




MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
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!
6	Happy Labor Day!! No Food Service 	7	Diced Chicken Alfredo w/ WG Spaghetti Green Beans Sliced Peaches Milk	8	WG Chicken Nuggets - CN Mashed Potatoes Fresh Apple Milk	9	Hot Sliced Ham & American Cheese on WG Bun Carrot Coins Fresh Banana Milk	10	WG Spaghetti & Beef Sauce Romaine Blend Salad Ranch Dressing Fresh Pear Milk
13	Meatballs in Brown Gravy - CN Mashed Potatoes Tropical Fruit WG Dinner Roll Milk	14	BBQ Chicken Grill Bites - CN Diced Carrots Fresh Pear WG Bread Slice Milk	15	Macaroni & Cheese with Cavatappi Pasta Green Peas Fresh Orange Milk <i>*This Meal Does Not Contain a Whole Grain</i>	16	Cheesy Broccoli Chicken Breast - CN Mixed Vegetables Fresh Banana WG Breadstick Milk	17	Diced Turkey & Gravy Mashed Potatoes Fresh Apple WG Dinner Roll Milk
20	WG Chicken Tenders - CN Scalloped Potatoes Pineapple Tidbits Milk	21	Chicken Parmesan Chicken Breast - CN in Marinara Sauce with Shredded Parmesan Cheese Broccoli Fresh Apple WG Breadstick Milk	22	Soft Shell Beef Taco Taco Meat Shredded Cheese Potato Wedges Peaches & Strawberries WG Tortilla Shell Milk	23	Sliced Turkey & American Cheese on WG Bread Twice Baked Mashed Potatoes Fresh Pear Milk	24	Sweet & Sour Meatballs - CN Peas & Carrots Fresh Orange WG Breadstick Milk
27	Cheeseburger American Cheese Corn Fruit Cocktail WG Hamburger Bun Milk	28	Beef & Tater Tot Casserole Mixed Vegetables Diced Peaches WG Dinner Roll Milk	29	WG Chicken Nuggets - CN Fresh Carrot Chips Fresh Pear Milk	30	BBQ Pork Rib Patty - CN BBQ Baked Beans Fresh Apple WG Hot Dog Bun Milk	1	Beef Stroganoff with WG Egg Noodles Broccoli Fresh Banana Milk

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

Chicken Alfredo w/ Spaghetti Pasta			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Diced Chicken Meat	8	40.0%	
Pasta WG Spaghetti	5	25.0%	
Mix Country Gravy	3.5	17.5%	
Mix Alfredo Sauce	3.5	17.5%	
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

Spaghetti & Meat Sauce			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Beef Ground Precooked	8	40.0%	
Pasta WG Spaghetti Noodles	4	20.0%	
Sauce Spaghetti Red Sodium	3.7	18.5%	
Sauce Marinara All Purpose	3.7	18.5%	
Diced Onion	0.6	3.0%	
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

Macaroni & Cheese Cavatappi			
BATCH YIELD (LBS)	25		
INGREDIENTS (LBS)			
Cheese American Loaf	10	40.0%	
Pasta Cavatappi Noodle	10	40.0%	
Mix Cheese Sauce	5	20.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	2.4	2.4
School K-8	6	2.4	2.4
Daycare 6-12	5	2	2
Daycare 3-5	4	1.6	1.6
Daycare 1-2	3	1.2	1.2

Turkey & Gravy			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Turkey Meat Diced	12	60.0%	
Mix Chicken Lo Sodium Gravy	4.4	22.0%	
Diced Onions	1.2	6.0%	
Diced Carrots	1.2	6.0%	
Diced Celery	1.2	6.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	4		2.4
School K-8	4		2.4
Daycare 6-12	4		2.4
Daycare 3-5	3		1.8
Daycare 1-2	2		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

Beef & Tater Tot Casserole			
BATCH YIELD (LBS)	10		
INGREDIENTS (LBS)			
Ground Beef Precooked	4	40.0%	
Soup Mushroom	2.3	23.0%	
Mix Cheese Sauce	2.1	21.0%	
Green Bean	1	10.0%	
Diced Onions	0.3	3.0%	
Diced Peppers	0.3	3.0%	
Tator Tots - 1 Layer Tops Every Pan			
Shred Cheese - 1 Layer Tops Every Pan			
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

Beef Stroganoff - Beef Noodle			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Beef Ground Precooked	8	40.0%	
Pasta WG Egg Noodle	5	25.0%	
Sour Cream	1	5.0%	
Brown Gravy Mix	6	30.0%	
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	1.6
Daycare 1-2	3	0.7	1.2