

State Meals Program Cycle C Cook's Menu Version

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 oz Bk Chicken ½ CS 1 ½ c Creamed Potatoes (CreamSc for Potato) 1CS ½ c Baked Squash 1CS Seasonal Fresh Fruit (grapes) 1CS (2 sl whole grain brd 2 CS)</p> <p>Early a.m. make Br Rice Pudding & chill for Tues (baking time 2 ½ hrs)</p>	<p>1-1/8 c Beef Stew 1½ CS 2 1 WhWheat Dinner Roll 1CS ½ c Pineapple Tidbits 1 CS ½ c Cran Jc Cocktail, low sugar ½ -1 CS ½ c Brown Rice Pudding + 1T. Lite, WhipTopp 1½ CS (0 bread) Make Marin Veg Salad for Wed;</p>	<p>1cMac&Cheese3CS 5 ½ c LS Stewed Tomatoes or fresh slice tomatoes in season 1 Seasonal Fresh Fruit (banana) 2 CS ½ c SF Butterscotch Pudd 1 T whip topping 1CS (1 whole grain bread 1 CS)</p>	<p>2 oz Hot Beef on 1 sl whole 4 grain bread 1 CS ½ c Mashed potatoes 1 CS 3 3 oz Gravy 0 CS ½ c Corn Broccoli Bake1CS OR ½ c cks choice 2nd LS veg ½ c Peaches, light syrup 1CS ½ c Vanilla Ice Cream 1 CS (1 whole grain bread 1 CS)</p>	<p>1 c Chili 5 ¾ c Marin Veg Sal ½ CS or ¾ raw carrots & celery 6 LowSodium WhWheat Crackers 1 CS ½ c Cooked Apples 1½ CS (2 whole grain brd 2 CS)</p>
<p>1 1/8c Beef&Noodles1½CS 6 1+c Tossed Salad with 2T French Dressing, Reduced Fat&Sodium or ½ c Cks choice 2nd LS Vegetable ½ c Parslied Carrots ½CS ½ c Plums, light syrup ½ CS or unsw stewed prunes if plums unavail 1 sl whole grain bread 1CS Make Angelfood Cake for Tues</p>	<p>2 oz Rst Turkey 7 ½-2/3 c Bk Sweet Potato 2 CS ½ c Ck Froz Green Beans + 1 tsp margarine 2 T Cranberry Sc(#30) 1CS ½c slice fresh strawberries + ¼ c whip topping 1CS 1/12 angelfoodcake(mix)2CS Birthday menu (2 sl whole grain brd 2 CS)</p>	<p>1 piece Meatloaf ½ CS 10 ½ c Baked Potato 1CS 1 T Light Sour Cream ½ c Lima Beans with 1 t. Pimento 1 CS ½ c Pineapple Tidbits in Jc 1 CS 1-2 whole wheat dinner rolls 1 CS each (1 oz ea)</p>	<p>1c Chicken Alfredo 2 CS 9 ½ c Italian Vegetables + 1 tsp margarine ½ c Fruit (apple) crisp 1½ CS ½ c grape Juice, 1½ CS (1 sl whole grain bread 1 CS)</p>	<p>3 oz Roast Pork 8 ½ c Mashed potatoes 1CS 3 oz Gravy 0 CS 1/2 c Cooked Cabbage OR ½ c cks choice 2nd LS Veg ½ c Apricots, light syrup 1CS CranberryOrangeBar 1CS (2 whole grain brd 2 CS)</p>
<p>Taco Casserole 2 CS 11 ½ c Green Beans, Ckd Froz 1+ c Tossed Salad or ½ c Tomatoes, Low Sodium 2T French Dressing, Reduced Fat & Sodium ½ c Applesauce, unsw 1CS (1 whole grain brd 1 CS) Make Fruity Slaw for Tues</p>	<p>2 oz Rst Beef 15 ½ c Mashed Potatoes 1CS 3 oz Gravy 0 CS ½ c Harvard Beets 1 CS ½ c Fruit Crisp (Peach) ½ CS (2 sl whole grain brd 2 CS) Make JelloSalad for Wedchillcover</p>	<p>1½c GoulashHungarian13 3 CS ½ c Corn O'Brian 1CS ¾ c Lime Jello, SF, with Mandarin Oranges ½ CS Oatmeal Fruit Muffin 2CS + 1 tsp margarine</p>	<p>2-2 ½ oz Pork Chop 14 w/Celery Sauce 0 CS ½ c Bk Brown Rice 1½ CS ½ c Broccoli + 1 tsp marg OR ½ c Tomato Juice, LS 2 T Cranberry Sc (#30) 1CS ½ c Frt Cocktail, litesyrup1CS (1 sl whole grain bread 1 CS)</p>	<p>1 c Chicken&Dressing 12 Casserole 2CS ½ c Mashed potatoes 1 CS 3 oz Gravy ½ c Carrots ½ c Fruity Slaw ½ CS Seasonal Fresh Frt (1/2 c grapes) 1 CS (1 sl whole grain brd 1 CS)</p>
<p>3 oz Hamburger 16 2 oz Whole Wheat Bun 2CS ½ c Hash Browns 1 CS ½ c Cn Baked Beans 1½-2CS Lettuce Leaf/3 tomato slices ½ c Pears, light syrup 1CS (0 bread) Make Jello salad for Tues</p>	<p>¾ c TurkeyAlaKing 1CS 17 ½ c Mashed Potatoes 1 CS ½ c Ck Froz peas 1CS ¾ c Lime Perfection Salad ½ CS Fresh frt (orange) 1-2 CS (2 whole grain brd 2 CS) Omelet/Cinn Rolls started for Wed</p>	<p>3X3" LS Ham Potato 18 Omelet 1 CS ½ c Ck froz green beans 2 oz Cinnamon Roll 2 CS (ie., 2oz of Rhoads cinn roll) ½ c Plums, light syrup1CS (0 bread) Chill apples for Thurs</p>	<p>2 oz Meatloaf 19 ½ c Parslied Potato 1CS 1/2 c Bk Winter Squash 1 CS ½ c Waldorf Salad 1 CS or ½ c apple juice (those can't chew) ½ c Choc SF Pudding + 1 T whipped topping 1CS (2 sl whole grain bread 2 CS)</p>	<p>3 oz "Brd" BkFish ½ CS 20 Or cook's choice LS meat ½ c Company Potatoes 1½ CS ½ c LS Stewed Tomatoes ½ c Tropical Frt, light 1CS (2 sl whole grain brd 2 CS) Only 1 tsp marg to keep sodium ↓</p>
<p>1-1 ¼ c Spaghetti/ 23 meat sauce LS 2 CS ½ c Ckd Froz Peas 1 CS 1+ c Tossed Salad or ½ c Tomato Juice, Low Sodium 2T French Dr, Reduced Fat&Sodium 1 oz French Bread (1 CS) Peaches, light syrup 1 CS (0 additional brd) Make CranSal</p>	<p>2 oz Roast Pork 22 ½ c Mashed Potatoes 1 CS 3 oz Gravy 0 CS 1/2 c Corn O'Brian 1 CS OR ½ c cks choice 2nd LS Veg ¾ c Crunchy Cranberry Salad on ¼ c shredded Lettuce 1½CS (1-2 whole wheat rolls 1 CS ea)</p>	<p>2 oz Salisbury Steak 21 in (Gravy) ½ CS over rice ½ c Bk Brown Rice 1½ CS ½ c SteamCabbage+1 t pimento 1/2 c Parslied Carrots ½ c Apricots, light syrup1CS Rst RstBeef (1 sl whole grain brd 1CS)</p>	<p>French Dip Sandwich 24 (2 oz rst beef, 2 oz whole gr brd, ¼ c LS Beef Broth) 2CS (broth can be omitted for those that don't want) ½ c Potato Salad 1½ CS ½ c Grape Juice 1½ CS Seasonal Fruit (banana) 2CS ½ c vanilla ice cream 1 CS (0 addit bread) Ck chicken/make slaw for Fri</p>	<p>1 c Turkey&Noodles 25 2CS (use Chix&Noodles recipe & subst turkey) 1/3 c Seasoned Spinach OR ½ c cks choice 2nd LS veg ½ c Fruity Slaw ½ CS ½ c Pears, lite syrup 1 CS (2 sl whole grain brd 2CS)</p>

