




MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
29	Sweet & Sour Meatballs - CN Cauliflower & Broccoli Fresh Pear WG Breadstick Milk	30	WG Chicken Nuggets - CN Peas & Carrots Fruit Cocktail Milk	1	Cheeseburger - CN American Cheese Coleslaw Fresh Banana WG Hamburger Bun Milk	2	WG Macaroni & Cheese Mixed Vegetables Fresh Mixed Melon Milk <i>Holiday Cookie!!</i>	3	Happy 4th of July!! 
6	Hearty Hamburger Gravy over Mashed Potatoes Mandarin Oranges WG Dinner Roll Milk	7	BBQ Chicken Breast Sandwich - CN BBQ Baked Beans Cinnamon Apple Slices WG Hamburger Bun Milk	8	Sliced Turkey(CN) & American Cheese on WG Bun Crinkle Cut Carrots Fresh Pear Milk	9	WG Bean & Cheese Burrito - CN Romaine Blend Salad Ranch Dressing Fresh Orange Milk	10	WG Beef Steak Fingers - CN Broccoli Fresh Banana Milk
13	Hamburger - CN Potato Salad Sliced Peaches WG Hamburger Bun Milk	14	WG Spaghetti & Beef Sauce Italian Blend Vegetables Fresh Orange Milk	15	Cheesy Chicken Breast - CN WG Brown Rice Fresh Celery Sticks Fresh Apple Milk	16	Meatball Marinara Sub Sandwich - CN Corn Fresh Pear WG Mini Hoagie Bun Milk	17	WG Mini Turkey Corn Dogs - CN Green Peas Fresh Banana Milk
20	Chicken Pot Pie over WG Mini Biscuit Mashed Potatoes Pineapple Tidbits Milk	21	WG Breaded Chicken Tenders - CN Green Beans Fresh Apple Milk	22	Beef Pizza Joe Sandwich Cauliflower Fresh Banana WG Hamburger Bun Milk	23	Chicken Fried Rice with Brown Rice Peas & Carrots Fresh Orange Milk	24	Sliced Ham(CN) & American Cheese on WG Bread Romaine Blend Salad Ranch Dressing Fresh Pear Milk
27	Beef, Potato & Cheese Nachos Taco Meat Shredded Cheese Potato Ole's Unsweetened Applesauce WG Tortilla Chips Milk	28	BBQ Pork Rib Sandwich - CN Scalloped Potatoes Fresh Orange WG Mini Hoagie Bun Milk	29	WG Breaded Fish Nuggets - CN Green Peas Fresh Apple Milk	30	Chicken Grill Bites in Mandarin Sauce - CN Diced Carrots Fresh Banana WG Breadstick Milk	31	WG Cheeseburger Macaroni Casserole Fresh Carrot Chips Fresh Pear Milk

Macaroni & Cheese			
BATCH YIELD (LBS)	25		
INGREDIENTS (LBS)			
Cheese American Loaf	10	40.0%	
Pasta WG Elbow Noodle	10	40.0%	
Mix Cheese Sauce	5	20.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	2.4	2.4
School K-8	5	2	2
Daycare 6-12	5	2	2
Daycare 3-5	4	1.6	1.6
Daycare 1-2	3	1.2	1.2

Hearty Hamburger Gravy			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Beef Ground Precooked	12	60.0%	
Mix Brown Gravy	4.3	21.5%	
Diced Onion	1	5.0%	
Diced Celery	1	5.0%	
Diced Carrot	1	5.0%	
Diced Pepper	0.7	3.5%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	4		2.4
School K-8	4		2.4
Daycare 6-12	4		2.4
Daycare 3-5	3		1.8
Daycare 1-2	2		1.2

Spaghetti & Meat Sauce			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Beef Ground Precooked	8	40.0%	
Pasta WG Spaghetti Noodles	4	20.0%	
Sauce Spaghetti Red. Sodium	3.7	18.5%	
Sauce Marinara All Purpose	3.7	18.5%	
Diced Onion	0.6	3.0%	
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	1	2
Daycare 3-5	4	0.8	1.6
Daycare 1-2	3	0.6	1.2

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

Chicken Fried Rice			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Chicken Meat Diced	8	40.0%	
Brown Rice	5	25.0%	
Diced Onion	0.5	2.5%	
Diced Celery	0.5	2.5%	
Diced Carrot	0.5	2.5%	
Green Peas	0.7	3.5%	
Sauce Teriyaki	4.8	24.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	1.5	2.4
School K-8	6	1.5	2.4
Daycare 6-12	5	1.2	2
Daycare 3-5	4	1	1.6
Daycare 1-2	3	0.7	1.2

Taco Meat Beef			
BATCH YIELD (LBS)	9.5		
INGREDIENTS (LBS)			
Beef Ground Precooked	7.6	80.0%	
Beef Taco Filling	1.9	20.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	4		3.2
School K-8	4		3.2
Daycare 6-12	3		2.2
Daycare 3-5	2		1.6
Daycare 1-2	2		1.6

Cheeseburger Macaroni			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Cheese American Loaf	2.4	12.0%	
Pasta WG Elbow Noodle	6.1	30.5%	
Mix Cheese Sauce	4.6	23.0%	
Beef Ground Precooked	6.1	30.5%	
Diced Onion	0.8	4.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	1.8	2.5
School K-8	6	1.8	2.5
Daycare 6-12	5	1.5	2.1
Daycare 3-5	4	1.2	1.7
Daycare 1-2	3	0.9	1.2