

Choice Cycle Menu TWO

SD Meals Program (these are ALL individually analyzed to meet the Guidelines) 6-14

# Cycle Day	Choice Menu (CM)	refers to choice menu	number & analysis	
#1 (CM#45) 1 serv. Potato Topped Hamburger Delight (cut to recipe yield) 2 CS OR 1 c Lasagna Rotini 2 CS OR ChickenCBRev (on website as Chicken Brev) 0 CS <u>Plus</u> ½ c. Herbed Potato Dices 1 CS ½ c <u>Parslied Carrots</u> ½ CS ½ c <u>Berry Fruit Salad</u> 1 CS 1 sl. Whole grain bread 1 CS 1 tsp. margarine	#2 (CM#52) 2 Chicken Enchiladas 2 CS OR 1 c Stroganoff Casserole 2 CS <u>Spinach Salad & Dr</u> topped with 1 hard cooked egg, 2halves ½ CS Small Fresh Orange 1 CS <u>Cranberry Orange Bar</u> 1 CS ½ sl Whole grain bread ½ CS ½ tsp margarine	#3 (CM#70) 3 oz CO Roast Beef OR 3 oz Grilled or Broiled Hamburger ½ c Mashed Potatoes 1 CS 3 oz Gravy , 0 CS ½ c Peas, ckd from frozen 1 CS 2 T Cranberry Sauce 1 CS 1 pc Upside Down Cheese Cake (cut to yield) w/ fruit & topping in recipe 1 CS 1 sl whole grain bread 1 CS 1 tsp margarine	#4 (CM#68C) 1 Herbed Pork Chop OR 3 oz Liver & ¼ c Onions 1 CS ½ c <u>Mashed Potatoes</u> 1 CS ½ c Ckd Broccoli ¼ c Baby carrots or carrot strips, raw or cooked ½ c <u>Waldorf Salad</u> 1 CS 1 medium Orange 1 CS 1 2½" Whole Wheat Dinner Roll 1 CS . 2 tsp margarine	#5 (CM #15A) 3 oz Grilled or Broiled Hamburger OR 3 oz Bk Chicken ½ CS ½ c Company Potatoes ½ CS ½ c Baked Squash 1 CS 1 c Tossed Salad 1 T French Dressing Reduced Fat & Sodium ½ c Pears, light syrup 1 CS 1 sl. Whole grain bread 1CS 1 tsp margarine
#6 (CM#71) 1 pc. Chicken Parmesan OR 1 serv Applesauce Ribs (only 1 brd, 1 marg below) ½ c Scalloped Potatoes 2 CS ½ c Corn O'Brian 1 CS ½ c Low Sodium V-8 Juice ½ c. Tropical Fruit, light syrup 2 sl whole grain brd, 100% 2CS 2 tsp margarine	#7 (CM#54) 1 c. Oven Baked Beef Stew 1 CS OR 1 c Beef Barley Soup 1½ CS Plus ½ c Baby carrots fresh or ckd 1 serv. <u>Lime Pacific Mold</u> ½ c <u>Fruit Crisp (Peach)</u> 1½ CS 3 Saltine crackers, unsalted top 