Recipe and menu abbreviations: AP As Purchased EP Edible Portion ~ Approximately CHO Carbohydrate CS Carb Servings	CS = Carb Serving Each CS = ~15 grams CHO for diabetics who are controlling CHO intake LS Low Salt/Low Sodium SF Sugar Free	SF gelatin (Jello) measure: .1 oz = ~7/8 t. .5 oz or 1/2 oz = 4 2/3 t or ~1 1/2 T .6 oz = 5 1/2 t Each oz = ~ 3 T 1/8 oz = ~ 1 1/8 t.	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.	SF instant pudding (Jello brand) measure: 1 oz = 5 T or 1/4 c + 1T 1 cup nonfat or 1% milk & 1 cup water are included in the analysis each day and should be served daily
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RECIPES are included for BOLD underlined items on this cycle. Underlined unbolded recipes are from previous cycle(s).

All meals include: 2 serving bread/grain products, 1 tsp. soft margarine/ slice bread, 1 c 1% milk, 1 c water & 1 c coffee i.

Where less than 2 slices bread listed other grain products were run in the nutritional analysis. Each 1 oz slice bread = ~ 1CS

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 & ~1/2 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.

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 LS meat for non-fish eaters;

MEASURES:

- 1 Tablespoon = 1T. = 3 teaspoons = 3 tsp or t. **A PINT is a POUND (of liquid) the WORLD AROUND**
- 1 cup = 16 Tablespoons
- 1 pint = 2 cups
- 1 quart = 4 cups
- 1 gallon = 4 quarts = 16 cups
- 1/4 cup = 4 Tablespoons; 1/3 cup = 5 1/3 Tablespoons; 1/2 cup = 8 Tablespoons;
- 2/3 cup = 10 2/3 Tablespoons; 3/4 cup = 12 Tablespoons

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

SCOOPS:

- #6 = 2/3 cup = 10 2/3 T. #30 = 2 T.
- #8 = 1/2 cup = 8 T. #40 = 1 2/3 T.
- #10 = 3/8 cup = 6 T. #50 = 3 3/4 t.
- #12 = 1/3 cup = 5 1/3 T. #60 = 3 1/4 t.
- #16 = 1/4 cup = 4 T. #70 = 2 3/4 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) = 1/2 cup; 1/2 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 1/2 cups
2 oz	1/4 cup = 4 T	6 oz	3/4 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	