZ	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Weekend Modified Meal		Weekend Modified Meal	
L	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Hours will be from:		Hours will be from:	
U	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	7:00 AM to 9:00 AM		7:00 AM to 9:00 AM	
N									
C									
H	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 # 22	Meal # 25	Meal # 28	Meal # 31	Meal # 34	Meal # 37	Meal # 40		
	Taco Meat Mix 3 WZ	Baked Chicken 3 WZ	Enchilada Casserole 1 1/2 Cup	Meat & Cheese Pizza (CUT 4" X 4") 2 Slice	T Hot Dog 2 Each	Italian Pasta Casserole 1 1/2 Cup	Hamburger ® 4 WZ		
	Shredded Cheese 1 WZ	with BBQ Sauce 1 FZ			Chili with Beans 3/4 Cup		Sliced Cheese 1/2 WZ		
	Corn Chips 1 WZ	Potato Salad 3/4 Cup	Spanish Rice 3/4 Cup	(1 OZ Meat/2 OZ Cheese)			Oven Brown Potatoes 3/4 Cup		
D	Spanish Rice 1/2 Cup				Mustard 1 FZ		Pickle Chips 2 Each		
I	Corn 1/2 Cup	Broccoli 1/2 Cup	Carrots 1/2 Cup	Vegetable Rice Soup 1 Cup	Diced Onions 1/4 Cup	Mixed Vegetables 1/2 Cup	Baked Beans 3/4 Cup		
N		Tossed Salad 3/4 Cup	Tossed Salad 3/4 Cup		Tossed Salad 3/4 Cup	Tossed Salad 3/4 Cup	Shredded Lettuce 1/4 Cup		
N	Shredded Lettuce 1 Cup	with Dressing 1 FZ	with Dressing 1 FZ	Tossed Salad with 3/4 Cup	with Dressing 1 FZ	with Dressing 1 FZ	Ketchup 2 FZ		
E	Diced Onion 1 WZ	Wheat Bread 2 Slice		Salad Dressing 1 FZ	Wheat Bun 2 Each	Garlic Toast 2 Slice	Mustard 1/2 FZ		
R	Salsa 2 FZ	Margarine 2 tsp					Wheat Bun 1 Each		
	Pudding 1/2 Cup	Glazed Cake 1 Slice	Fruit 1 Svg	Gelatin 1/2 Cup	Gelatin 1/2 Cup	Cookies 2 Each	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		

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

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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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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	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Fruit 1 SVG	Fruit 1 SVG		
R	French Toast 3 Slice	Scrambled Eggs 3 WZ	Pancakes, 4" 3 Each	Scrambled Eggs 3 WZ	Sausage Gravy 3/4 Cup	Fruit Drink 1 Cup	Fruit Drink 1 Cup		
E	Syrup 2 FZ		Syrup 2 FZ			Cold Cereal 1 Cup	Cold Cereal 1 Cup		
A	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 4 WZ	Waffles 3 Each		
K		Wheat Bread 2 Slice		Wheat Bread 2 Slice		Refried Beans 1/2 Cup	Syrup 2 FZ		
F	Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp		Potatoes w/ Chorizo 1/2 Cup	Western Scramble 6 WZ		
A	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		
S	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Shredded Cheese 1 WZ			
T	Fruit Drink 1 Cup	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup	Corn Tortillas 3 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				
	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Weekend Modified Meal	Weekend Modified Meal		
L	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Hours will be from:	Hours will be from:		
U	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	7:00 AM to 9:00 AM	7:00 AM to 9:00 AM		
N									
C									
H	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 1 Each	Tossed Salad 1 Cup	Oven Fried Chicken 3 WZ	Meat & Cheese Pizza 2 Slice	Pasta with 6 WZ	Hamburger @ 4 WZ	Diced Chicken Meat 3 WZ		
	Fried Onions, Bell Peppers, and Tomato Sauce 1/2 Cup	Diced T Ham 3 WZ	Chicken Gravy 3 FZ	(CUT 4" X 4")	Meat Sauce 3/4 Cup	Sliced Cheese 1/2 WZ	Onions & Peppers 1/2 Cup		
D	Rice Pilaf 3/4 Cup	Shredded Cheese 1/2 WZ	Herb Noodles 3/4 Cup	(1 OZ Meat/2 OZ Cheese)		Oven Brown Potatoes 3/4 Cup	Cheese, shredded 1/2 WZ		
I	Pinto Beans 3/4 Cup	Croutons 1/2 Cup	Green Beans 1/2 Cup	Broccoli 1/2 Cup	Green Peas 1/2 Cup	Ketchup 2 FZ	Spanish Rice 3/4 Cup		
N		Dressing 2 FZ	Tossed Salad 3/4 Cup	Tossed Salad with 3/4 Cup	Tossed Salad with 3/4 Cup	Baked Beans 3/4 Cup	Refried Beans 3/4 Cup		
N		Soup of the Day 1 Cup	with Dressing 1 FZ	Salad Dressing 1 FZ	Salad Dressing 1 FZ	Shredded Lettuce 1/4 Cup	Tossed Salad 3/4 Cup		
E	Wheat Bun 1 Each	Macaroni Salad 3/4 Cup	Wheat Dinner Roll 1 Each		Garlic Bread 2 Slice	Mustard 1/2 FZ	with Dressing 1 FZ		
R						Wheat Bun 1 Each	Salsa 2 FZ		
	Pudding 1/2 Cup	Fruit 1 Svg	Glazed Cake 1 Slice	Fruit 1 Svg	Gelatin 1/2 Cup	Pickle Chips 2 Each	Corn Tortillas 3 Each		
	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Wheat Bun 1 Each	Glazed Cake 1 Slice		
	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	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

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WEEKLY CYCLE MENUS**

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

Menu Week 6

	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	96	99	102	105	108	111	113		
B	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Fruit 1 SVG	Fruit 1 SVG		
R	Scrambled Eggs 3 WZ	Pancakes, 4" 3 Each	Scrambled Eggs 3 WZ	Sausage Gravy 3/4 Cup	Pancakes, 4" 3 Each	Fruit Drink 1 Cup	Fruit Drink 1 Cup		
E		Syrup 2 FZ			Syrup 2 FZ	Cold Cereal 1 Cup	Cold Cereal 1 Cup		
A	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 3 Each	Eggs 2 Each		
K	Wheat Bread 2 Slice		Wheat Bread 2 Slice	Biscuits 2 Each		Syrup 2 FZ	T Ham 2 WZ		
F	Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp		Margarine 2 tsp	Western Scramble 6 WZ	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 1 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 & Jelly Mix 3 WZ		
T	Low Fat Milk 1 Cup	Fruit Drink 1 Cup	Low Fat Milk 1 Cup	Fruit Drink 1 Cup	Low Fat Milk 1 Cup	Coffee 2 Cup	(2 oz PB)		
	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	Coffee 2 Cup		
	Meal # 97	Meal # 100	Meal # 103	Meal # 106	Meal # 109	Meal # 112	Meal # 114		
	T Bologna 3 WZ	Sliced Turkey 3 WZ	T Ham 2 WZ	Peanut Butter & Jelly Mix 2 WZ	T Salami 2 WZ	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup		
	Sliced Cheese 1 WZ	Sliced Cheese 1 WZ	T Bologna 1 WZ	T Ham 2 WZ	T Bologna 1 WZ	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each		
	Mustard 1 Pkt		Sliced Cheese 1 WZ	Mustard 1 Pkt	Mustard 1 Pkt				
L	Wheat Bread 4 Slice	Mustard 1 Pkt	Mustard 1 Pkt		Wheat Bread 4 Slice				
U	Salad Dressing 1 Pkt	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Salad Dressing 1 Pkt	Weekend Modified Meal	Weekend Modified Meal		
N		Salad Dressing 1 Pkt	Salad Dressing 1 Pkt			Hours will be from:	Hours will be from:		
C						7:00 AM to 9:00 AM	7:00 AM to 9:00 AM		
H	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 3 WZ	Italian Sausage 1 Each	Breaded Chicken Pieces 4 WZ	Salisbury Patty® 4 WZ	Chicken Fried Rice 1 1/2 Cup	Baked Chicken 3 WZ	Italian Pasta Casserole 1 1/2 Cup		
	Shredded Cheese 1 WZ	Fried Onions, Bell Peppers, and Tomato Sauce 1/2 Cup	BBQ Sauce 1 FZ	Brown Gravy 3 FZ		with BBQ Sauce 1 FZ			
	Corn Chips 1 WZ	Vegetable Soup 1 Cup	Rice Pilaf 3/4 Cup	Mashed Potatoes 3/4 Cup		Ranch Beans 3/4 Cup	Three Bean Salad 3/4 Cup		
D	Spanish Rice 1/2 Cup	Potato Salad 3/4 Cup	Mixed Vegetables 1/2 Cup	Sliced Carrots 1/2 Cup	Mixed Vegetables 1/2 Cup	Potato Salad 1 Cup			
I	Corn 1/2 Cup		Tossed Salad with Salad Dressing 3/4 Cup	Tossed Salad with Salad Dressing 3/4 Cup	Tossed Salad with Dressing 3/4 Cup	Green Beans 1/2 Cup	Broccoli 1/2 Cup		
N	Shredded Lettuce 1 Cup		Wheat Dinner Roll 1 Each	Wheat Bread 2 Slice	Wheat Dinner Roll 1 Each				
E	Diced Onion 1 WZ	Wheat Bun 1 Each			Margarine 2 tsp	Wheat Bread 2 Slice	Garlic Toast 2 Slice		
R	Salsa 2 FZ	Cookies 2 Each	Glazed Cake 1 Slice	Pudding 1/2 Cup	Cookies 2 Each	Margarine 2 tsp			
	Pudding 1/2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Glazed Cake 1 Slice	Pudding 1/2 Cup		
	Beverage 2 Cup	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Beverage 2 Cup	Beverage 2 Cup		
	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 MALE GENERAL POPULATION LEVEL 3 & 4
WEEKLY CYCLE MENUS**

