



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
30	<b>Pulled Chicken Tacos with Shredded Cheese</b> Chili Beans Sliced Pears WG Tortilla Shell Milk	1	<b>Chicken Pot Pie over Mashed Potatoes</b> Fresh Apple WG Dinner Roll Milk	2	<b>Ground Beef Philly</b> Potato Wedges Fresh Pear WG Hot Dog Bun Milk	3	<b>WG Chicken Tenders - CN</b> Peas & Carrots Fresh Banana Milk	4	<b>WG Spaghetti &amp; Beef Sauce</b> Mixed Greens Side Salad Ranch Dressing Fresh Orange Milk
7	<b>Chicken Breast w/ Queso Blanco Sauce - CN</b> Green Beans Mandarin Oranges WG Breadstick Milk	8	<b>BBQ Meatballs</b> Green Peas Fresh Pear WG Bread Slice Milk	9	<b>Beef Patty in Brown Gravy - CN</b> Mashed Potatoes Fresh Orange WG Dinner Roll Milk	10	<b>WG Mac &amp; Cheese</b> Country Blend Veggies Fresh Apple Milk	11	<b>Cheese Omelet - CN with Cheese Sauce</b> Diced Potatoes Fresh Banana Mini Buttermilk Biscuit Milk <i>Meal does not contain a whole grain</i>
14	<b>Orange Chicken Breast - CN</b> Peas & Carrots Tropical Fruit WG Dinner Roll Milk	15	<b>Cheeseburger Mac with WG Elbow Pasta</b> Green Beans Fresh Apple Milk	16	<b>Beef Hot Dog - CN</b> Diced Sweet Potatoes Fresh Banana WG Hot Dog Bun Milk	17	<b>WG Chicken Nuggets - CN</b> Potato Wedges Fresh Orange Milk	18	<b>Meatballs in Brown Gravy - CN</b> Whipped Potatoes Fresh Pear WG Breadstick Milk
21	<b>WG Spaghetti &amp; Meat Sauce</b> Country Blend Veggies Pineapple Tidbits Milk	22	<b>WG Chicken Tenders - CN</b> Corn Fresh Pear Milk	23	<b>BBQ Chicken Breast Sandwich - CN</b> BBQ Baked Beans Fresh Orange WG Hamburger Bun Milk	24	<b>Beef Goulash w/ WG Elbow Noodles</b> Mixed Greens Side Salad Ranch Dressing Fresh Banana Milk	25	<b>Walking Beef Taco! Beef Taco Meat</b> Shredded Cheese Pinto Beans Fresh Apple WG Nacho Doritos PC Milk
28	<b>Meatballs in Swedish Sauce - CN</b> Mashed Potatoes Sliced Peaches WG Breadstick Milk	29	<b>Pulled Chicken Sandwich</b> Scalloped Potatoes Fresh Orange WG Hamburger Bun Milk	30	<b>Sliced Deli Turkey American Cheese(.67oz) on WG Bun</b> Coleslaw Strawberry Applesauce Milk	31	<b>Ham &amp; Au gratin Potatoes</b> Peas & Carrots WG Breadstick Milk <i>Holiday Treat!</i>	1	<b>WG Chicken Nuggets - CN</b> Corn Fresh Banana Milk



Chicken Pot Pie			
BATCH YIELD (LBS)	10		
INGREDIENTS (LBS)			
Chicken Meat Diced	4	40.0%	
Mix Chicken Gravy	4	40.0%	
Vegetable Mix 5 Way	2	20.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6		2.4
School K-8	6		2.4
Daycare 6-12	5		2
Daycare 3-5	4		1.6
Daycare 1-2	3		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			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	4		3.2
School K-8	4		3.2
Daycare 6-12	4		3.2
Daycare 3-5	3		2.4
Daycare 1-2	2		1.6

Spaghetti & Meat Sauce			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Beef Ground Precooked	10	50.0%	
Pasta WG Spaghetti Noodles	4	20.0%	
Sauce Spaghetti Red. Sodium	6	30.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	1.2	3
School K-8	6	1.2	3
Daycare 6-12	5	1	2.5
Daycare 3-5	4	0.8	2
Daycare 1-2	3	0.6	1.5

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%	
Canned Cheese Sauce	2	10.0%	
Water	2	10.0%	
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	1	2
Daycare 3-5	4 - #8	0.8	1.6
Daycare 1-2	3 - #12	0.6	1.2

Cheeseburger Macaroni			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Beef Ground Precooked	8	40.0%	
Pasta WG Elbow Noodle	6	30.0%	
Cheese American Loaf	3	15.0%	
Mix Cheese Sauce	1.5	7.5%	
Canned Cheese Sauce	1.5	7.5%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	1.8	3.3
School K-8	6	1.8	3.3
Daycare 6-12	5 - #6	1.5	2.7
Daycare 3-5	4 - #8	1.2	2.2
Daycare 1-2	3 - #12	0.9	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			
	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	1	2
Daycare 3-5	4 - #8	0.8	1.6
Daycare 1-2	3 - #12	0.6	1.2

Ham & AuGratin Potato			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Ham Meat Diced	9	45.0%	
Potato AuGratin Dehydrated	11	55.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6		2.7
School K-8	6		2.7
Daycare 6-12	5 - #6		2.2
Daycare 3-5	4 - #8		1.8
Daycare 1-2	3 - #12		1.3