1/2 CS 2 sl whole grain bread 2 CS 2 tsp margarine	#8 (CM#74A) 1 c. Hawaiian Chicken Salad 1 CS . OR 2/3 c Tator Tot Cass 1 CS (only ½ bread, 1 marg below) 1 1/3 c Cr BroccoliSoup 1CS ½ c Acini di Pepe 1 CS 1 sl whole grain brd 100% 1 CS 2 tsp margarine	#9 (CM#59) 2 /12 oz Roast Pork OR 3 oz Lean Hamburger ½ c Navy Bean side dish 1 ½ CS 1 Serv. <u>Spinach Salad & Dr.</u> ½ CS ½ c <u>Ckd Apples</u> 1 ½ CS 2 sl whole grain bread 2 CS 2 tsp margarine (can use WW Bun for hamburger instead of bread)	#10 (CM#57) 1 c Beef Noodle Stroganoff 2 CS OR 1 1/3 c Spanish Rice w/Hamburger 3 CS (with only 1 bread, 1 marg below) ½ c Peas 1 CS ¾ c <u>Crunchy Cranberry Salad</u> 1CS 2 sl. Whole grain bread 2 CS 2 tsp soft margarine
#11 (CM#60) 1 pc Ham Loaf ½ CS OR Autumn Chicken + 2½ T sauce 1 CS . ½ c <u>Bk Sweet Potato</u> 1½ CS ½ c Green Beans, ck, Frz 1 Orange, Med-Lg 1-1 1/2 CS 1 ½ sl whole grain bread 1 ½ CS 2 tsp margarine	#12 (CM#64C) 1 piece Oven Omelet 1 CS OR Upside Down Pizza 1 CS (cut to yield)(with ½ brd, ½ margarine below) 1 c <u>Pasta Veggie Salad</u> 1 ½ CS ½ c Low Sodium Tomato Jc 1 med Banana 2 CS 1 sl whole grain bread 1CS 1 tsp margarine	#13 (CM#66) ½ c Kimball SloppyJoe mixture ½ CS 1 WWheat Hamb Bun 1½ CS OR French Dip Sandwich 2 CS ½ c <u>Potato Salad</u> 1½ CS 3 tomato slices 1 c Cantaloupe cubes 1 CS 1 <u>Cranberry Orange Bar</u> 1 CS No additional bread or margarine	#14 (CM#70) 3 oz CORoast Beef OR Baked Chicken ½ CS ½ c Mashed Potatoes 1 CS 3 oz Gravy <u>OR Sandwich, Hot Pork & Cheese Sauce</u> 2 CS (no bread or margarine below) ½ c Peas, ckd from frozen 1 CS 2 T Cranberry Sauce 1 CS 1 pc Upside Down Cheese Cake with Fruit & Topping in recipe 1 CS 1 sl whole grain bread 1 CS 1 tsp margarine	#15 (CM#38) 1 c Beef Barley Soup 1 ½ CS Turkey Panini #2 2 CS OR Soup (above) & Foil baked Hot Turkey Sand #2 2CS 1 c Dinner Salad (greens, almonds, tomatoes) & 1 T French Cr, light Dr 1 CS ½ c Cn Pears, light syrup 1 CS No additional bread or margarine