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

Menu Week 1

	Meal #		Meal #		Meal #		Meal #		Meal #		Meal #		Meal #	
	MONDAY 1		TUESDAY 4		WEDNESDAY 7		THURSDAY 10		FRIDAY 13		SATURDAY 16		SUNDAY 18	
B	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG
R	French Toast	3 Slice	Scrambled Eggs	3 WZ	Pancakes, 4"	3 Each	Scrambled Eggs	3 WZ	Sausage Gravy	3/4 Cup	Fruit Drink	1 Cup	Fruit Drink	1 Cup
E	Syrup	2 FZ			Syrup	2 FZ					Cold Cereal	1 Cup	Cold Cereal	1 Cup
A	Grilled Potatoes	1/2 Cup	Grilled Potatoes	1/2 Cup	T-Ham	2 WZ	Grilled Potatoes	1/2 Cup	Grilled Potatoes	1/2 Cup	Egg Casserole		Waffles	3 Each
K			Wheat Bread	2 Slice			Wheat Bread	2 Slice	Biscuits	2 Each	with T Ham	6 WZ	Syrup	2 FZ
F	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Grilled Potatoes	1/2 Cup	Scrambled Egg	4 WZ
A	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Wheat Bread	2 Slice	Wheat Bread	2 Slice
S	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Peanut Butter & Jelly Mix	3 WZ	T Ham	2 WZ
T	Fruit Drink	1 Cup	Low Fat Milk	1 Cup	Fruit Drink	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	(2 oz PB)		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 # 2		Meal # 5		Meal # 8		Meal # 11		Meal # 14		Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
	Chili con Carne	3/4 Cup	Pasta with	6 WZ	T Sausage & Cheese	2 Slice	Italian Sausage	1 Each	Breaded Chicken Pieces	4 WZ	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
	Baked Potato	1 Each	Meat Sauce	3/4 Cup	Pizza (CUT 4" X 4")		Fried Onions, Bell Peppers,		BBQ Sauce	1 FZ	Weekend Modified Meal		Weekend Modified Meal	
	Shredded Cheese	1/2 WZ			(1 OZ Meat/2 OZ Cheese)		and Tomato Sauce	1/2 Cup	Rice Pilaf	3/4 Cup	Hours will be from:		Hours will be from:	
L							Wheat Bun	1 Each			7:00 AM to 9:00 AM		7:00 AM to 9:00 AM	
U	Broccoli	1/2 Cup	Green Beans	1/2 Cup	Corn	1/2 Cup	Minestrone Soup	1 Cup	Mixed Vegetables	1/2 Cup				
N			Tossed Salad with	3/4 Cup	Tossed Salad with	3/4 Cup			Tossed Salad with	3/4 Cup				
C			Salad Dressing	1 FZ	Salad Dressing	1 FZ			Salad Dressing	1 FZ				
H	Cornbread	1 Slice	Garlic Bread	2 Slice			Chips	1/2 WZ	Wheat Dinner Roll	1 Each				
	Margarine	2 tsp												
	Cookies	2 Each	Fruit	1 Svg	Gelatin	1/2 Cup	Pudding	1/2 Cup	Pudding	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				
	Meal # 3		Meal # 6		Meal # 9		Meal # 12		Meal # 15		Meal # 17		Meal # 19	
	T Bologna	3 WZ	T Ham	3 WZ	Peanut Butter & Jelly Mix	2 WZ	T Salami	3 WZ	T Bologna	3 WZ	Baked Chicken	3 WZ	Salisbury Patty®	4 WZ
	Sliced Cheese	1 WZ	Sliced Cheese	1 WZ	Sliced Turkey	2 WZ			Sliced Cheese	1 WZ	Country Gravy	3 FZ	Brown Gravy	3 FZ
	Mustard	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt			Mashed Potatoes	3/4 Cup	Mashed Potatoes	3/4 Cup	Potatoes O'Brien	1 Cup
D	Salad Dressing	1 Pkt	Salad Dressing	1 Pkt			Mustard	1 Pkt	Mustard	1 Pkt	Bread Dressing	1 Cup		
I	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Green Peas	1/2 Cup	Green Beans	1/2 Cup
N							Salad Dressing	1 Pkt	Salad Dressing	1 Pkt	Tossed Salad with	3/4 Cup	Tossed Salad with	3/4 Cup
N									Salad Dressing	1 FZ	Salad Dressing	1 FZ	Salad 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	Wheat Dinner Roll	1 Each	Wheat Bread	2 Slice
R													Margarine	2 tsp
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookies	2 Each	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 MALE GENERAL POPULATION LEVEL 3 & 4
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	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Fruit 1 SVG	Fruit 1 SVG		
R	Scrambled Eggs 3 WZ	Pancakes, 4" Syrup 3 Each	Scrambled Eggs 3 WZ	Sausage Gravy 3/4 Cup	French Toast 3 Slice	Fruit Drink 1 Cup	Fruit Drink 1 Cup		
E						Cold Cereal 1 Cup	Cold Cereal 1 Cup		
A	Grilled Potatoes 1/2 Cup	T-Ham 2 WZ	Grilled Potatoes 1/2 Cup	Grilled Potatoes 1/2 Cup	Grilled Potatoes 1/2 Cup	Eggs 2 Each	Scrambled Eggs 4 WZ		
K	Wheat Bread 2 Slice		Wheat Bread 2 Slice	Biscuits 2 Each		T Ham 2 WZ	Refried Beans 1/2 Cup		
F	Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp		Margarine 2 tsp	Grilled Potatoes 1/2 Cup	Potatoes w/ Chorizo 1/2 Cup		
A	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Wheat Bread 2 Slice	Salsa 2 FZ		
S	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Peanut Butter & Jelly Mix (2 oz PB) 3 WZ	Shredded Cheese 1 WZ		
T	Low Fat Milk 1 Cup	Fruit Drink 1 Cup	Low Fat Milk 1 Cup	Fruit Drink 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		
	Meal # 21	Meal # 24	Meal # 27	Meal # 30	Meal # 33	Meal # 36	Meal # 39		
	Taco Meat Mix 3 WZ	Baked Chicken 3 WZ	Enchilada Casserole 1 1/2 Cup	Meat & Cheese Pizza (CUT 4" X 4") 2 Slice	T Hot Dog 2 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each		
	Shredded Cheese 1 WZ	with BBQ Sauce 1 FZ			Chili with Beans 3/4 Cup	Weekend Modified Meal	Weekend Modified Meal		
	Corn Chips 1 WZ	Potato Salad 3/4 Cup	Spanish Rice 3/4 Cup	(1 OZ Meat/2 OZ Cheese)		Hours will be from:	Hours will be from:		
L	Spanish Rice 1/2 Cup				Mustard 1 FZ				
U	Corn 1/2 Cup	Broccoli 1/2 Cup	Carrots 1/2 Cup	Vegetable Rice Soup 1 Cup	Diced Onions 1/4 Cup	7:00 AM to 9:00 AM	7:00 AM to 9:00 AM		
N		Tossed Salad 3/4 Cup	Tossed Salad 3/4 Cup		Tossed Salad 3/4 Cup				
C	Shredded Lettuce 1 Cup	with Dressing 1 FZ	with Dressing 1 FZ	Tossed Salad with Salad Dressing 3/4 Cup	with Dressing 1 FZ				
H	Diced Onion 1 WZ	Wheat Bread 2 Slice			Wheat Bun 2 Each				
	Salsa 2 FZ	Margarine 2 tsp							
	Pudding 1/2 Cup	Glazed Cake 1 Slice	Fruit 1 Svg	Gelatin 1/2 Cup	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				
	Meal # 22	Meal # 25	Meal # 28	Meal # 31	Meal # 34	Meal # 37	Meal # 40		
	T Ham 3 WZ	T Salami 3 WZ	Sliced Turkey 3 WZ	T Bologna 3 WZ	T Ham 3 WZ	Italian Pasta Casserole 1 1/2 Cup	Hamburger® 4 WZ		
	Sliced Cheese 1 WZ		Sliced Cheese 1 WZ		Sliced Cheese 1 WZ		Sliced Cheese 1/2 WZ		
	Mustard 1 WZ	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt		Oven Brown Potatoes 3/4 Cup		
D	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt		Pickle Chips 2 Each		
I	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Mixed Vegetables 1/2 Cup	Baked Beans 3/4 Cup		
N						Tossed Salad 3/4 Cup	Shredded Lettuce 1/4 Cup		
N						with Dressing 1 FZ	Ketchup 2 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	Garlic Toast 2 Slice	Mustard 1/2 FZ		
R							Wheat Bun 1 Each		
	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookies 2 Each	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 MALE 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	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Fruit 1 SVG	Fruit 1 SVG		
R	Scrambled Eggs 3 WZ	French Toast 3 Slice	Pancakes, 4" 3 Each	Sausage Gravy 3/4 Cup	Scrambled Eggs 3 WZ	Fruit Drink 1 Cup	Fruit Drink 1 Cup		
E		Syrup 2 FZ	Syrup 2 FZ			Cold Cereal 1 Cup	Cold Cereal 1 Cup		
