

# Comal County Jail Menu

## Breakfast

Sunday	Kcal	Amt	Monday	Kcal	Amt	Tuesday	Kcal	Amt	Wednesday	Kcal	Amt
100% Juice	60	4 oz	100% Juice	60	4 oz	100% Juice	60	4 oz	100% Juice	60	4 oz
Oatmeal	200	1 cup	Oatmeal	200	1 cup	Cold Cereal	160	1 cup	Oatmeal	200	1 cup
Sausage, patty	187	3.5 oz	Sausage, patty	187	3.5 oz	Sausage, patty	187	3.5 oz	Sausage, patty	187	3.5 oz
Toast	140	2 slices	Toast	140	2 slices	Toast	140	2 slices	Toast	140	2 slices
Applesauce, canned	53	½ cup	Fruit Cocktail, canned	80	½ cup	Applesauce, canned	53	½ cup	Fruit Cocktail, canned	80	½ cup
Milk, 1%	100	8 oz.	Milk, 1%	100	8 oz.	Milk, 1%	100	8 oz.	Milk, 1%	100	8 oz.

## Lunch

Sunday	Kcal	Amt	Monday	Kcal	Amt	Tuesday	Kcal	Amt	Wednesday	Kcal	Amt
Frito Pie- Chili	450	1 ½ cups	Beef Tacos	275	3 oz	Salisbury Steak	200	1 pc	Ham and Cheese Sandwich	200	3 oz ham 1 oz chesse
Bread	70	1 ea	Tortilla	160	2 ea	Gravy, brown	30	3 oz	Lettuce/Tomato	50	1 cup
Pinto Beans	130	½ cup	Cheddar Shreds	110	1 oz	Mashed Potatoes	160	1 cup	Bread	140	2 slices
Tossed Salad	50	1 cup	Lettuce/Tomatoes	50	1 cup	Green Beans	50	1 cup	Pears, canned	120	1 cup
Cheese, American	50	½ oz									
Salad Dressing	50	1 pc	Pinto Beans, canned	130	½ cup	Peaches, canned	140	1 cup	Fritos	160	1 oz
Pears, canned	120	1 cup	Pineapple, canned	140	1 cup	Bread	140	2 slices	Mayo	80	1 pc/ea
Water	0	8 oz.	Water	0	8 oz.	Water	0	8 oz.	Water	0	8 oz.

## Supper

Sunday	Kcal	Amt	Monday	Kcal	Amt	Tuesday	Kcal	Amt	Wednesday	Kcal	Amt
Hamburger	289	3 oz	Chicken Fried Steak	340	3.8 oz	Turkey Fritter	304	3.92 oz	Sloppy Joes	310	4 oz
Bread	140	2 slices	Gravy, cream	50	3 oz	Gravy, cream	50	3 oz	Bread	140	2 slices
Lettuce/Tomatoes	50	1 cup	Mashed Potatoes	160	1 cup	Carrots, frozen	60	1 cup	Pork and Beans, canned	260	1 cup
Potato Wedges	173	½ cup	Peas, canned	105	1 cup	Mix Salad	50	1 cup	mixed Salad	50	1 cup
Pineapple, canned	140	1 cup	Bread	70	1 slice	Salad Dressing	50	1 pc	Salad Dressing	50	1 pc
Milk, 1%	100	8 oz	Pears, canned	120	1 cup	Bread	140	2 slices	Pineapples, canned	140	1 cup
			Milk, 1%	100	8 oz	Pineapples, canned	140	1 cup	Milk, 1%	100	8 oz
						Milk, 1%	100	8 oz			
<b>TOTAL KCALS/DAY</b>	<b>2522</b>			<b>2577</b>			<b>2518</b>			<b>2517</b>	

Approved By:

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