



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



2 **Beefy Mac Cass.**
w/ Cavatappi Pasta
Corn
Mandarin Oranges
Milk
**Meal Does Not Contain
a Whole Grain*

3 **Chicken Breast in
Chicken Gravy - CN**
Whipped Potatoes
Fresh Apple
WG Dinner Roll
Milk

4 **WG Spaghetti &
Beef Sauce**
Green Beans
Fresh Pear
Milk

5 **Shredded Chicken
Taco w/ Shred Cheese**
Fiesta Diced Potatoes
Fresh Banana
WG Tortilla Shell
Milk

8 **Beef Meatballs - CN
in Stroganoff Gravy**
Diced Carrots
Cinnamon Applesauce
WG Dinner Roll
Milk

9 **WG Breaded Chicken
Sandwich - CN**
Twice Baked Potato
Fresh Orange
WG Hamburger Bun
Milk

10 **Hamburger Patty
with Tomato Gravy**
Green Peas
Fresh Apple
WG Dinner Roll
Milk

11 **Chicken Alfredo Cass.
w/ WG Rotini Pasta**
Broccoli
Fresh Banana
Milk

12 **WG Chicken
Tenders - CN**
Diced Sweet Potatoes
Fresh Pear
Milk

15 **Pulled Pork
Sandwich**
Cheesy Hashbrowns
Fruit Cocktail
WG Hamburger Bun
Milk

16 **WG Chicken
Nuggets - CN**
Diced Carrots
Fresh Banana
Milk

17 **Cheesy Joe
Sandwich**
Ranch Whip Potatoes
Fresh Pear
WG Hamburger Bun
Milk

18 **Turkey Stuffing
Casserole**
Green Beans
Fresh Orange
WG Breadstick
Milk

19 **Beef Meatballs - CN
in Mushroom Gravy**
Mashed Potatoes
Fresh Apple
WG Dinner Roll
Milk

22 **WG Mac & Cheese**
Green Peas
Mandarin Oranges
Milk

23 **WG Chicken
Tenders - CN**
Corn
Fresh Apple
Milk

24 **Ham & Scalloped
Potatoes**
Mixed Vegetables
WG Bread Slice
Milk

25 **Hamburger Patty - CN**
BBQ Baked Beans
Fresh Banana
WG Hamburger Bun
Milk

26 **Beef & Bean Chili**
Mixed Greens Side Salad
Ranch Dressing
Fresh Pear
WG Dinner Roll
Milk

29 **Sweet Chili Chicken
Breast**
Broccoli
Pineapple Tidbits
WG Breadstick
Milk

30 **Sloppy Joe
Sandwich**
Loaded Mash Potatoes
Fresh Apple
WG Hamburger Bun
Milk

31 **BBQ Pork Rib Patty**
BBQ Baked Beans
Fresh Banana
WG Mini Hoagie Bun
Milk

1 **Beef Taco Cass.
w/ WG Rotini Pasta**
Corn
Fresh Orange
Milk

2 **Hamburger Patty
with Marinara**
Italian Potato Wedges
Fresh Pear
WG Breadstick
Milk

Beef Mac Casserole w/ Cavatapi				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	9	45.0%		
Pasta Cavatapi Noodle	5	25.0%		
Sauce Tomato	2	10.0%		
Mix Gravy Brown	4	20.0%		
Nutritional Equivalencies				
		Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	1.5	2.7	
School K-8	6	1.5	2.7	
Daycare 6-12	5	1.2	2.2	
Daycare 3-5	4	1	1.8	
Daycare 1-2	3	0.7	1.3	

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	

Chicken Alfredo				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Chicken Meat Diced	8	40.0%		
Pasta WG Rotini Noodles	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	

Cheesy Joe				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	15.9	79.5%		
Mix Cheese Sauce	2	10.0%		
Canned Cheese Sauce	2	10.0%		
Minced Garlic	0.1	0.5%		
Nutritional Equivalencies				
		Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	4		3.1	
School K-8	4		3.1	
Daycare 6-12	4		3.1	
Daycare 3-5	3		2.4	
Daycare 1-2	2		1.5	

Turkey Dressing Cass.				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Turkey Meat Diced	8	40.0%		
Stuffing Mix Cornbread	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	

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	

Ham & Scalloped Potato				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Ham Shanks	8	40.0%		
Potato Scalloped Dehydrated	12	60.0%		
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	

Hearty 3 Bean Chili				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	5	25.0%		
Bean Chili	4	20.0%		
Bean Kidney	3.5	19.0%		
Bean Black	3.5	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		1.8	

Sloppy Joe				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	15.2	76.0%		
Sauce BBQ	2.2	11.0%		
Tomato Paste	1.6	8.0%		
Diced Onion	1	5.0%		
Nutritional Equivalencies				
		Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	4		3	
School K-8	4		3	
Daycare 6-12	4		3	
Daycare 3-5	3		2.2	
Daycare 1-2	2		1.5	

Beef Taco Casserole				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	8.7	43.5%		
Pasta WG Rotini	5	25.0%		
Sauce Mix Cheese	4	20.0%		
Diced Onion	0.8	4.0%		
Diced Tomato	0.8	4.0%		
Diced Pepper	0.7	3.5%		
Nutritional Equivalencies				
		Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	1.5	2.6	
School K-8	6	1.5	2.6	
Daycare 6-12	5	1.2	2.1	
Daycare 3-5	4	1	1.7	
Daycare 1-2	3	0.7	1.3	