A	Grilled Potatoes 1/2 Cup	Grilled Potatoes 1/2 Cup	T-Ham 2 WZ	Grilled Potatoes 1/2 Cup	Grilled Potatoes 1/2 Cup	Egg Casserole with T-Ham 6 WZ	Scrambled Eggs 4 WZ		
K	Wheat Bread 2 Slice			Biscuits 2 Each	Wheat Bread 2 Slice	Grilled Potatoes 1/2 Cup	Grilled Potatoes 1/2 Cup		
F	Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp		Margarine 2 tsp	Wheat Bread 2 Slice	Biscuits 2 Each		
A	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Peanut Butter & Jelly Mix (2 oz PB) 3 WZ			
S	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup				
T	Low Fat Milk 1 Cup	Fruit Drink 1 Cup	Low Fat Milk 1 Cup	Fruit Drink 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		
	Meal # 40	Meal # 43	Meal # 46	Meal # 49	Meal # 52	Meal # 55	Meal # 57		
	Teriyaki Chicken 1/2 Cup	Beef Patty @ 4 WZ	Grilled Cheese 3 WZ	Meat Loaf 4 WZ	T Sausage & Cheese Pizza (CUT 4" X 4") 2 Slice	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each		
		Brown Gravy 3 FZ	on Wheat Bread 4 Slice	Brown Gravy 3 FZ		Weekend Modified Meal			
	Rice Pilaf 3/4 Cup	Mashed Potatoes 3/4 Cup		Steamed Rice 3/4 Cup	(1 OZ Meat/2 OZ Cheese)	Hours will be from:			
L						7:00 AM to 9:00 AM			
U	Broccoli 1/2 Cup	Carrots 1/2 Cup	Vegetable Soup 1 Cup	Broccoli 1/2 Cup	Corn 1/2 Cup				
N	Tossed Salad 3/4 Cup		Coleslaw 1/2 Cup		Tossed Salad 3/4 Cup				
C	with Dressing 1 FZ				with Dressing 1 FZ				
H	Wheat Dinner Roll 1 Each	Wheat Bread 2 Slice		Wheat Bread 2 Slice					
	Margarine 2 tsp			Margarine 2 tsp					
	Pudding 1/2 Cup	Glazed Cake 1 Slice	Pudding 1/2 Cup	Pudding 1/2 Cup	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				
	Meal # 41	Meal # 44	Meal # 47	Meal # 50	Meal # 53	Meal # 55	Meal # 57		
	T Bologna 3 WZ	Peanut Butter & Jelly Mix 2 WZ	T Ham 3 WZ	T Bologna 3 WZ	T Salami 3 WZ	Baked Chicken 3 WZ	Breaded Chicken Patty 3 WZ		
	Sliced Cheese 1 WZ	Sliced Turkey 2 WZ	Sliced Cheese 1 WZ	Sliced Cheese 1 WZ		Poultry Gravy 3 FZ	with Shredded Cheese 1/2 WZ		
	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mashed Potatoes 3/4 Cup	and Marinara Sauce 2 FZ		
D	Wheat Bread 4 Slice		Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Bread Dressing 1 Cup	Pasta 6 WZ		
I	Salad Dressing 1 Pkt	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Green Peas 1/2 Cup	Mixed Vegetables 1/2 Cup		
N						Tossed Salad 3/4 Cup	Tossed Salad 3/4 Cup		
N						with Dressing 1 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	Wheat Dinner Roll 1 Each	Wheat Bread 2 Slice		
R						Margarine 2 tsp	Margarine 2 tsp		
	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Glazed Cake 1 Slice	Cookies 2 Each		
	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 MALE 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	SATURDAY	SATURDAY	SUNDAY
	58	61	64	67	70	73	73	73	75
B	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Fruit 1 SVG	Fruit 1 SVG	Fruit 1 SVG	Fruit 1 SVG
R	French Toast 3 Slice	Scrambled Eggs 3 WZ	Pancakes, 4" 3 Each	Scrambled Eggs 3 WZ	Sausage Gravy 3/4 Cup	Fruit Drink 1 Cup	Fruit Drink 1 Cup	Fruit Drink 1 Cup	Fruit Drink 1 Cup
E	Syrup 2 FZ		Syrup 2 FZ			Cold Cereal 1 Cup	Cold Cereal 1 Cup	Cold Cereal 1 Cup	Cold Cereal 1 Cup
A	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 4 WZ	Scrambled Eggs 4 WZ	Scrambled Eggs 4 WZ	Scrambled Eggs 4 WZ
K		Wheat Bread 2 Slice		Wheat Bread 2 Slice		Refried Beans 1/2 Cup	Refried Beans 1/2 Cup	Syrup 2 FZ	Syrup 2 FZ
F	Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp		Potatoes w/ Chorizo 1/2 Cup	Potatoes w/ Chorizo 1/2 Cup	Western Scramble 6 WZ	Western Scramble 6 WZ
A	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Salsa 2 FZ	Salsa 2 FZ	T Ham 1 WZ	T Ham 1 WZ
S	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Coffee 2 Cup	Shredded Cheese 1 WZ	Shredded Cheese 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	Corn Tortillas 3 Each	Corn Tortillas 3 Each	Margarine 2 tsp	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	Coffee 2 Cup	Coffee 2 Cup
						Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each
	Meal # 59	Meal # 62	Meal # 65	Meal # 68	Meal # 71	Meal # 71	Meal # 71	Meal # 71	Meal # 71
L	Italian Sausage 1 Each	Tossed Salad 1 Cup	Oven Fried Chicken 3 WZ	Meat & Cheese Pizza (CUT 4" X 4") 2 Slice	Pasta with Meat Sauce 6 WZ	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup
U	Fried Onions, Bell Peppers, and Tomato Sauce 1/2 Cup	Diced T Ham 3 WZ	Chicken Gravy 3 FZ			Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each
N	Rice Pilaf 3/4 Cup	Shredded Cheese 1/2 WZ	Herb Noodles 3/4 Cup	(1 OZ Meat/2 OZ Cheese)		Weekend Modified Meal		Weekend Modified Meal	
C	Pinto Beans 3/4 Cup	Croutons 1/2 Cup	Green Beans 1/2 Cup	Broccoli 1/2 Cup	Green Peas 1/2 Cup	Hours will be from:		Hours will be from:	
H	Wheat Bun 1 Each	Dressing 2 FZ	Tossed Salad with Dressing 3/4 Cup	Tossed Salad with Salad Dressing 3/4 Cup	Tossed Salad with Salad Dressing 3/4 Cup	7:00 AM to 9:00 AM		7:00 AM to 9:00 AM	
	Wheat Bun 1 Each	Wheat Bread 1 Slice	Wheat Dinner Roll 1 Each	Garlic Bread 2 Slice	Garlic Bread 2 Slice				
	Macaroni Salad 3/4 Cup	Macaroni Salad 3/4 Cup	Macaroni Salad 3/4 Cup	Macaroni Salad 3/4 Cup	Macaroni Salad 3/4 Cup				
	Glazed Cake 1 Slice	Glazed Cake 1 Slice	Glazed Cake 1 Slice	Glazed Cake 1 Slice	Glazed Cake 1 Slice				
	Fruit 1 Svg	Fruit 1 Svg	Fruit 1 Svg	Fruit 1 Svg	Fruit 1 Svg				
	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				
	Meal # 60	Meal # 63	Meal # 66	Meal # 69	Meal # 72	Meal # 74	Meal # 74	Meal # 74	Meal # 76
D	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	Hamburger @ 4 WZ	Diced Chicken Meat 3 WZ	Diced Chicken Meat 3 WZ
I	Sliced Cheese 1 WZ	Sliced Cheese 1 WZ	Sliced Cheese 1 WZ	T Ham 2 WZ	Sliced Cheese 1 WZ	Sliced Cheese 1/2 WZ	Sliced Cheese 1/2 WZ	Onions & Peppers 1/2 Cup	Onions & Peppers 1/2 Cup
N	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Oven Brown Potatoes 3/4 Cup	Oven Brown Potatoes 3/4 Cup	Cheese, shredded 1/2 WZ	Cheese, shredded 1/2 WZ
E	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Ketchup 2 FZ	Ketchup 2 FZ	Spanish Rice 3/4 Cup	Spanish Rice 3/4 Cup
R	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Baked Beans 3/4 Cup	Baked Beans 3/4 Cup	Refried Beans 3/4 Cup	Refried Beans 3/4 Cup
	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	Shredded Lettuce 1/4 Cup	Shredded Lettuce 1/4 Cup	Tossed Salad with Dressing 3/4 Cup	Tossed Salad with Dressing 3/4 Cup
	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Mustard 1/2 FZ	Mustard 1/2 FZ	Wheat Bun 1 Each	Wheat Bun 1 Each
	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Salsa 2 FZ	Salsa 2 FZ	Pickle Chips 2 Each	Pickle Chips 2 Each
						Wheat Bun 1 Each	Wheat Bun 1 Each	Corn Tortillas 3 Each	Corn Tortillas 3 Each
						Pudding 1/2 Cup	Pudding 1/2 Cup	Glazed Cake 1 Slice	Glazed Cake 1 Slice
						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

