



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 **Swedish Meatballs-CN**
Corn
Fruit Cocktail
WG Breadstick
Milk

3 **Pizza Pasta Cass.**
w/ WG Rotini
Green Peas
Fresh Banana
Milk

4 **Grilled Chicken**
Sandwich - CN
Cheesy Broccoli
Fresh Pear
WG Hamburger Bun
Milk

5 **WG Chicken**
Nuggets - CN
Garlic Mashed Potatoes
Fresh Orange
Milk

6 **Sliced Turkey &**
American Cheese(.67oz)
on WG Bread
Green Beans
Fresh Apple
Milk

9 **WG Macaroni &**
5 Cheese Casserole
Carrot Coins
Fruit Mix
Milk

10 **WG Chicken**
Tenders - CN
Cheesy Whip Potatoes
Fresh Apple
Milk

11 **Cheesy Tuna &**
Brown Rice Cass.
Glazed Diced Carrots
Fresh Pear
Milk

12 **Hamburger - CN**
Au Gratin Potatoes
Sliced Peaches
WG Hamburger Bun
Milk

13 **BBQ Chicken**
Breast - CN
BBQ Baked Beans
Fresh Banana
WG Breadstick
Milk

16 **Sloppy Joe Sandwich**
Peas & Carrots
Tropical Fruit Mix
WG Hamburger Bun
Milk

17 **Sweet & Sour Chicken**
Grill Bites - CN
Romaine Blend Salad
Ranch Dressing
Fresh Banana
WG Brown Rice
Milk

18 **Turkey Pot Pie**
over Mashed Potatoes
Fresh Apple
WG Dinner Roll
Milk

19 **Sliced Ham &**
American Cheese(.67oz)
on WG .Bun
Mixed Vegetables
Fresh Orange
Milk

20 **Hamburger - CN**
Potato Wedges
Fresh Pear
WG Hamburger Bun
Milk

23 **Italian Beef Goulash**
with WG Elbow Pasta
Green Beans
Unsweetened Applesauce
Milk

24 **Soft Shell Beef Taco**
Taco Meat
Shredded Cheese
Refried Beans
Fresh Pear
WG Tortilla Shell
Milk

25 **WG Breaded Fish**
Sticks - CN
Potato Wedges
Fresh Apple
Milk

26 **Chicken Breast &**
Gravy - CN
Mashed Potatoes
Cinnamon Pears
WG Dinner Roll
Milk

27 **Ham & Scalloped**
Potatoes
Carrot Chips
Fresh Banana
WG Breadstick
Milk

30 **Teriyaki Chicken**
Grill Bites - CN
Peas & Carrots
Mandarin Oranges
WG Dinner Roll
Milk

31 **Cheesy Beef &**
Brown Rice Cass.
Carrot Coins
Fresh Banana
Milk

1 **WG Breaded Chicken**
Sandwich - CN
Cauliflower & Broccoli
Fresh Orange
WG Hamburger Bun
Milk

2 **BBQ Meatballs - CN**
Mixed Vegetables
Fresh Apple
WG Breadstick
Milk

3 **Pulled Pork Sandwich**
BBQ Baked Beans
Fresh Pear
WG Hamburger Bun
Milk

***Bonus Holiday Cookie!**

Pizza Pasta Casserole with Pepperoni			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Beef Ground Precooked	8	40.0%	
Pasta WG Rotini	5	25.0%	
Sauce Spaghetti Red, Sodium	2.7	13.5%	
Sauce Marinara All Purpose	2.7	13.5%	
Cheese Cheddar/Jack Shred	0.8	4.0%	
Pork & Beef Pepperoni Sliced	0.8	4.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	1.5	2.4
School K-8	6	1.5	2.4
Daycare 6-12	5	1.2	2
Daycare 3-5	4	1	1.5
Daycare 1-2	3	0.7	1.2

