|         | MONDAY  |                 | TUESDAY  |                   | WEDNESDAY   |    | THURSDAY  |    | FRIDAY  |
|---------|---|-----------------|--|-------------------|---|----|---|----|---|
| 28      | Pulled Pork Sandwich Scalloped Potatoes Sliced Peaches WG Hamburger Bun Milk                                      | 29              | Cheesy Chicken Philly Sandwich Broccoli Cuts Fresh Orange WG Mini Hoagie Bun Milk  | 30                | Meatballs in Marinara - CN Potato Wedges Fresh Apple WG Dinner Roll Milk                                | 31 | WG Chicken<br>Nuggets - CN<br>Country Blend Vegetables<br>Fresh Banana<br>Milk                              | 1  | WG Mac & Cheese<br>Mixed Greens Side Salad<br>Ranch Dressing<br>Fresh Pear<br>Milk                        |
| 4       | Hamburger Patty - CN Diced Sweet Potatoes Fruit Cocktail WG Hamburger Bun Milk                                    | 5               | WG Spaghetti & Beef Sauce Green Beans Fresh Banana Milk                            | 6                 | BBQ Chicken<br>Breast - CN<br>Diced Carrots<br>Fresh Pear<br>WG Breadstick<br>Milk                      | 7  | WG Chicken Tenders - CN Augratin Potatoes Fresh Orange Milk   | 8  | Sliced Turkey & American Cheese(.67oz) on WG Bun Coleslaw Fresh Apple Milk                                |
| 11      | WG Cheeseburger<br>Macaroni<br>Mixed Vegetables<br>Fruit Mix<br>Milk  | 12              | WG Chicken<br>Nuggets - CN<br>Cheesy Whip Potatoes<br>Fresh Apple<br>Milk          | 13                | Sweet & Sour<br>Chicken Breast<br>Peas & Carrots<br>Fresh Pear<br>WG Dinner Roll<br>Milk                | 14 | Meatballs in<br>Gravy - CN<br>Cheesy Hashbrowns<br>Sliced Peaches<br>WG Breadstick<br>Milk                  | 15 | BBQ Pork Rib<br>Patty - CN<br>BBQ Baked Beans<br>Fresh Banana<br>WG Mini Hoagie Bun<br>Milk               |
| 18      | Sloppy Joe<br>Sandwich<br>Scalloped Potatoes<br>Tropical Fruit Mix<br>WG Hamburger Bun<br>Milk                    | 19              | Chicken Breast w/<br>Chicken Gravy<br>Corn<br>Fresh Pear<br>WG Dinner Roll<br>Milk | 20                | WG Chicken Tenders - CN Diced Carrots Fresh Apple Milk  | 21 | Fiesta Tortilla<br>Cass. w/ Brown Rice<br>Mixed Greens Side Salad<br>Ranch Dressing<br>Fresh Orange<br>Milk | 22 | Pulled Pork Sandwich Diced Potatoes Fresh Banana WG Mini Coney Bun Milk                                   |
| 25<br>W | WG Breaded Chicken Sandwich - CN Diced Carrots Applesauce WG Hamburger Bun Milk /hole Milk Served to Participants | 26<br>s 12-23 m | Sliced Turkey & Amer. Cheese(.67oz) on WG Bread Potato Salad Fresh Pear Milk       | 27<br>cipants 2 a | Soft Shell Beef Taco Taco Meat Shredded Cheese Pinto Beans Fresh Apple WG Tortilla Shell Milk and Older | 28 | BBQ Meatballs - CN Diced Sweet Potatoes Cinnamon Pears WG Dinner Roll Milk                                  | 29 | Cheeseburger - CN American Cheese Slice Coleslaw Fresh Orange WG Hamburger Bun Milk *Bonus Holiday Treat! |