*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 MALE 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	77	80	83	86	89	92	94		
B	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Fruit 1 SVG	Fruit 1 SVG		
R	Sausage Gravy 3/4 Cup	Scrambled Eggs 3 WZ	French Toast 3 Slice	Pancakes, 4" 3 Each	Sausage Gravy 3/4 Cup	Fruit Drink 1 Cup	Fruit Drink 1 Cup		
E			Syrup 2 FZ	Syrup 2 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" 4 Each	Egg Casserole		
K	Biscuits 2 Each	Wheat Bread 2 Slice			Biscuits 2 Each	Syrup 2 FZ	with T Ham 6 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	Wheat Bread 2 Slice	Peanut Butter & Jelly Mix 3 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	Margarine 2 tsp	(2 oz PB)		
	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 # 78	Meal # 81	Meal # 84	Meal # 87	Meal # 90	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup		
	Sweet & Sour Chicken 3/4 Cup	T-Hot Dogs 2 Each	Country Fried Patty 4 WZ	Grilled Cheese 1 WZ	Chicken Sauce 1 Cup	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each		
		Baked Beans 3/4 Cup	County Gravy 3 FZ	and T Ham 3 WZ	over Biscuit 1 Each				
L	Steamed Rice 3/4 Cup	Wheat Bun 2 Each	Mashed Potatoes 3/4 Cup	on Wheat Bread 4 Slice	Oven Brown Potatoes 3/4 Cup	Weekend Modified Meal	Weekend Modified Meal		
U	Broccoli 1/2 Cup	Diced Onions 1/4 Cup		Oven Brown Potatoes 3/4 Cup	Mixed Vegetables 1/2 Cup	Hours will be from:	Hours will be from:		
N	Tossed Salad with 3/4 Cup	Tossed Salad with 3/4 Cup	Broccoli 1/2 Cup		Green Beans 1/2 Cup	7:00 AM to 9:00 AM	7:00 AM to 9:00 AM		
C	Salad Dressing 1 FZ	Salad Dressing 1 FZ			Tossed Salad 3/4 Cup				
H	Wheat Dinner Roll 1 Each	Mustard 1 FZ	Wheat Bread 2 Slice		with Dressing 1 FZ				
	Margarine 2 tsp	Ketchup 1 FZ			Wheat Dinner Roll 1 Each				
	Glazed Cake 1 Slice	Gelatin 1/2 Cup	Pudding 1/2 Cup	Ketchup 2 FZ					
	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup	Pudding 1/2 Cup	Cookies 2 Each				
	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Beverage 2 Cup	Beverage 2 Cup				
				Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each				
	Meal # 79	Meal # 82	Meal # 85	Meal # 88	Meal # 91	Meal # 93	Meal # 95		
	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 3 FZ		
	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Oven Brown Potatoes 3/4 Cup	Herb Noodles 3/4 Cup		
D	Wheat Bread 4 Slice	Salad Dressing 1 Pkt	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Baked Beans 3/4 Cup			
I	Salad Dressing 1 Pkt	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	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	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	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 MALE GENERAL POPULATION LEVEL 3 & 4
WEEKLY CYCLE MENUS**

