

Cycle D Menus SD Meals Program (Combination of first 28 Choice Menus)

# Cycle Day	(Numbers) coincides w/	Analyses/Multicolumn	Numbers	
<p>#1 (7 analysis)</p> <p>1 serv. Applesauce Ribs O CS</p> <p>Small (½ c) Baked Potato 1 CS</p> <p>½ c Parslied Carrots</p> <p>¾ c. Froz, unswd Strawberries 1CS</p> <p>thawed & 2 T light Whip Topping</p> <p>1 T. Light Sour Cream</p> <p>2 slices whole grain bread 2 CS</p> <p>2 t. soft margarine</p>	<p>#2 (2 analysis)</p> <p>½ c Sloppy Joe on Bun 2 CS</p> <p>1 c Cr of Broccoli Soup 2CS</p> <p>½ c SF Chocolate Pudding with Lite Topping 1 CS</p> <p>1 medium orange (folate) 1 CS</p>	<p>#3 (10 analysis)</p> <p>1 BkChicken Fried Steak 1 CS</p> <p>½ c. Mashed Potatoes 1 CS</p> <p>3 T. Milk Gravy</p> <p>½ c. Frozen, cooked peas (folate) 1 CS</p> <p>½ c Apricots, cn, extra light syrup 1 CS</p> <p>1 1/2 sl whole grain brd 1 1/2CS</p> <p>1 1/2 tsp. soft margarine</p>	<p>#4 (11 analysis)</p> <p>1 MandarinOrangeChickenBreast (Dorene's recipe) 1 CS</p> <p>½ c Parslied Potatoes 1CS</p> <p>½ c Broccoli</p> <p>½ Banana 1CS</p> <p>½ c SF Pudding 2 T lite whip topping (choc used in analysis) 1CS</p> <p>2 slices whole grain bread 2 CS</p> <p>2 tsp soft margarine</p>	<p>#5 (12 analysis)</p> <p>1¼ c HomemdeTomatoSoup 1CS</p> <p>1 BeefSandwich (Hot/ Cold) 2CS</p> <p>2/3 c sliced unsw thawed strawberries in ¼ c sugar free Jello (¾ c. serving) 1CS</p> <p>1 med fresh orange 1CS</p> <p>3 low sodium whole wh crax 1/2CS</p>
<p>#6 (1 analysis)</p> <p>1 4 1/2"X6" Hmde Pizza 3 CS</p> <p>1 c+ Tossed Salad with 3 T white kidney beans added (magnesium)</p> <p>2 T. French Dressing Reduced Fat & Sodium</p> <p>½ c. Canned Fruit, in light syrup or juice, of Choice 1 CS (peaches used in analysis)</p> <p>Or Chef Salad Choice Menu (below)</p>	<p>#7 (5 analysis)</p> <p>1 1/2 c. Chunky Chicken Vegetable Soup = 1 CS (need larger bowls)</p> <p>2 Toasted Garlic Brd slices 2 CS (1 CS/slice)</p> <p>Upside Down Cheesecake with Fruit (mandarin oranges) 1 CS & Topping sprinkled with 1 tsp slivered Almonds (magnesium)</p>	<p>#8 (4 analysis)</p> <p>1 1/3 cup Spanish Rice w/Hamburger 3 CS</p> <p>½ c. cooked high folate vegetables of choice (seasoned spinach used in analysis)</p> <p>½ c. unsw juice of choice 1CS (grape juice used in analysis)</p> <p>1 piece fresh seasonal fruit (medium orange used in analysis) 1CS</p> <p>1 slice whole grain bread 1 CS</p> <p>1 tsp. soft margarine</p>	<p>#9 (14 analysis)</p> <p>3 oz Roast Pork</p> <p>½ c Boiled Potatoes 1CS</p> <p>2 oz Gravy</p> <p>2 T. Cranberry Sauce 1CS</p> <p>½ c. Peas, ckd, froz (high folate vegetable) 1CS</p> <p>½ c. Orange juice 1CS</p> <p>½ c Sugar Free Jello, 2 T. whip topping & 1 T. slivered almonds 0CS</p> <p>1 slice whole grain bread 1 CS</p> <p>2 tsp soft margarine</p>	<p>#10 (24 analysis)</p> <p>1 1/3 c HeartlandShepard'sPie 2CS (1/3 c potato and 1 cup meat-veg)</p> <p>½ c Baked Sweet potato 1 CS or 1/2 c. cooked carrots</p> <p>½ c Cn Pears, light syrup 1 CS</p> <p>6 oz Tomato Juice ½ CS</p> <p>2 slices whole grain bread 2 CS</p> <p>2 tsp soft margarine</p>