5 Cheese Macaroni & Cheese			
BATCH YIELD (LBS)	25		
INGREDIENTS (LBS)			
Cheese American Loaf	7.5	30.0%	
Pasta WG Elbow Noodle	10	40.0%	
Mix Cheese Sauce	5	20.0%	
Cheese Parmesan Shred	0.5	2.0%	
Cheese Cheddar/Jack Shred	0.5	2.0%	
Cheese Mozzarella Loaf	1.5	6.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	2.4	2.4
School K-8	5	2	2
Daycare 6-12	5	2	2
Daycare 3-5	4	1.6	1.6
Daycare 1-2	3	1.2	1.2

Cheesy Tuna & Rice w/ Goldfish			
BATCH YIELD (LBS)	10		
INGREDIENTS (LBS)			
Meat Tuna Pouch	2	20.0%	
Cheese American Loaf	2	20.0%	
Mix Cheese Sauce	2.3	23.0%	
Brown Rice	2.5	25.0%	
Diced Celery	0.3	3.0%	
Diced Carrot	0.3	3.0%	
Diced Onion	0.3	3.0%	
Peas	0.3	3.0%	
Cracker Goldfish -- Garnish Only			
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	1.5	2.4
School K-8	6	1.5	2.4
Daycare 6-12	5	1.2	2
Daycare 3-5	4	1	1.6
Daycare 1-2	3	0.7	1.2

Sloppy Joe			
BATCH YIELD (LBS)	13		
INGREDIENTS (LBS)			
Beef Ground Precooked	10	76.0%	
Sauce BBQ	1	8.0%	
Tomato Paste	1	8.0%	
Diced Onion	1	8.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	4		2.3
School K-8	4		2.3
Daycare 6-12	4		2.3
Daycare 3-5	3		1.7
Daycare 1-2	2		1.1

Turkey Pot Pie			
BATCH YIELD (LBS)	10		
INGREDIENTS (LBS)			
Turkey Meat Diced	4	40.0%	
Mix Chicken Gravy	4	40.0%	
Vegetable Mix 5 Way	2	20.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6		2.4
School K-8	6		2.4
Daycare 6-12	5		2
Daycare 3-5	4		1.6
Daycare 1-2	3		1.2

Italian Goulash			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Beef Ground Precooked	8	40.0%	
Pasta WG Elbow Noodle	4	20.0%	
Sauce Spaghetti	3.4	17.0%	
Sauce Marinara	3.4	17.0%	
Diced Onion	0.4	2.0%	
Diced Pepper	0.4	2.0%	
Diced Tomato	0.4	2.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	1.2	2.4
School K-8	6	1.2	2.4
Daycare 6-12	5	1	2
Daycare 3-5	4	0.8	1.6
Daycare 1-2	3	0.6	1.2

Taco Meat Beef			
BATCH YIELD (LBS)	9.5		
INGREDIENTS (LBS)			
Beef Ground Precooked	7.6	80.0%	
Beef Taco Filling	1.9	20.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	4		3.2
School K-8	4		3.2
Daycare 6-12	3		2.2
Daycare 3-5	2		1.6
Daycare 1-2	2		1.6

Ham & Scalloped Potato			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Diced Ham	8	40.0%	
Potato Scalloped Dehydrated	10.8	54.0%	
Diced Celery	0.4	2.0%	
Diced Carrots	0.4	2.0%	
Diced Onion	0.4	2.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6		2.4
School K-8	6		2.4
Daycare 6-12	5		2
Daycare 3-5	4		1.6
Daycare 1-2	3		1.2

Cheesy Beef & Rice			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Beef Ground Precooked	8	40.0%	
Brown Rice	4	20.0%	
Mix Cheese Sauce	6.5	32.5%	
Diced Onion	0.5	2.5%	
Diced Carrot	0.5	2.5%	
Diced Celery	0.5	2.5%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	1.2	2.4
School K-8	6	1.2	2.4
Daycare 6-12	5	1	2
Daycare 3-5	4	0.8	1.6
Daycare 1-2	3	0.6	1.2