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

Menu Week 6

	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	96	99	102	105	108	111	113		
B	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Fruit 1 SVG	Fruit 1 SVG		
R	Scrambled Eggs 3 WZ	Pancakes, 4" 3 Each	Scrambled Eggs 3 WZ	Sausage Gravy 3/4 Cup	Pancakes, 4" 3 Each	Fruit Drink 1 Cup	Fruit Drink 1 Cup		
E		Syrup 2 FZ			Syrup 2 FZ	Cold Cereal 1 Cup	Cold Cereal 1 Cup		
A	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 3 Each	Eggs 2 Each		
K	Wheat Bread 2 Slice		Wheat Bread 2 Slice	Biscuits 2 Each		Syrup 2 FZ	T Ham 2 WZ		
F	Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp		Margarine 2 tsp	Western Scramble 6 WZ	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 1 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 & Jelly Mix (2 oz PB) 3 WZ		
T	Low Fat Milk 1 Cup	Fruit Drink 1 Cup	Low Fat Milk 1 Cup	Fruit Drink 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		
	Meal # 97	Meal # 100	Meal # 103	Meal # 106	Meal # 109	Meal # 109	Meal # 109		
	Taco Meat Mix 3 WZ	Italian Sausage 1 Each	Breaded Chicken Pieces 4 WZ	Salisbury Patty ® 4 WZ	Chicken Fried Rice 1 1/2 Cup	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each		
	Shredded Cheese 1 WZ	Fried Onions, Bell Peppers, and Tomato Sauce 1/2 Cup	BBQ Sauce 1 FZ	Brown Gravy 3 FZ				Weekend Modified Meal	Weekend Modified Meal
	Corn Chips 1 WZ	Vegetable Soup 1 Cup	Rice Pilaf 3/4 Cup	Mashed Potatoes 3/4 Cup				Hours will be from:	Hours will be from:
L	Spanish Rice 1/2 Cup	Potato Salad 3/4 Cup	Mixed Vegetables 1/2 Cup	Sliced Carrots 1/2 Cup	Mixed Vegetables 1/2 Cup			7:00 AM to 9:00 AM	7:00 AM to 9:00 AM
U	Corn 1/2 Cup		Tossed Salad with Salad Dressing 3/4 Cup	Tossed Salad with Salad Dressing 3/4 Cup	Tossed Salad with Dressing 3/4 Cup				
N									
C	Shredded Lettuce 1 Cup	Wheat Bun 1 Each	Wheat Dinner Roll 1 Each	Wheat Bread 2 Slice	Wheat Dinner Roll 1 Each				
H	Diced Onion 1 WZ					Margarine 2 tsp			
	Salsa 2 FZ	Cookies 2 Each	Glazed Cake 1 Slice	Pudding 1/2 Cup	Cookies 2 Each				
	Pudding 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								
	Meal # 98	Meal # 101	Meal # 104	Meal # 107	Meal # 110	Meal # 112	Meal # 114		
	T Bologna 3 WZ	Sliced Turkey 3 WZ	T Ham 2 WZ	Peanut Butter & Jelly Mix 2 WZ	T Salami 2 WZ	Baked Chicken with BBQ Sauce 3 WZ	Italian Pasta Casserole 1 1/2 Cup		
	Sliced Cheese 1 WZ	Sliced Cheese 1 WZ	T Bologna 1 WZ	T Ham 2 WZ	T Bologna 1 WZ	Ranch Beans 3/4 Cup	Three Bean Salad 3/4 Cup		
	Mustard 1 Pkt	Mustard 1 Pkt	Sliced Cheese 1 WZ	Mustard 1 Pkt	Mustard 1 Pkt	Potato Salad 1 Cup			
D	Wheat Bread 4 Slice	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Wheat Bread 4 Slice	Green Beans 1/2 Cup	Broccoli 1/2 Cup		
I	Salad Dressing 1 Pkt	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Salad Dressing 1 Pkt				
N		Salad Dressing 1 Pkt	Salad Dressing 1 Pkt	Salad Dressing 1 Pkt					
N									
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	Wheat Bread 2 Slice	Garlic Toast 2 Slice		
R						Margarine 2 tsp			
	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Cookie 1 Each	Glazed Cake 1 Slice	Pudding 1/2 Cup		
	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 MALE POPULATION LEVEL 5
WEEKLY CYCLE MENUS**

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

Menu Week 1

	Meal #		Meal #		Meal #		Meal #		Meal #		Meal #		Meal #	
	1		4		7		10		13		16		18	
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
B	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG
R	Eggs, boiled	1 Each	Peanut Butter & Jelly Mix	3 FZ	Eggs, boiled	1 Each	Peanut Butter & Jelly Mix	3 FZ	Eggs, boiled	1 Each	Fruit Drink	1 PC	Fruit Drink	1 PC
E	Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ	Cereal Packet or Bar	1 Each	Cereal Packet or Bar	1 Each
A	T Ham	2 WZ			T Ham	2 WZ			T Ham	2 WZ	Egg, Boiled	1 Each	PB & Jelly Mix	3 WZ
K	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	T Bologna	2 WZ		
F	Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each	Wheat Bread	4 Slice	Wheat Bread	2 Slice
A	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 Cake 1/54	1 Slice	Coffee Cake 1/54	1 Slice
S	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Salad Dressing Pkt	2 Each		
T	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Cup
	Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each	Sugar PKT	3 Each	Sugar PKT	3 Each
	Meal # 2		Meal # 5		Meal # 8		Meal # 11		Meal # 14		Meal # 17		Meal # 19	
	T Bologna	3 WZ	T Ham	3 WZ	Peanut Butter & Jelly Mix	2 WZ	T Salami	3 WZ	T Bologna	3 WZ				
	Sliced Cheese	1 WZ	Sliced Cheese	1 WZ	Sliced Turkey	2 WZ			Sliced Cheese	1 WZ	Weekend Modified Meal		Weekend Modified Meal	
	Mustard	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt			Mustard	1 Pkt	Hours will be from:		Hours will be from:	
L	Salad Dressing	1 Pkt	Salad Dressing	1 Pkt			Mustard	1 Pkt	Mustard	1 Pkt	7:00 AM to 9:00 AM		7:00 AM to 9:00 AM	
U	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice				
N							Salad Dressing	1 Pkt	Salad Dressing Pkt	1 Pkt				
H	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 # 3		Meal # 6		Meal # 9		Meal # 12		Meal # 15		Meal # 17		Meal # 19	
	Chili con Carne	3/4 Cup	Pasta with	6 WZ	T Sausage & Cheese	2 Slice	Italian Sausage	1 Each	Breaded Chicken Pieces	4 WZ	Baked Chicken	3 WZ	Salisbury Patty®	4 WZ
	Baked Potato	1 Each	Meat Sauce	3/4 Cup	Pizza (CUT 4" X 4")		Fried Onions, Bell Peppers,		BBQ Sauce	1 FZ	Country Gravy	3 FZ	Brown Gravy	3 FZ
D	Shredded Cheese	1/2 WZ			(1 OZ Meat/2 OZ Cheese)		and Tomato Sauce	1/2 Cup	Rice Pilaf	3/4 Cup	Mashed Potatoes	3/4 Cup	Potatoes O'Brien	1 Cup
I	Broccoli	1/2 Cup	Green Beans	1/2 Cup	Corn	1/2 Cup	Wheat Bun	1 Each	Mixed Vegetables	1/2 Cup	Bread Dressing	1 Cup	Green Beans	1/2 Cup
N			Tossed Salad with	3/4 Cup	Tossed Salad with	3/4 Cup			Tossed Salad with	3/4 Cup	Green Peas	1/2 Cup	Tossed Salad with	3/4 Cup
N			Salad Dressing	1 FZ	Salad Dressing	1 FZ			Tossed Salad with	3/4 Cup	Tossed Salad with	3/4 Cup	Tossed Salad with	3/4 Cup
E	Cornbread	1 Slice	Garlic Bread	2 Slice			Chips	1/2 WZ	Salad Dressing	1 FZ	Salad Dressing	1 FZ	Salad Dressing	1 FZ
R	Margarine	2 tsp							Wheat Dinner Roll	1 Each	Wheat Dinner Roll	1 Each	Wheat Bread	2 Slice
	Cookies	2 Each	Fruit	1 Svg	Gelatin	1/2 Cup	Pudding	1/2 Cup	Pudding	1/2 Cup	Cookies	2 Each	Margarine	2 tsp
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Glazed Cake	1 Slice
	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	Beverage	1 PC
													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

