



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Pulled Pork Sandwich Diced Sweet Potatoes Sliced Pears WG Hamburger Bun Milk	3	Meatballs in Marinara - CN Mixed Vegetables Fresh Apple WG Breadstick Milk	4	Taco Joe Sandwich Pinto Beans Fresh Pear WG Hamburger Bun Milk	5	WG Chicken Nuggets - CN Corn Fresh Banana Milk	6	Cheesy Beef & Brown Rice Mixed Greens Side Salad Ranch Dressing Fresh Orange Milk
9	WG Macaroni & Cheese Green Beans Mandarin Oranges Milk	10	Grilled Chicken Sandwich - CN Green Peas Fresh Pear WG Hamburger Bun Milk	11	Meatballs in Brown Gravy - CN Mashed Potatoes Fresh Orange WG Dinner Roll Milk	12	Turkey Tetrazini w/ WG Spaghetti Broccoli & Cauliflower Fresh Apple Milk	13	Hamburger Patty - CN Scalloped Potatoes Fresh Banana WG Hamburger Bun Milk
16	Sweet Chili Chicken Breast - CN Peas & Carrots Tropical Fruit WG Dinner Roll Milk	17	Cheeseburger Mac with WG Elbow Pasta Green Beans Fresh Apple Milk	18	Breakfast for Lunch! Cheese Omelet - CN in Cheese Sauce Breakfast Potatoes Fresh Banana Mini Buttermilk Biscuit Milk <i>Does Not Contain a WG</i>	19	WG Chicken Nuggets - CN Potato Wedges Fresh Orange Milk	20	Hamburger Patty in Tomato Gravy - CN Whipped Potatoes Fresh Pear WG Breadstick Milk
23	WG Spaghetti & Meat Sauce Country Blend Veggies Pineapple Tidbits Milk	24	WG Chicken Tenders - CN Corn Fresh Pear Milk	25	BBQ Chicken Breast Sandwich - CN BBQ Baked Beans Fresh Orange WG Hamburger Bun Milk	26	Beef Goulash w/ WG Elbow Noodles Mixed Greens Side Salad Ranch Dressing Fresh Banana Milk	27	Swedish Style Meatballs - CN Mashed Potatoes Fresh Apple WG Dinner Roll Milk
30	Walking Beef Taco! Beef Taco Meat Shredded Cheese Black Beans Applesauce WG Nacho Doritos PC Milk	31	WG Cavatappi & White Cheese Sauce Green Beans Fresh Orange Milk <i>Bonus Holiday Treat!</i>	1	Sliced Deli Turkey American Cheese(.67oz) on WG Bun Coleslaw Fresh Grapes Milk	2	Ham & Au gratin Potatoes Peas & Carrots WG Breadstick Milk	3	WG Chicken Nuggets - CN Corn Fresh Banana Milk



Taco Joe				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	16	80.0%		
Tomato Paste	1	5.0%		
Diced Onion	0.8	4.0%		
Diced Pepper	0.8	4.0%		
Diced Tomato	0.6	4.0%		
Nutritional Equivalencies				
	Serving (oz)	Grain (oz)	Meat (oz)	
School 9-12/Adult	4		3.2	
School K-8	4		3.2	
Daycare 6-12	4		3.2	
Daycare 3-5	3		2.4	
Daycare 1-2	2		1.6	

Cheesy Beef & Rice				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	8	40.0%		
Brown Rice	4	20.0%		
Mix Cheese Sauce	8	40.0%		
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				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Cheese American Loaf	8	40.0%		
Pasta WG Elbow Noodle	4	20.0%		
Mix Cheese Sauce	4	20.0%		
Canned Cheese Sauce	2	10.0%		
Water	2	10.0%		
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	

Turkey Tetrizzini				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Turkey Meat Diced	8	40.0%		
Pasta WG Spaghetti Noodles	4	20.0%		
Cream Base Mix	3.4	17.0%		
Alfredo Sauce Mix	3.4	17.0%		
Diced Onion	0.4	2.0%		
Diced Pepper	0.4	2.0%		
Sliced Mushrooms	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	

Cheeseburger Macaroni				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	8	40.0%		
Pasta WG Elbow Noodle	8	30.0%		
Cheese American Loaf	3	15.0%		
Mix Cheese Sauce	1.5	7.5%		
Canned Cheese Sauce	1.5	7.5%		
Nutritional Equivalencies				
	Serving (oz)	Grain (oz)	Meat (oz)	
School 9-12/Adult	6	1.8	3.3	
School K-8	6	1.8	3.3	
Daycare 6-12	5	1.5	2.7	
Daycare 3-5	4	1.2	2.2	
Daycare 1-2	3	0.9	1.6	

Spaghetti & Meat Sauce				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	10	50.0%		
Pasta WG Spaghetti Noodles	4	20.0%		
Sauce Spaghetti Red Sodium	6	30.0%		
Nutritional Equivalencies				
	Serving (oz)	Grain (oz)	Meat (oz)	
School 9-12/Adult	6	1.2	3	
School K-8	6	1.2	3	
Daycare 6-12	5	1	2.5	
Daycare 3-5	4	0.8	2	
Daycare 1-2	3	0.6	1.5	

Italian Goulash				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	8	40.0%		
Pasta WG Elbow Noodle	4	20.0%		
Sauce Spaghetti	3.2	16.0%		
Sauce Marinara	3.2	16.0%		
Diced Onion	0.4	2.0%		
Diced Pepper	0.4	2.0%		
Diced Tomato	0.4	2.0%		
Diced Carrot	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	7.8	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	

White Mac & Cavatappi				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Cheese Amer. White Loaf	8	30.0%		
Pasta WG Cavatappi Noodle	8	30.0%		
Shredded Mozzarella	4	20.0%		
Mix Alfredo Sauce	2	10.0%		
Mix Cream Soup	2	10.0%		
Nutritional Equivalencies				
	Serving (oz)	Grain (oz)	Meat (oz)	
School 9-12/Adult	6	1.8	3	
School K-8	6	1.8	3	
Daycare 6-12	5	1.5	2.5	
Daycare 3-5	4	1.2	2	
Daycare 1-2	3	0.9	1.5	

Ham & AuGratin Potato				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Ham Meat Diced	9	45.0%		
Potato AuGratin Dehydrated	11	55.0%		
Nutritional Equivalencies				
	Serving (oz)	Grain (oz)	Meat (oz)	
School 9-12/Adult	6		2.7	
School K-8	6		2.7	
Daycare 6-12	5		2.2	
Daycare 3-5	4		1.8	
Daycare 1-2	3		1.3	