<p>#11 (16 analysis)</p> <p>1 c. CHILI 1½ CS</p> <p>2 oz. Cinnamon roll, lightly frosted/froz dough 2 CS</p> <p>½ c. baby carrots (raw for those who can eat raw, ckd for others)</p> <p>½ c. Light Blueberry Yogurt, nonfat fresh (not frozen) 1 CS</p> <p>2 T. slivered almonds</p> <p>1 med fresh orange 1 CS (No bread, marg or crackers)</p>	<p>#12 (26 analysis)</p> <p>1 1/3 c Chicken Shepard's Pie 2 CS (1/3 c potato & 1 c chicken-veg)</p> <p>½ c. Broccoli</p> <p>1 medium banana 2 CS</p> <p>2 slices whole grain bread 2 CS</p> <p>2 tsp soft margarine</p>	<p>#13 (3 analysis)</p> <p>Grilled (or Cold) Club Sandwich 2 CS</p> <p>½ c. English Pea Salad 1 CS</p> <p>4 oz. Salt Free V-8 Juice</p> <p>½ c. canned fruit of choice, in light syrup or juice. (pears used in analysis) 1CS</p> <p>Or Liver Choice Menu (below)</p>	<p>#14 (15 analysis)</p> <p>3 oz Grilled or Broiled Hamburger</p> <p>½ c Company Potatoes 1½ CS</p> <p>½ c Parslied Carrots</p> <p>1 c Tossed Salad</p> <p>1 T French Dr Reduce Fat&Sodium</p> <p>½ c unsw fruit of choice in light syrup or juice (pears used in analysis) 1 CS</p> <p>2 slices whole grain bread 2 CS</p> <p>2 tsp soft margarine</p>	<p>#15 (22 analysis)</p> <p>Parmesan Chicken</p> <p>½ c Scalloped Potatoes 2 CS</p> <p>½ c Seasoned Spinach</p> <p>½ c Mixed Tropical Fruit, light syrup 1 CS</p> <p>2 slices whole grain bread 2 CS</p> <p>2 tsp soft margarine</p>
<p>#16 (9 analysis)</p> <p>1 pc. Autumn Chicken 1 CS</p> <p>½ -2/3 c. Bk Sweet Potato 1 1/2 CS</p> <p>½ c. Harvard Beets 1 CS</p> <p>1 c. Tossed Salad</p> <p>1 T. Ship Salad Dressing</p> <p>½ c. Mandarin oranges in light syrup 1 CS</p> <p>2 slices whole grain bread 2 CS</p> <p>1 tsp soft margarine</p>	<p>#17 (17 analysis)</p> <p>¾ c. SAUSAGE GRAVY over BISCUIT for SausGravy 2 CS</p> <p>½ C. Ckd Froz Green Beans, plain</p> <p>½ c. Baked Froz or Fresh Acorn or other winter squash, plain 1 CS</p> <p>¾ c. Strawberries in Diet Jello (1/2 c. Unsw, strawberries, froz or fresh, diced in ¼ c.diet Jello) 1 CS</p> <p>1 slice whole grain bread 1 CS</p> <p>1 ½ tsp soft margarine</p>	<p>#18 (6 analysis)</p> <p>1¼ c Cr of Potato Soup 1 1/2CS</p> <p>1 Meat Salad Sandwich w/ red lettuce leaves 2 CS</p> <p>½ c Salt Free stewed cn or fresh Tomatoes (hot or cold)</p> <p>½ c. Diet Lemon Jello with 2 T. Lite whipped topping</p> <p>½ c unsw canned fruit of choice, in light syrup or juice 1 CS (peaches used in analysis)</p>	<p>#19 (28 analysis)</p> <p>1 c. Sweet & Sour Pork or Chicken (can subst chicken for pork in recipe) 1 CS</p> <p>½ c Oven Bk Brown Rice 1½ CS</p> <p>¾ c Steamed Broccoli</p> <p>½ c Cn Apricots, light syrup 1CS</p> <p>2 slices whole grain bread 2 CS</p> <p>2 tsp soft margarine</p>	<p>#20 (20 analysis)</p> <p>1¼ c Chicken Noodle Veg Soup w/ 1 large Chicken Leg ea 2 CS</p> <p>6 unsalted top saltines or unsalted top whole grain crackers 1 CS</p> <p>½ Banana 1 CS</p> <p>½ cup Orange Juice 1 CS</p> <p>½ cup sugar free jello (optional) with 1 T. Whipped Topping (NoBread or Marg with this meal)</p>