**ARIZONA DEPARTMENT OF CORRECTIONS
ADULT MALE POPULATION LEVEL 5
WEEKLY CYCLE MENUS**

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

Menu Week 2

	Meal #		Meal #		Meal #		Meal #		Meal #		Meal #		Meal #	
	MONDAY 20		TUESDAY 23		WEDNESDAY 26		THURSDAY 29		FRIDAY 32		SATURDAY 35		SUNDAY 37	
B	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG
R	Peanut Butter & Jelly Mix	3 FZ	Eggs, boiled	1 Each	Peanut Butter & Jelly Mix	3 FZ	Eggs, boiled	1 Each	Peanut Butter & Jelly Mix	3 FZ	Fruit Drink	1 PC	Fruit Drink	1 PC
E			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Cereal Packet or Bar	1 Each	Cereal Packet or Bar	1 Each
A			T Ham	2 WZ			T Ham	2 WZ			PB & Jelly Mix	3 WZ	Egg, Boiled	1 Each
K	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice			T Bologna	2 WZ
F			Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each			Wheat Bread	2 Slice	Wheat Bread	4 Slice
A	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 Cake 1/54	1 Slice	Coffee Cake 1/54	1 Slice
S	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each			Salad Dressing Pkt	2 Each
T	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Coffee Pkt	1 Cup	Coffee Pkt	1 Each
			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			Sugar PKT	3 Each	Sugar PKT	3 Each
	Meal # 21		Meal # 24		Meal # 27		Meal # 30		Meal # 33					
	T Ham	3 WZ	T Salami	3 WZ	Sliced Turkey	3 WZ	T Bologna	3 WZ	T Ham	3 WZ				
	Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ	Weekend Modified Meal		Weekend Modified Meal	
	Mustard	1 WZ	Mustard	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Hours will be from:		Hours will be from:	
L	Salad Dressing	1 Pkt	Salad Dressing	1 Pkt	Salad Dressing	1 Pkt	Salad Dressing	1 Pkt	Salad Dressing	1 Pkt	7:00 AM to 9:00 AM		7:00 AM to 9:00 AM	
U	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice				
N														
C														
H	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 # 22		Meal # 25		Meal # 28		Meal # 31		Meal # 34		Meal # 36		Meal # 38	
	Taco Meat Mix	3 WZ	Baked Chicken	3 WZ	Enchilada Casserole	1 1/2 Cup	Meat & Cheese Pizza	2 Slice	T Hot Dog	2 Each	Italian Pasta Casserole	1 1/2 Cup	Hamburger ®	4 WZ
	Shredded Cheese	1 WZ	with BBQ Sauce	1 FZ			(CUT 4" X 4")		Chili with Beans	3/4 Cup			Sliced Cheese	1/2 WZ
	Corn Chips	1 WZ	Potato Salad	3/4 Cup	Spanish Rice	3/4 Cup	(1 OZ Meat/2 OZ Cheese)						Oven Brown Potatoes	3/4 Cup
D	Spanish Rice	1/2 Cup							Mustard	1 FZ			Pickle Chips	2 Each
I	Corn	1/2 Cup	Broccoli	1/2 Cup	Carrots	1/2 Cup			Diced Onions	1/4 Cup	Mixed Vegetables	1/2 Cup	Baked Beans	3/4 Cup
N			Tossed Salad	3/4 Cup	Tossed Salad	3/4 Cup			Tossed Salad	3/4 Cup	Tossed Salad	3/4 Cup	Shredded Lettuce	1/4 Cup
N	Shredded Lettuce	1 Cup	with Dressing	1 FZ	with Dressing	1 FZ	Tossed Salad with	3/4 Cup	with Dressing	1 FZ	with Dressing	1 FZ	Ketchup	2 FZ
E	Diced Onion	1 WZ	Wheat Bread	2 Slice			Salad Dressing	1 FZ	Wheat Bun	2 Each	Garlic Toast	2 Slice	Mustard	1/2 FZ
R	Salsa	2 FZ	Margarine	2 tsp									Wheat Bun	1 Each
	Pudding	1/2 Cup	Glazed Cake	1 Slice	Fruit	1 Svg	Gelatin	1/2 Cup	Gelatin	1/2 Cup	Cookies	2 Each	Glazed Cake	1 Slice
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC
	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

**ARIZONA DEPARTMENT OF CORRECTIONS
ADULT MALE POPULATION LEVEL 5
WEEKLY CYCLE MENUS**

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

Menu Week 3

	Meal #		Meal #		Meal #		Meal #		Meal #		Meal #			
	MONDAY 39		TUESDAY 42		WEDNESDAY 45		THURSDAY 48		FRIDAY 51		SATURDAY 54		SUNDAY 56	
B	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG
R	Eggs, boiled	1 Each	Peanut Butter & Jelly Mix	3 FZ	Eggs, boiled	1 Each	Peanut Butter & Jelly Mix	3 FZ	Eggs, boiled	1 Each	Fruit Drink	1 PC	Fruit Drink	1 PC
E	Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ	Cereal Packet or Bar	1 Each	Cereal Packet or Bar	1 Each
A	T Ham	2 WZ			T Ham	2 WZ			T Ham	2 WZ	Egg, Boiled	1 Each	PB & Jelly Mix	3 WZ
K	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	T Bologna	2 WZ		
F	Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each	Wheat Bread	4 Slice	Wheat Bread	2 Slice
A	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 Cake 1/54	1 Slice	Coffee Cake 1/54	1 Slice
S	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Salad Dressing Pkt	2 Each		
T	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Coffee Pkt	1 Each	Coffee Pkt	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	Sugar PKT	3 Each	Sugar PKT	3 Each
	Meal # 40		Meal # 43		Meal # 46		Meal # 49		Meal # 52		Meal # 55		Meal # 57	
	T Bologna	3 WZ	Peanut Butter & Jelly Mix	2 WZ	T Ham	3 WZ	T Bologna	3 WZ	T Salami	3 WZ				
	Sliced Cheese	1 WZ	Sliced Turkey	2 WZ	Sliced Cheese	1 WZ	Sliced Cheese	1 WZ			Weekend Modified Meal		Weekend Modified Meal	
	Mustard	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Hours will be from:		Hours will be from:	
L	Wheat Bread	4 Slice			Salad Dressing	1 Pkt	Salad Dressing	1 Pkt	Salad Dressing	1 Pkt	7:00 AM to 9:00 AM		7:00 AM to 9:00 AM	
U	Salad Dressing	1 Pkt	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice				
N														
C														
H	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 # 41		Meal # 44		Meal # 47		Meal # 50		Meal # 53		Meal # 55		Meal # 57	
	Teriyaki Chicken	1/2 Cup	Beef Patty®	4 WZ	Grilled Cheese	3 WZ	Meat Loaf	4 WZ	T Sausage & Cheese Pizza	2 Slice	Baked Chicken	3 WZ	Breaded Chicken Patty	3 WZ
			Brown Gravy	3 FZ	on Wheat Bread	4 Slice	Brown Gravy	3 FZ	(CUT 4" X 4")		Poultry Gravy	3 FZ	with Shredded Cheese	1/2 WZ
D	Rice Pilaf	3/4 Cup	Mashed Potatoes	3/4 Cup			Steamed Rice	3/4 Cup	(1 OZ Meat/2 OZ Cheese)		Mashed Potatoes	3/4 Cup	and Marinara Sauce	2 FZ
I	Broccoli	1/2 Cup	Carrots	1/2 Cup	Mixed Vegetables	1/2 Cup	Broccoli	1/2 Cup	Corn	1/2 Cup	Bread Dressing	1 Cup	Pasta	6 WZ
N	Tossed Salad	3/4 Cup			Coleslaw	1/2 Cup			Tossed Salad	3/4 Cup	Green Peas	1/2 Cup	Mixed Vegetables	1/2 Cup
N	with Dressing	1 FZ							with Dressing	1 FZ	Tossed Salad	3/4 Cup	Tossed Salad	3/4 Cup
E	Wheat Dinner Roll	1 Each	Wheat Bread	2 Slice			Wheat Bread	2 Slice			with Dressing	1 FZ	with Dressing	1 FZ
R	Margarine	2 tsp					Margarine	2 tsp			Wheat Dinner Roll	1 Each	Wheat Bread	2 Slice
	Pudding	1/2 Cup	Glazed Cake	1 Slice	Pudding	1/2 Cup	Pudding	1/2 Cup	Gelatin	1/2 Cup	Glazed Cake	1 Slice	Margarine	2 tsp
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Cookies	2 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	Beverage	1 PC
													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