<p>#16 (CM#51E) 1 Pork Cutlet/Chop ½ CS OR Mandarin Orange Chicken 1 CS OR Oven Fried Chicken ½ CS</p> <p>1 Potato Dumpling with Sauerkraut(1/4 c.) 1½ CS ½ c Diced Boiled Potatoes 1 CS ½ c Ckd, Frz Peas 1 CS ½ c Mandarin Oranges 1 CS</p> <p>1 sl whole grain bread 1CS 2 tsp margarine</p>	<p>#17 (CM#72B) 2 BBQ Chicken Legs 1 CS OR Barb's Meatloaf ½ CS</p> <p>½ c Parslied Potatoes 1 CS ½ c Broccoli, ckd f/frzn ¼ c Lemon Sunshine Sal 1 CS ½ c Cooked Apples 1½ CS</p> <p>1 sl whole grain bread 100 1 CS 2 tsp margarine</p>	<p>#18 (CM#48A) 3 oz Pork loin w/apple cranberry chutney 1 CS OR Salisbury Stk with Br Gravy 1 CS</p> <p>½ c Baked Potato 1 CS ½ c California Blend Veg ½ c Orange Juice 1 CS ½ c Plums in light syrup or unsw ckd prunes 1 CS</p> <p>2 sl. Whole grain bread 2 CS 2 tsp margarine</p>	<p>#19 (CM#50) ½ c Beef Tips & Gravy ½ c Potatoes, Mashed (fresh)YA 1 CS OR 1c Sweet & Sour Pork 1 CS Plus ½ c Brown rice 1½ CS</p> <p><u>Spinach Salad & Dr.</u> ½ CS ½ c. SF Jello with 1 T Lite Whipped Topping 1 Small Pear Half , drained, light syrup ½ CS 2 sl whole grain bread 2 CS 2 tsp margarine</p>	<p>#20 (CM#67) 1 c + 1 biscuit Edgemont Chicken Stew 3 CS OR 1½ c Hungarian Goulash3CS</p> <p>½ c <u>Fruity Slaw</u> ½ CS ½ medium Banana 1 CS 1 Kimball's Favorite Cookie1 CS</p> <p>1 sl whole grain bread 1 CS 1 tsp margarine</p>
<p>#21 (CM#42) Turkey Panini (or Grilled or Hot Turkey Sand) 2 CS OR Hawaiian Chicken Salad 1 CS Plus 2 whole grain bread 2 CS & 2 tsp margarine</p> <p>½ c Potato Salad 1½ CS ½ c. raw or ckd carrots ½ Banana 1 CS</p> <p>no additional bread with Turkey Panini</p> <p>Recipe and menu abbreviations: AP As Purchased EP Edible Portion ~ Approximately CHO Carbohydrate CS Carb Servings</p>	<p>#22 (CM#70D) 3 oz CO Roast Beef OR Cider-Braised Pork Chop (1/2 sl whole grain bread ½ CS & ½ margarine below)</p> <p>½ c Boiled Potatoes 1 CS 3 oz Gravy 1/2-2/3 c Baked Squash 1 CS ¼ c Crunchy Cranberry Sal 1CS ¼ c each Apricot slices & Banana slice mixed (1/2 c total) 1 CS</p> <p>1 sl whole grain bread 1CS 2 tsp margarine</p> <p>CS = Carb Serving Each CS = ~15 grams CHO for diabetics who are controlling CHO intake</p> <p>LS Low Salt/Low Sodium SF Sugar Free</p>	<p>#23 (CM#46) 1 pc BBQ Ribs (cut 4 serv/#) 1 CS OR Upside Down Pizza (cut to yield) 1 CS (without dinner roll below)</p> <p>1/2 c Potato Wedges 1 CS ½ c. <u>Seasoned Spinach</u> 1 serv. 7-Layer Salad ½ CS ½ c Mandarin oranges, in light syrup 1 CS</p> <p>1 Dinner Roll, whole grain (43 g (1 1/3 oz total) 1 CS</p> <p>SF gelatin (Jello) measure: .1 oz = ~7/8 t. .5 oz or ½ oz = 4 2/3 t or ~1 ½ T .6 oz = 5 ½ t Each oz = ~ 3 T 1/8 oz = ~ 1 1/8 t.</p>	<p>#24 (CM#69D) 1 c Macaroni & Cheese w/Chicken 2 CS OR 1c HamburgerCasserole1½CS (1 whole grain bread 1 CS & 1 margarine below)</p> <p>½ c Ckd, Frz, Peas 1 CS ½ c Low Sodium V-8 Jc ½ c Fruit Crisp with 1 ½ T. Lite Whipped Topping 1½ CS</p> <p>2 sl whole grain bread 2CS 2 tsp margarine</p> <p>Sites that bake bread/rolls: Where 2 slices of whole grain bread are listed a 2 oz whole grain roll may be substituted/ if 1 slice of whole grain bread is listed a small (1 oz) whole grain roll may be served.</p>	<p>#25 (CM#41) 1 1/8 c Creamy Asparagus Soup 1 CS Rst Beef Sandwich (cold) 2CS OR Cr of AsparSoup above plus COHamburger on Bun 2 CS (plus 6 tomato slices on 2 lettuce leaves)</p> <p>4 Stoneground WheatCrackers 1/2 CS ½ c Tropical Fruit Salad mix in light syrup 1½ CS ½ c Vanilla Ice Cream 1 CS</p> <p>SF instant pudding (Jello brand) measure: 1 oz = 5 T or ¼ c + 1T</p> <p>1 cup nonfat or 1% milk & 1 cup water are included in the analysis each day and should be served daily</p>