| 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%      |           |  |  |
| Cannned Cheese Sauce      | 2               | 10.0%      |           |  |  |
| Water                     | 2               | 10.0%      |           |  |  |
|                           |                 |            |           |  |  |
|                           |                 |            |           |  |  |
|                           |                 |            |           |  |  |
|                           |                 |            |           |  |  |
|                           |                 |            |           |  |  |
| Nutritional Equivalencies |                 |            |           |  |  |
|                           | Serv/Yield      | Grain (oz) | Meat (oz) |  |  |
| School 9-12/Adult         | 6oz             | 1.2        | 2.4       |  |  |
| School K-8                | 6oz             | 1.2        | 2.4       |  |  |
| Daycare 6-12              | 5oz - #6 - 64   | 1          | 2         |  |  |
| Daycare 3-5               | 4oz - #8 - 80   | 0.8        | 1.6       |  |  |
| Daycare 1-2               | 3oz - #12 - 106 | 0.6        | 1.2       |  |  |

| & Meat          | Sauce   | •   |
|-----------------|---|---|
|                 |   |   |
| 20              |   |   |
|                 |   |   |
|                 |   |   |
| 10              | 50.0%   |   |
| 4               | 20.0%   |   |
| 6               | 30.0%   |   |
|                 |   |   |
|                 |   |   |
|                 |   |   |
|                 |   |   |
|                 |   |   |
|                 |   |   |
|                 |   |   |
|                 |   |   |
| Serv/Yield      | Grain (oz)  | Meat (oz)   |
| 6oz             | 1.2   | 3   |
| 6oz             | 1.2   | 3   |
| 5oz - #6 - 64   | 1   | 2.5   |
| 4oz - #8 - 80   | 0.8   | 2   |
| 3oz - #12 - 106 | 0.6   | 1.5   |
|                 | 20  10 4 6 Serv/Yield 6oz 6oz 5oz +#6 - 64 4oz -#8 - 80 | 10 50.0% 4 20.0% 6 30.0%  Serv/Yield Grain (oz) 6oz 1.2 6oz 1.2 5oz.#6-64 1 4oz.#8-80 0.8 |

| Cheeseburger Macaroni     |                 |            |           |  |  |
|---------------------------|-----------------|------------|-----------|--|--|
| BATCH YIELD (LBS)         | 20              |            |           |  |  |
| INGREDIENTS (LBS)         |                 |            |           |  |  |
| Beef Ground Precooked     | 8               | 40.0%      |           |  |  |
| Pasta WG Elbow Noodle     | 6               | 30.0%      |           |  |  |
| Cheese American Loaf      | 3               | 15.0%      |           |  |  |
| Mix Cheese Sauce          | 1.5             | 7.5%       |           |  |  |
| Canned Cheese Sauce       | 1.5             | 7.5%       |           |  |  |
|                           |                 |            |           |  |  |
| Nutritional Equivalencies |                 |            |           |  |  |
|                           | Serv/Yield      | Grain (oz) | Meat (oz) |  |  |
| School 9-12/Adult         | 6oz             | 1.8        | 3.3       |  |  |
| School K-8                | 6oz             | 1.8        | 3.3       |  |  |
| Daycare 6-12              | 5oz - #6 - 64   | 1.5        | 2.7       |  |  |
| Daycare 3-5               | 4oz - #8 - 80   | 1.2        | 2.2       |  |  |
| Daycare 1-2               | 3oz - #12 - 106 | 0.9        | 1.6       |  |  |

| 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               | 0.5             | 2.5%       |           |  |
| Diced Green Pepper        | 0.5             | 2.5%       |           |  |
|                           |                 |            |           |  |
| Nutritional Equivalencies |                 |            |           |  |
|                           | Serv/Yield      | Grain (oz) | Meat (oz) |  |
| School 9-12/Adult         | 4oz             |            | 3         |  |
| School K-8                | 4oz             |            | 3         |  |
| Daycare 6-12              | 4oz - #8 - 80   |            | 3         |  |
| Daycare 3-5               | 3oz - #12 - 106 |            | 2.2       |  |
| Daycare 1-2               | 2oz - #16 - 160 |            | 1.5       |  |

| 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          | 1.6           | 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 Strip - Garnish |               |            |           |  |  |
| 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 - #6 - 64   | 1.2        | 2         |  |  |
| Daycare 3-5                   | 4 - #8 - 80   | 1          | 1.6       |  |  |
| Daycare 1-2                   | 3 - #12 - 106 | 0.7        | 1.2       |  |  |