



## MONDAY

27 **Hamburger Patty - CN**  
Cheesy Hashbrowns  
Diced Pears  
WG Hamburger Bun  
Milk

4 **WG Chicken Tenders - CN**  
Carrot Coins  
Sliced Pears  
Milk

11 **Fiesta Beef & Brown Rice Tortilla Cass.**  
Green Peas  
Pineapple Tidbits  
Milk

18 **Hamburger Patty-CN**  
BBQ Baked Beans  
Tropical Fruit  
WG Hamburger Bun  
Milk

25



## TUESDAY

28 **WG Spaghetti & Beef Sauce**  
Mixed Green Side Salad  
Ranch Dressing  
Fresh Orange  
Milk

5 **Italian Beef Goulash with WG Elbow Pasta**  
Green Peas  
Fresh Banana  
Milk

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

19 **WG Chicken Nuggets - CN**  
Broccoli Cuts  
Fresh Apple  
Milk

26 **White Mac & Cheese w/ WG Cavatappi**  
Peas & Carrots  
Sliced Pears  
Milk

## WEDNESDAY

29 **WG Chicken Nuggets - CN**  
Diced Carrots  
Fresh Pear  
Milk

6 **Cheeseburger - CN**  
American Cheese Slice  
Garlic Mashed Potatoes  
Fresh Apple  
WG Hamburger Bun  
Milk

13 **Chicken Dressing Casserole**  
Cheesy Broccoli  
Fresh Banana  
WG Dinner Roll  
Milk

20 **Beef & Tater Tot Casserole**  
Whipped Potatoes  
Fresh Red Grapes  
WG Dinner Roll  
Milk

*\*Bonus Holiday Treat!*

27 **Beef & Three Bean Chili**  
Corn  
Fresh Apple  
WG Breadstick  
Milk

## THURSDAY

30 **Pulled Pork Sandwich**  
Green Beans  
Fresh Apple  
WG Hamburger Bun  
Milk

7 **Beef & Cheese Taco**  
Taco Meat  
Shredded Cheese  
Potato Wedges  
Fresh Pear  
WG Tortilla Shell  
Milk

14 **Meatballs in Brown Gravy - CN**  
Diced Carrots  
Strawberries & Mango  
WG Breadstick  
Milk

21 **Pulled Chicken on WG Bun**  
Potato Wedges  
Fresh Pear  
Milk

28 **Swedish Style Meatballs - CN**  
Mashed Potatoes  
Fresh Pear  
WG Dinner Roll  
Milk

## FRIDAY

1 **Diced Chicken Cordon Bleu over Mashed Potatoes**  
Fresh Banana  
WG Dinner Roll  
Milk

8 **Sweet Chicken Chili Breast - CN**  
Mixed Vegetables  
Fresh Orange  
WG Dinner Roll  
Milk

15 **BBQ Chicken Breast Sandwich - CN**  
Diced Sweet Potatoes  
Fresh Pear  
WG Hamburger Bun  
Milk

22 **Breakfast for Lunch! Cheese Omelet in Cheese Sauce**  
Hashbrown Patties  
Fresh Banana  
Mini Buttermilk Biscuit  
Milk

29 **WG Chicken Tenders - CN**  
Carrot Coins  
Fresh Banana  
Milk

*Meal Does Not Contain WG*

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 Godium	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

Chicken Cordon Bleu			
BATCH YIELD (LBS)	10		
INGREDIENTS (LBS)			
Chicken Meat Diced	4.5	45.0%	
Ham Meat Diced	1.5	15.0%	
Mix Cream Soup	3.4	34.0%	
Shredded Mozzarella Chz	0.6	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

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 Filing	1.8	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

Fiesta Tortilla Casserole			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Beef Ground Precooked	8	40.0%	
Rice Brown	5	25.0%	
Mix Cheese Sauce	2.8	14.0%	
Cheese Sauce, Canned	1.8	8.0%	
Cheese Cheddar/Jack Shred	1.2	6.0%	
Salsa Chunky Mild	1	5.0%	
Veg. Blend Chuckwagon Corn	0.4	2.0%	
Chip Tortilla Grp - Gamsh			
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	8	1.5	2.4
School K-8	6	1.5	2.4
Daycare 6-12	5	1.2	2
Daycare 3-5	4	1	1.8
Daycare 1-2	3	0.7	1.2

Chicken Dressing Cass.			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Chicken Meat Diced	8	40.0%	
Stuffing Mix Combread	8	40.0%	
Mix Chicken Gravy	4	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

Beef & Tater Tot Casserole			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Ground Beef Precooked	8	40.0%	
Soup Mushroom	5	25.0%	
Mix Cheese Sauce	5	25.0%	
Green Bean	2	10.0%	
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

White Mac & Cavatappi			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Cheese Amer. White Loaf	8	30.0%	
Pasta WG Cavatappi Noodle	6	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

Hearty 3 Bean Chili			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Beef Ground Precooked	5	25.0%	
Bean Chili	4	20.0%	
Bean Kidney	3.8	19.0%	
Bean Black	3.8	19.0%	
Sauce Tomato	2.2	11.0%	
Diced Pepper	0.4	2.0%	
Diced Onion	0.4	2.0%	
Diced Tomato	0.4	2.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	5		3.1
School K-8	5		3.1
Daycare 6-12	5		3.1
Daycare 3-5	4		2.5
Daycare 1-2	3		1.9