**ARIZONA DEPARTMENT OF CORRECTIONS
ADULT MALE POPULATION LEVEL 5
WEEKLY CYCLE MENUS**

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

Menu Week 4

	Meal #		Meal #		Meal #		Meal #		Meal #		Meal #		Meal #	
	MONDAY 58		TUESDAY 61		WEDNESDAY 64		THURSDAY 67		FRIDAY 70		SATURDAY 73		SUNDAY 75	
B	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG
R	Peanut Butter & Jelly Mix	3 FZ	Eggs, boiled	1 Each	Peanut Butter & Jelly Mix	3 FZ	Eggs, boiled	1 Each	Peanut Butter & Jelly Mix	3 FZ	Fruit Drink	1 PC	Fruit Drink	1 PC
E			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Cereal Packet or Bar	1 Each	Cereal Packet or Bar	1 Each
A			T Ham	2 WZ			T Ham	2 WZ			PB & Jelly Mix	3 WZ	Egg, Boiled	1 Each
K	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice			T Bologna	2 WZ
F			Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each			Wheat Bread	2 Slice	Wheat Bread	4 Slice
A	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 Cake 1/54	1 Slice	Coffee Cake 1/54	1 Slice
S	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each			Salad Dressing Pkt	2 Each
T	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Coffee Pkt	1 Cup	Coffee Pkt	1 Each
			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			Sugar PKT	3 Each	Sugar PKT	3 Each
	Meal # 59		Meal # 62		Meal # 65		Meal # 68		Meal # 71					
	T Ham	3 WZ	Sliced Turkey	3 WZ	T Salami	3 WZ	Peanut Butter & Jelly Mix	2 WZ	Sliced Turkey	3 WZ				
	Sliced Cheese	1 WZ			Sliced Cheese	1 WZ	T Ham	2 WZ	Sliced Cheese	1 WZ	Weekend Modified Meal		Weekend Modified Meal	
	Mustard	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Hours will be from:		Hours will be from:	
L	Salad Dressing	1 Pkt	Salad Dressing	1 Pkt	Salad Dressing	1 Pkt	Salad Dressing	1 Pkt	Salad Dressing	1 Pkt	7:00 AM to 9:00 AM		7:00 AM to 9:00 AM	
U	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice				
N														
C														
H	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	1 Each	Tossed Salad	1 Cup	Oven Fried Chicken	3 WZ	Meat & Cheese Pizza	2 Slice	Pasta with	6 WZ	Hamburger @	4 WZ	Diced Chicken Meat	3 WZ
	Fried Onions, Bell Peppers, and Tomato Sauce	1/2 Cup	Diced T Ham	3 WZ	Chicken Gravy	3 FZ	(CUT 4" X 4")		Meat Sauce	3/4 Cup	Sliced Cheese	1/2 WZ	Onions & Peppers	1/2 Cup
D	Rice Pilaf	3/4 Cup	Shredded Cheese	1/2 WZ	Herb Noodles	3/4 Cup	(1 OZ Meat/2 OZ Cheese)				Oven Brown Potatoes	3/4 Cup	Cheese, shredded	1/2 WZ
I	Pinto Beans	3/4 Cup	Croutons	1/2 Cup							Ketchup	2 FZ	Spanish Rice	3/4 Cup
N			Carrots	1/2 Cup	Green Beans	1/2 Cup	Broccoli	1/2 Cup	Green Peas	1/2 Cup	Baked Beans	3/4 Cup	Refried Beans	3/4 Cup
N			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	Tossed Salad	3/4 Cup
E					with Dressing	1 FZ	Salad Dressing	1 FZ	Salad Dressing	1 FZ	Mustard	1/2 FZ	with Dressing	1 FZ
R	Wheat Bun	1 Each	Macaroni Salad	3/4 Cup	Wheat Dinner Roll	1 Each			Garlic Bread	2 Slice	Wheat Bun	1 Each	Salsa	2 FZ
	Puttiding	1/2 Cup	Fruit	1 Svg	Glazed Cake	1 Slice	Fruit	1 Svg	Gelatin	1/2 Cup	Pickle Chips	2 Each	Corn Tortillas	3 Each
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Puttiding	1/2 Cup	Glazed Cake	1 Slice
	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	Beverage	1 PC	Beverage	1 PC
											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

**ARIZONA DEPARTMENT OF CORRECTIONS
ADULT MALE POPULATION LEVEL 5
WEEKLY CYCLE MENUS**

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

Menu Week 5

	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #	Meal #
	77	80	83	86	89	92	94		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
B	Cold Cereal 1 Cup	Cold Cereal 1 Cup	Cold Cereal 1 Cup	Cold Cereal 1 Cup	Cold Cereal 1 Cup	Fruit 1 SVG	Fruit 1 SVG		
R	Eggs, boiled 1 Each	Peanut Butter & Jelly Mix 3 FZ	Eggs, boiled 1 Each	Peanut Butter & Jelly Mix 3 FZ	Eggs, boiled 1 Each	Fruit Drink 1 PC	Fruit Drink 1 PC		
E	Sliced Cheese 1 WZ		Sliced Cheese 1 WZ		Sliced Cheese 1 WZ	Cereal Packet or Bar 1 Each	Cereal Packet or Bar 1 Each		
A	T Ham 2 WZ		T Ham 2 WZ		T Ham 2 WZ	Egg, Boiled 1 Each	PB & Jelly Mix 3 WZ		
K	Wheat Bread 2 Slice	Wheat Bread 2 Slice	Wheat Bread 2 Slice	Wheat Bread 2 Slice	Wheat Bread 2 Slice	T Bologna 2 WZ			
F	Salad Dressing Pkt 1 Each		Salad Dressing Pkt 1 Each		Salad Dressing Pkt 1 Each	Wheat Bread 4 Slice	Wheat Bread 2 Slice		
A	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 Cake 1/54 1 Slice	Coffee Cake 1/54 1 Slice		
S	Coffee Pkt 1 Each	Coffee Pkt 1 Each	Coffee Pkt 1 Each	Coffee Pkt 1 Each	Coffee Pkt 1 Each	Salad Dressing Pkt 2 Each			
T	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Sugar PKT 3 Each	Coffee Pkt 1 Each	Coffee Pkt 1 Cup		
	Salt & Pepper Pkt 1 Each		Salt & Pepper Pkt 1 Each		Salt & Pepper Pkt 1 Each	Sugar PKT 3 Each	Sugar PKT 3 Each		
	Meal # 78	Meal # 81	Meal # 84	Meal # 87	Meal # 90	Meal # 93	Meal # 96		
	T Bologna 3 WZ	T Salami 3 WZ	Peanut Butter & Jelly Mix 2 WZ	T Bologna 3 WZ	Sliced Turkey 3 WZ				
	Sliced Cheese 1 WZ	Sliced Cheese 1 WZ	T Ham 2 WZ		Sliced Cheese 1 WZ	Weekend Modified Meal		Weekend Modified Meal	
	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Hours will be from:		Hours will be from:	
L	Wheat Bread 4 Slice	Salad Dressing 1 Pkt		Wheat Bread 4 Slice	Salad Dressing 1 Pkt	7:00 AM to 9:00 AM		7:00 AM to 9:00 AM	
U	Salad Dressing 1 Pkt	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Salad Dressing 1 Pkt	Wheat Bread 4 Slice				
N									
C									
H	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 # 79	Meal # 82	Meal # 85	Meal # 88	Meal # 91	Meal # 94	Meal # 97		
	Sweet & Sour Chicken 3/4 Cup	T-Hot Dog 2 Each	Country Fried Patty 4 WZ	Grilled Cheese 1 WZ	Chicken Sauce 1 Cup	Hamburger® 4 WZ	Baked Chicken 3 WZ		
		Baked Beans 3/4 Cup	County Gravy 3 FZ	and T Ham 3 WZ	over Biscuit 1 Each	Sliced Cheese 1/2 WZ	Poultry Gravy 3 FZ		
D	Steamed Rice 3/4 Cup	Wheat Bun 2 Each	Mashed Potatoes 3/4 Cup	on Wheat Bread 4 Slice		Oven Brown Potatoes 3/4 Cup	Herb Noodles 3/4 Cup		
I		Diced Onions 1/4 Cup		Oven Brown Potatoes 3/4 Cup		Baked Beans 3/4 Cup			
N	Broccoli 1/2 Cup		Broccoli 1/2 Cup	Mixed Vegetables 1/2 Cup	Green Beans 1/2 Cup	Onion Slices 2 Each	Carrots 1/2 Cup		
N	Tossed Salad with 3/4 Cup	Tossed Salad with 3/4 Cup			Tossed Salad 3/4 Cup	Pickle Chips 2 Each	Tossed Salad 3/4 Cup		
E	Salad Dressing 1 FZ	Salad Dressing 1 FZ			with Dressing 1 FZ	Mustard 1/2 FZ	with Dressing 1 FZ		
R	Wheat Dinner Roll 1 Each	Mustard 1 FZ	Wheat Bread 2 Slice		Wheat Dinner Roll 1 Each	Wheat Bun 1 Each	Wheat Dinner Roll 1 Each		
	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	1/2 Cup	Cookies 2 Each	Pudding 1/2 Cup	Glazed Cake 1 Slice		
	Beverage 2 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC		
	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