<p>#21 (8 analysis) 1 1/8 c. <u>Steak&Tater Stew</u> 1½ CS</p> <p>Whole wheat Crackers, unsalted (amount to = 27-30 g carbohydrate) 2 CS ½ c. orange juice 1CS</p> <p><u>Fruit (Apple) Crisp</u> with 1 T. lite whipped topping & 1 T. slivered almonds 1 CS</p> <hr/> <p>(21 analysis) <u>Chef Salad</u> & 2 T Light French Dressing 1CS 1.5 oz Whole Wheat Low Sodium Crax 2 CS ½ c. Cn Peaches, light syrup 1 CS <u>1 Cranberry Orange Bar</u> 1 CS (No Bread or Marg with this meal)</p> <p>Recipe and menu abbreviations: AP As Purchased EP Edible Portion ~ Approximately CHO Carbohydrate CS Carb Servings</p>	<p>#22 (25 analysis) 1 c <u>Sierra Turkey Casserole</u> 2 CS</p> <p>½ c. Cooked Spinach ½ c Baby Carrots (fresh or ckd) ½ c Fresh Strawberries ½ CS 2 slices whole grain bread 2 CS 2 tsp soft margarine</p> <hr/> <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 (18 analysis) 1 Serv. <u>French Dip Sandwich</u> 1½ CS</p> <p>1/2 c Baked Potato 1 CS 1T light Sour Cream 1½ t. soft margarine ½ c Ckd Froz GreenBeans plain 1 serv. <u>Crunchy Cranberry Salad</u> 1CS ½ c. Cn ApricotsLight syrup 1CS</p> <hr/> <p>(13 analysis) 3 oz <u>Liver & Onions</u> 1CS (will need to prepare alternate meat for non-liver eaters) Small (½ c) Baked Potato 1CS ½ c. <u>Green Beans Amandine</u> ¾ c <u>Crunchy Cranberry Salad</u> 1½ CS</p> <p>2 slices whole grain bread 2 CS 2 tsp soft margarine</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 (23 analysis) <u>Meatloaf</u> ½ CS ½ c <u>Oven Brownd Potato</u> 1 CS Ckd, Froz Green Beans Ckd, Froz Carrot slices 1 tsp marg for veg <u>¾ c. Jello with Fruit</u> 1 CS</p> <p>2 slice whole grain bread 2 CS 2 tsp soft margarine</p> <hr/> <p>Extra Choice menu (can be used to replace any menu above): (19 analysis) 1 c. <u>Hamburger Casserole</u> 1½ CS 1/2 c. ckd froz carrots with parsley 1 med fresh orange 1 CS</p> <p>½ c. lime or red sugar free jello with 1 T. whipped topping 2 slices whole grain bread 2 CS 1 T. soft 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 (27 analysis) ½ c <u>Rotini</u> 1 ½ CS <u>With Italian Chicken Breast</u> 1/2 c <u>Baked Squash</u> 1 CS 1 c. <u>tossed salad w/1 T reduced fat/reduced Sodium French Dr.</u> 1 medium orange 1 CS 2 slices whole grain bread 2 CS 2 tsp soft margarine</p> <hr/> <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>
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RECIPES are on website for BOLDDED underlined items on this cycle.

All meals include: 2 serving bread/grain products, 1 tsp. soft margarine/ slice bread, 1 c 1% milk, 1 c water & 1 c coffee **unless otherwise noted or other grain products on menu.**

Where less than 2 slices bread listed other grain products were run in the nutritional analysis. 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

¼ cup = 4 Tablespoons; ⅓ cup = 5 1/3 Tablespoons; ½ cup = 8 Tablespoons;

⅔ cup = 10 2/3 Tablespoons; ¾ cup = 12 Tablespoons

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

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	