RECIPES are on website or may be obtained from Meals Program Office for BOLDED or underlined items on this cycle.

All meals include: 1 c 1% milk, 1 c water & 1 c coffee.

Each 1 oz slice bread = ~ 1CS .

Each 1 cup 1% or skim milk = 1 CS

Record any menu substitutions necessary on the menu substitution form. Occasional permanent menu changes are allowed but must be RD approved and signed off with analysis sent to State office upon request.

ANY ITEM WITHOUT A RECIPE is to be cooked/prepared without added salt.

Check menu ahead and defrost meats 2-4 days (depending on quantity) ahead in refrigerator.

Canned Fruits: Purchase in *extra light syrup* (preferred), light syrup or in water or juice (each 15 grams CHO=1 CS & =~½ c/serv)

High Vitamin K vegetables: cooks may offer choice of vegetable when there are high Vit K vegetables on the menu for those who avoid Vit K

Gelatins (Jellos) are all **Sugar Free** (SF) on menu; **Pudding mixes** are **Sugar Free** Instant Pudding mixes. This allows for use by more participants, even those with diabetes.

VEGETABLES are to be frozen or salt free canned. Vegetable Blends on cycle menus (using mixtures in Nifda brand):
California Blend = Broccoli, Cauliflower, Carrots; Oriental Blend = Broccoli, Onions, Mushrooms, Green Beans, Winter Blend = Broccoli, Cauliflower, Italian Blend = Italian beans, carrots, _____

Fish: When fish is on the menu offer a cook's choice **Low Sodium** (LS) meat for non-fish eaters;

Liver: If the Liver & Onions Choice Menus is used offer a cook's choice LS meat for non-liver eaters.

MEASURES:

1 Tablespoon = 1T. = 3 teaspoons = 3 tsp or 3 t.
1 cup = 16 Tablespoons
1 pint = 2 cups
1 quart = 4 cups
1 gallon = 4 quarts = 16 cups

A PINT is a POUND (of liquid) the WORLD AROUND

Many other solid, heavy measures of 1 pint also = 1 pound
Light things like lettuce salad, etc will not weigh 1 pound for 1 pint

¼ cup = 4 Tablespoons; **1/3 cup** = 5 1/3 Tablespoons; **½ cup** = 8 Tablespoons;
2/3 cup = 10 2/3 Tablespoons; **¾ cup** = 12 Tablespoons

SCOOPS:

#6 = 2/3 cup = 10 2/3 T. #30 = 2 T.
#8 = ½ cup = 8 T. #40 = 1 2/3 T.
#10 = 3/8 cup = 6 T. #50 = 3 ¾ t.
#12 = 1/3 cup = 5 1/3 T. #60 = 3 ¼ t.
#16 = ¼ cup = 4 T. #70 = 2 ¾ t.
#20 = 3 1/3 T. #100 = 2 t.
#24 = 2 2/3 T.

The number on the scoop = # level scoopfuls in 1 quart of product.
For example: eight #8 scoops = 1 quart. 1 quart = 4 cups so, four cups divided by 8 (scoop size) = ½ cup; ½ c is the measure of a #8 scoop when level.

LADLES AND PORTION SERVERS: Spoodles (available solid or perforated):

Fluid Ounces	Approximate Measure	Fl. Oz.	Approx. Meas.	Fl. Oz.	Approx. Meas.
1 oz	1/8 cup = 2 T	4 oz	1/2 cup = 8 T.	12 oz	1 ½ cups
2 oz	¼ cup = 4 T	6 oz	¾ cup = 12 T.	16 oz	2 cups or
3 oz	3/8 cup = 6 T	8 oz	1 cup = 16 T	1 pint or 1 pound of liquid	