**ARIZONA DEPARTMENT OF CORRECTIONS
ADULT MALE POPULATION LEVEL 5
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	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG
R	Peanut Butter & Jelly Mix	3 FZ	Eggs, boiled	1 Each	Peanut Butter & Jelly Mix	3 FZ	Eggs, boiled	1 Each	Peanut Butter & Jelly Mix	3 FZ	Fruit Drink	1 PC	Fruit Drink	1 PC
E			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Cereal Packet or Bar	1 Each	Cereal Packet or Bar	1 Each
A			T Ham	2 WZ			T Ham	2 WZ			PB & Jelly Mix	3 WZ	Egg, Boiled	1 Each
K	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice			T Bologna	2 WZ
F			Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each			Wheat Bread	2 Slice	Wheat Bread	4 Slice
A	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 Cake 1/54	1 Slice	Coffee Cake 1/54	1 Slice
S	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each			Salad Dressing Pkt	2 Each
T	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Sugar PKT	3 Each	Coffee Pkt	1 Cup	Coffee Pkt	1 Each
			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			Sugar PKT	3 Each	Sugar PKT	3 Each
	Meal # 97		Meal # 100		Meal # 103		Meal # 106		Meal # 109					
	T Bologna	3 WZ	Sliced Turkey	3 WZ	T Ham	2 WZ	Peanut Butter & Jelly Mix	2 WZ	T Salami	2 WZ				
	Sliced Cheese	1 WZ	Sliced Cheese	1 WZ	T Bologna	1 WZ	T Ham	2 WZ	T Bologna	1 WZ	Weekend Modified Meal		Weekend Modified Meal	
	Mustard	1 Pkt			Sliced Cheese	1 WZ	Mustard	1 Pkt	Mustard	1 Pkt	Hours will be from:		Hours will be from:	
L	Wheat Bread	4 Slice	Mustard	1 Pkt	Mustard	1 Pkt			Wheat Bread	4 Slice	7:00 AM to 9:00 AM		7:00 AM to 9:00 AM	
U	Salad Dressing	1 Pkt	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Salad Dressing	1 Pkt				
N			Salad Dressing	1 Pkt	Salad Dressing	1 Pkt								
C														
H	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	3 WZ	Italian Sausage	1 Each	Breaded Chicken Pieces	4 WZ	Salisbury Patty®	4 WZ	Chicken Fried Rice	1 1/2 Cup	Baked Chicken	3 WZ	Italian Pasta Casserole	1 1/2 Cup
	Shredded Cheese	1 WZ	Fried Onions, Bell Peppers,		BBQ Sauce	1 FZ	Brown Gravy	3 FZ			with BBQ Sauce	1 FZ		
	Corn Chips	1 WZ	and Tomato Sauce	1/2 Cup	Rice Pilaf	3/4 Cup	Mashed Potatoes	3/4 Cup			Ranch Beans	3/4 Cup	Three Bean Salad	3/4 Cup
D	Spanish Rice	1/2 Cup									Potato Salad	1 Cup		
I	Corn	1/2 Cup	Potato Salad	3/4 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
N					Tossed Salad with	3/4 Cup	Tossed Salad with	3/4 Cup	Tossed Salad	3/4 Cup				
N	Shredded Lettuce	1 Cup			Salad Dressing	1 FZ	Salad Dressing	1 FZ	with Dressing	1 FZ				
E	Diced Onion	1 WZ	Wheat Bun	1 Each	Wheat Dinner Roll	1 Each	Wheat Bread	2 Slice	Wheat Dinner Roll	1 Each	Wheat Bread	2 Slice	Garlic Toast	2 Slice
R	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	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC
	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

**ARIZONA DEPARTMENT OF CORRECTIONS
SACK LUNCH SCHEDULE**

April 1, 2010 ADC Contract No. DC020205

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
WEEK 1	T Bologna	3	WZ	T Ham	3	WZ	P Butter & Jelly Mix	2	WZ	T Salami	3	WZ	T Bologna	3	WZ	P Butter & Jelly Mix	2	WZ	T Salami	1	WZ
	Sliced Cheese	1	WZ	Sliced Cheese	1	WZ	Sliced Turkey	2	WZ				Sliced Cheese	1	WZ	T Ham	2	WZ	T Bologna	2	WZ
	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice
	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each
	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	2	Each	Mustard PKT	1	Each	Mustard PKT	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	Snack of the Day	1	Each	Snack of the Day	1	Each
	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each
	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC
WEEK 2	T Ham	3	WZ	T Salami	3	WZ	Sliced Turkey	3	WZ	T Bologna	3	WZ	T Ham	3	WZ	P/Butter & Jelly Mix	2	WZ	Sliced Turkey	3	WZ
	Sliced Cheese	1	WZ				Sliced Cheese	1	WZ				Sliced Cheese	1	WZ	T Bologna	2	WZ			
	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice
	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each
	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	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	Snack of the Day	1	Each	Snack of the Day	1	Each
	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each
	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC
WEEK 3	T Bologna	3	WZ	Peanut Butter & Jelly Mix	2	WZ	T Ham	3	WZ	T Bologna	3	WZ	T Salami	3	WZ	T Ham	3	WZ	T Bologna	3	WZ
	Sliced Cheese	1	WZ	Sliced Turkey	2	WZ	Sliced Cheese	1	WZ	Sliced Cheese	1	WZ									
	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice
	Salad Dressing PKT	1	Each	Mustard PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each
	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	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	Snack of the Day	1	Each	Snack of the Day	1	Each
	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each
	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC
WEEK 4	T Ham	3	WZ	Sliced Turkey	3	WZ	T Salami	3	WZ	Peanut Butter & Jelly Mix	2	WZ	Sliced Turkey	3	WZ	T Salami	3	WZ	P/Butter & Jelly Mix	2	WZ
	Sliced Cheese	1	WZ				Sliced Cheese	1	WZ	T Ham	2	WZ	Sliced Cheese	1	WZ				T Ham	2	WZ
	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice
	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each				Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each			
	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	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	Snack of the Day	1	Each	Snack of the Day	1	Each
	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each
	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC
WEEK 5	T Bologna	3	WZ	T Salami	3	WZ	P Butter & Jelly Mix	2	WZ	T Bologna	3	WZ	Sliced Turkey	3	WZ	P Butter & Jelly Mix	2	WZ	T Ham	1	WZ
	Sliced Cheese	1	WZ	Sliced Cheese	1	WZ	T Ham	2	WZ				Sliced Cheese	1	WZ	T Ham	2	WZ	T Bologna	2	WZ
	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice
	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each				Salad Dressing PKT	1	Each
	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	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	Snack of the Day	1	Each	Snack of the Day	1	Each
	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each
	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC
WEEK 6	T Bologna	3	WZ	Sliced Turkey	3	WZ	T Ham	2	WZ	P Butter & Jelly Mix	2	WZ	T Salami	2	WZ	T Ham	3	WZ	T Bologna	3	WZ
	Sliced Cheese	1	WZ	Sliced Cheese	1	WZ	T Bologna	1	WZ	T Ham	2	WZ	T Bologna	1	WZ						
	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice
	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each				Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each	Salad Dressing PKT	1	Each
	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	1	Each	Mustard PKT	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	Snack of the Day	1	Each	Snack of the Day	1	Each
	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each	Cookies	1	Each
	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC

Enhanced Sack Lunch for Work Crews (Inmate must be away from facility a minimum of 10 hours) receives additional: 2 slices of bread & 2 oz of Peanut Butter & Jelly Mix

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 ADC