

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
1	Sliced Turkey(CN) & American Cheese on WG Bread Potato Salad Diced Pears Milk	2	Ground Beef Philly Sandwich Peas & Carrots Fresh Orange WG Hot Dog Bun Milk	3	Chicken Breast in Country Gravy - CN Mashed Potatoes Strawberries & Mango WG Dinner Roll Milk	4	Zoo Crew Chicken Nuggets - CN Diced Carrots Fresh Pear Milk	5	Italian Beef Goulash with WG Elbow Pasta Mixed Greens Side Salad Ranch Dressing Fresh Apple Milk		
8	All Beef Hot Dog - CN Diced Sweet Potatoes Sliced Pears WG Hot Dog Bun Milk	9	Cheesy Chicken & Brown Rice Cass. Green Beans Fruit Cocktail Milk	10	Breakfast for Lunch! Cheese Omelet(CN) in Cheese Sauce Diced Potatoes Fresh Apple WG Blueberry Muffin Top Milk	11	Meatballs in Brown Gravy - CN Garlic Mashed Potatoes Fresh Pear WG Breadstick Milk	12	WG Chicken Tenders - CN Country Blend Veggies Fresh Orange Milk		
15	Cheeseburger American Cheese Slice Cheesy Hashbrowns Fresh Apple WG Hamburger Bun Milk	16	WG Chicken Nuggets - CN Cheesy Broccoli Fresh Orange Milk	17	Chicken Pot Pie Mashed Potatoes Fresh Apple WG Dinner Roll Milk	18	WG Mac & Cheese Mixed Greens Side Salad Ranch Dressing Strawberries & Mango Milk	19	BBQ Chicken Breast Sandwich - CN BBQ Baked Beans Fresh Pear WG Hamburger Bun Milk		
22	Beef & Cheese Walking Taco!! Taco Meat Shredded Cheese Pinto Beans Tropical Fruit Mix WG Tostitos Scoop PC Milk	23	WG Chicken Tenders - CN Mash Potato Smiles Fresh Apple Milk	24	Beef & Tater Tot Casserole Country Blend Veggies Cinnamon Diced Pears WG Dinner Roll Milk <i>Bonus Holiday Treat!</i>	25				26	
29	Sliced Turkey(CN) & American Cheese on WG Bun Coleslaw Pineapple Tidbits Milk	30	WG Chicken Nuggets - CN Peas & Carrots Fresh Pear Milk	31	Swedish Style Meatballs - CN Mashed Potatoes Fresh Apple WG Dinner Roll Milk	1					2

Ground Beef Philly			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Beef Ground Precooked	16	80.0%	
Peppers & Onions	2	10.0%	
Canned Queso Sauce	2	10.0%	
Nutritional Equivalencies			
	Serv/Yield	Grain (oz)	Meat (oz)
School 9-12/Adult	4oz		3.2
School K-8	4oz		3.2
Daycare 6-12	4oz - #8 - 80		3.2
Daycare 3-5	3oz - #12 - 106		2.4
Daycare 1-2	2oz - #16 - 160		1.6

Italian Goulash			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Beef Ground Precooked	8	40.0%	
Pasta WG Elbow Noodle	4	20.0%	
Sauce Spaghetti	3.4	17.0%	
Sauce Marinara	3.4	17.0%	
Diced Pepper	0.4	2.0%	
Diced Tomato	0.4	2.0%	
Diced Carrot	0.4	2.0%	
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

Cheesy Chicken & Rice			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Chicken Meat Diced	8	40.0%	
Brown Rice	4	20.0%	
Mix Cheese Sauce	6.5	32.5%	
Diced Onion	0.5	2.5%	
Diced Celery	0.5	2.5%	
Diced Carrots	0.5	2.5%	
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 - #6 - 64	1	2
Daycare 3-5	4 - #8 - 80	0.8	1.6
Daycare 1-2	3 - #12 - 106	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%	
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

Beef & Tater Tot Casserole			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Ground Beef Precooked	8	40.0%	
Soup Mushroom	4.8	24.0%	
Mix Cheese Sauce	2.6	13.0%	
Canned Cheese Sauce	2.6	13.0%	
Green Bean	2	10.0%	
Tator Tots - 1 Layer Tops Every Pan			
Shred Cheese - 1 Layer Tops Every Pan			
Nutritional Equivalencies			
	Serv/Yield	Grain (oz)	Meat (oz)
School 9-12/Adult	6oz		2.4
School K-8	6oz		2.4
Daycare 6-12	5oz - #6 - 64		2
Daycare 3-5	4oz - #8 - 80		1.6
Daycare 1-2	3oz - #12 - 106		1.2