

State Meals Program Choice Menus Cook's Menu Version

These menus are each separately analyzed to meet SD's menu goals and any of these menus can be used to **replace** any menu in Cycle A, Cycle B or Cycle C **or** they may be used to **offer a second choice** to an existing menu on any cycle. They could also be used to add an additional week to any of the existing menu Cycles (A, B, or C).

Day Choice Menus	Numbers relate to	Analyses	Multicolumns
<p>#1 1 4 1/2"X6" Hmde Pizza 3 CS 1 c+ Tossed Salad with 3 T white kidney beans added (magnesium) 2 T. French Dressing Reduced Fat & Sodium 1/2 c. Canned Fruit, in light syrup or juice, of Choice 1 CS (peaches used in analysis)</p>	<p>#2 1/2 c Sloppy Joe on Bun 2 CS 1 c Cr of Broccoli Soup 2CS 1/2 c SF Chocolate Pudding with Lite Topping 1 CS 1 medium orange (folate) 1 CS</p>	<p>#3 Grilled (or Cold) Club Sandwich 2 CS 1/2 c. English Pea Salad 1 CS 4 oz. Salt Free V-8 Juice 1/2 c. canned fruit of choice, in light syrup or juice. (pears used in analysis) 1CS</p>	<p>#4 1 1/3 cup Spanish Rice w/Hamburger 3 CS 1/2 c. cooked high folate vegetables of choice (<u>seasoned spinach</u> used in analysis) 1/2 c. unsw juice of choice 1CS (grape juice used in analysis) 1 piece fresh seasonal fruit (medium orange used in analysis) 1CS (1 slice whole grain bread, 1 tsp. soft margarine)</p>
<p>#6 1 1/4 c Cream of Potato Soup 1 1/2 CS 1 Meat Salad Sandwich w/ red lettuce leaves 2 CS 1/2 c Salt Free stewed cn Tomatoes (hot or cold) 1/2 c. Diet Lemon Jello with 2 T. Lite whipped topping 1/2 c unsw canned fruit of choice, in light syrup or juice 1 CS (peaches used in analysis)</p>	<p>#7 1 serv. Applesauce Ribs 0 CS Small (1/2 c) Baked Potatoes 1 CS 1/2 c Parslied Carrots 3/4 c. Froz, unsweetened Strawberries thawed & 2 T light Whip Topping 1CS</p>	<p>#8 1 1/8 c. Steak&Tater Stew 1 1/2 CS Whole wheat Crackers, unsalted (amount to = 27-30 g carbohydrate) 2 CS 1/2 c. orange juice 1CS Fruit (Apple) Crisp with 1 T. lite whipped topping & 1 T. slivered almonds 1 CS</p>	<p>#9 1 pc. Autumn Chicken 1 CS 1/2 c. Baked Sweet Potato 1 CS 1/2 c. Harvard Beets 1 CS 1 c. Tossed Salad 1 T. Ship Salad Dressing 1/2 c. Mandarin oranges in light syrup 1 CS</p>
<p>#11 1 MandarinOrangeChickenBrst 1CS (Dorene's recipe) 1/2 c Parslied Potatoes 1CS 1/2 c Broccoli 1/2 Banana 1CS 1/2 c SF Pudding 2 T lite whip topping (choc used in analysis) 1CS</p>	<p>#12 1 1/4 c HomemdeTomatoSoup 1CS 1 BeefSandwich (Hot/ Cold) 2CS 2/3 c sliced unsw thawed strawberries in 1/4 c sugar free Jello (3/4 c. serving) 1CS 1 med fresh orange 1CS 3 low sodium whole wh crax 1/2CS</p>	<p>#13 3 oz Liver & Onions 1CS (will need to prepare alternate meat for non-liver eaters) Small (1/2 c) Baked Potato 1CS 1/2 c. Green Beans Amandine 3/4 c Crunchy Cranberry Salad 1 1/2 CS</p>	<p>#14 3 oz Roast Pork 1/2 c Boiled Potatoes 1CS 2 oz Gravy 2 T. Cranberry Sauce 1CS 1/2 c. Peas, ckd, froz (high folate vegetable) 1CS 1/2 c. Orange juice 1CS 1/2 c Sugar Free Jello, 2 T. whip topping & 1 T. slivered almonds 0CS</p>
<p>#10 1 BkChicken Fried Steak 1 CS 1/2 c. Mashed Potatoes 1 CS 3 T. Milk Gravy 1/2 c. Frozen, cooked peas (folate) 1 CS 1/2 c Apricots, cn, extra light syrup 1 CS (1 1/2 slice whole grain bread, 1 1/2 tsp. soft margarine)</p>	<p>#15 3 oz Grilled or Broiled Hamburger 1/2 c Company Potatoes 1 1/2 CS 1/2 c Parslied Carrots 1 c Tossed Salad 1 T French Dressing Reduced Fat & Sodium 1/2 c unsw fruit of choice in light syrup or juice (pears used in analysis) 1 CS</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 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.	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 ¼ 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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NEW RECIPES are included for **BOLDED 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 unless otherwise noted.

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 & =~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

 $\frac{1}{4}$ cup = 4 Tablespoons; $\frac{1}{3}$ cup = 5 $\frac{1}{3}$ Tablespoons; $\frac{1}{2}$ cup = 8 Tablespoons; $\frac{2}{3}$ cup = 10 $\frac{2}{3}$ Tablespoons; $\frac{3}{4}$ cup = 12 Tablespoons**SCOOPS:**#6 = $\frac{2}{3}$ cup = 10 $\frac{2}{3}$ T.

#30 = 2 T.

#8 = $\frac{1}{2}$ cup = 8 T.#40 = 1 $\frac{2}{3}$ T.#10 = $\frac{3}{8}$ cup = 6 T.#50 = 3 $\frac{3}{4}$ t.#12 = $\frac{1}{3}$ cup = 5 $\frac{1}{3}$ T.#60 = 3 $\frac{1}{4}$ t.#16 = $\frac{1}{4}$ cup = 4 T.#70 = 2 $\frac{3}{4}$ t.#20 = 3 $\frac{1}{3}$ T.

#100 = 2 t.

#24 = 2 $\frac{2}{3}$ 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) = $\frac{1}{2}$ cup; $\frac{1}{2}$ 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 $\frac{1}{2}$ 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