



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	<b>Beef Taco Casserole with WG Rotini Pasta</b> Corn Mandarin Oranges Milk	2	<b>BBQ Pork Rib Patty - CN</b> BBQ Baked Beans Strawberries & Peaches WG Mini Hoagie Bun Milk	3	<b>WG Chicken Nuggets - CN</b> Green Peas Fresh Banana Milk	4	<b>Meatballs in Brown Gravy - CN</b> Mashed Potatoes Fresh Pear WG Dinner Roll Milk	5	<b>Beef Stroganoff with WG Egg Noodles</b> Green Beans Fresh Orange Milk
8	<b>Grilled Chicken Sandwich - CN</b> Mixed Vegetables Fresh Apple WG Hamburger Bun Milk	9	<b>Beef &amp; Potato Skillet</b> Corn WG Breadstick Milk	10	<b>WG Chicken Tenders - CN</b> Mashed Potatoes Fresh Banana Milk	11	<b>Chicken Fettuccini Alfredo Casserole</b> Mixed Greens Side Salad Ranch Dressing Fresh Orange Milk <i>*This Meal Does NOT Contain a Whole Grain</i>	12	<b>Cheeseburger</b> American Cheese Slice Cheesy Hashbrowns Fresh Pear WG Hamburger Bun Milk
15	<b>WG Cavatappi &amp; White Cheese</b> Broccoli Fruit Mix Milk	16	<b>Sliced Turkey &amp; Amer. Cheese (.67oz) on WG Bun</b> Green Peas Fresh Pear Milk	17	<b>Turkey Pot Pie</b> Mashed Potatoes Fresh Apple WG Breadstick Milk	18	<b>Sweet &amp; Sour Meatballs - CN</b> Diced Carrots Fresh Orange WG Dinner Roll Milk	19	<b>Pulled Pork Sandwich</b> Twice Baked Mash Potato Fresh Banana WG Hamburger Bun Milk
22	<b>Chicken Breast - CN in Chicken Gravy</b> Mashed Potatoes Apricot Halves WG Bread Slice Milk	23	<b>WG Chicken Nuggets - CN</b> Peas Fresh Orange Milk	24	<b>Beef &amp; Cheese Taco on WG Tortilla Shell</b> Shredded Cheese Refried Beans Fresh Banana Milk	25	<b>Hamburger Patty - CN</b> Ranch Whip Potatoes Fresh Apple WG Hamburger Bun Milk	26	<b>Sloppy Joe Sandwich</b> Potato Wedges Fresh Mixed Melon WG Hamburger Bun Milk <i>*Bonus Holiday Treat!</i>
29		30	<b>Creamy Tuna &amp; WG Mac Pasta</b> Peas & Carrots Sliced Peaches Milk	31	<b>WG Breaded Chicken Sandwich - CN</b> Potato Wedges Fresh Apple WG Hamburger Bun Milk	1	<b>BBQ Meatballs - CN</b> BBQ Baked Beans Fresh Banana WG Dinner Roll Milk	2	<b>WG Spaghetti &amp; Beef Sauce</b> Mixed Greens Side Salad Ranch Dressing Fresh Pear Milk

Beef Taco Casserole			
BATCH YIELD (LBS)		20	
INGREDIENTS (LBS)			
Beef Ground Precooked	8	40.0%	
Beef Taco Filling	2	10.0%	
Pasta WG Rotini	4	20.0%	
Sauce-Mix Cheese	3.9	19.5%	
Diced Onion	0.7	3.5%	
Diced Pepper	0.7	3.5%	
Diced Tomato	0.7	3.5%	
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

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

Beef & Potato Skillet			
BATCH YIELD (LBS)		20	
INGREDIENTS (LBS)			
Beef Ground Precooked	8	40.0%	
Sliced Potatoes	8	40.0%	
Mix Cheese Sauce	3	15.0%	
Diced Yellow Onion	0.5	2.5%	
Diced Green Pepper	0.5	2.5%	
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

Chicken Fettuccine			
BATCH YIELD (LBS)		20	
INGREDIENTS (LBS)			
Diced Chicken Meat	8	40.0%	
Pasta Fettuccine	6	30.0%	
Mix Alfredo Sauce	6	30.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	1.8	2.4
School K-8	6	1.8	2.4
Daycare 6-12	5	1.5	2
Daycare 3-5	4	1.2	1.6
Daycare 1-2	3	0.9	1.2

Macaroni & Cheese Cavatappi			
BATCH YIELD (LBS)		25	
INGREDIENTS (LBS)			
Cheese Amer. White Loaf	10	40.0%	
Pasta WG 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 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

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

Sloppy Joe			
BATCH YIELD (LBS)		13	
INGREDIENTS (LBS)			
Beef Ground Precooked	10	76.9%	
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

Tuna Macaroni & Cheese			
BATCH YIELD (LBS)		18.75	
INGREDIENTS (LBS)			
Cheese American Loaf	3.75	20.0%	
Pasta WG Elbow Noodle	8	43.0%	
Mix Cheese Sauce	3	16.0%	
Meat Tuna Light Pouch	4	21.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	2.5	2.4
School K-8	5	2.1	2
Daycare 6-12	5	2.1	2
Daycare 3-5	4	1.7	1.6
Daycare 1-2	3	1.2	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