



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	<b>Swedish Meatballs-CN</b> Green Peas Fruit Cocktail WG Breadstick Milk	4	<b>Pizza Pasta Cass.            w/ Pepperoni &amp; WG Rotini</b> Corn Fresh Banana Milk	5	<b>Grilled Chicken            Sandwich - CN</b> Cheesy Broccoli Fresh Pear WG Hamburger Bun Milk	6	<b>WG Chicken            Nuggets - CN</b> Garlic Mashed Potatoes Fresh Orange Milk	7	<b>Deli Turkey &amp;            American Cheese            on WG Bread</b> Carrot Coins Fresh Apple Milk
10	<b>WG Macaroni &amp;            5 Cheese Casserole</b> Cauliflower Mandarin Oranges Milk	11	<b>WG Beef Steak            Nuggets - CN</b> Cheesy Whip Potatoes Fresh Apple Milk	12	<b>WG Turkey Pepperoni            Pizza Pocket - CN</b> Green Beans Fresh Pear Milk	13	<b>Hamburger - CN</b> Au Gratin Potatoes Sliced Peaches WG Hamburger Bun Milk	14	<b>BBQ Chicken            Breast - CN</b> BBQ Baked Beans Fresh Banana WG Breadstick Milk
17	<b>Sloppy Joe Sandwich</b> Peas & Carrots Pineapple Tidbits WG Hamburger Bun Milk	18	<b>Sweet &amp; Sour Chicken            Grill Bites - CN</b> Romaine Blend Salad Ranch Dressing Fresh Banana WG Brown Rice Milk	19	<b>Turkey Pot Pie            over Mashed Potatoes</b> Fresh Apple WG Dinner Roll Milk	20	<b>Sliced Ham &amp;            American Cheese            on WG Bun</b> Mixed Vegetables Fresh Orange Milk	21	<b>All Beef Hot Dog - CN</b> Green Peas Fresh Pear WG Hot Dog Bun Milk
24	<b>Italian Beef Goulash            with WG Elbow Pasta</b> Green Beans Unsweetened Applesauce Milk	25	<b>Soft Shell Beef Taco</b> Taco Meat Shredded Cheese Refried Beans Fresh Pear WG Tortilla Shell Milk	26	<b>WG Chicken            Tenders - CN</b> Broccoli Salad Fresh Apple Milk	27	<b>Chicken Breast &amp;            Gravy - CN</b> Mashed Potatoes Cinnamon Pears WG Dinner Roll Milk	28	<b>Deli Turkey &amp;            American Cheese            on WG Bread</b> Cheesy Cauliflower Fresh Banana Milk
31	<b>Teriyaki Chicken            Grill Bites - CN</b> Peas & Carrots Mandarin Oranges WG Dinner Roll Milk	1	<b>Cheesy Beef &amp;            Brown Rice Cass.</b> Carrot Coins Fresh Banana Milk	2	<b>WG Breaded Chicken            Sandwich - CN</b> Winter Blend Vegetables Fresh Orange WG Hamburger Bun Milk	3	<b>BBQ Meatballs - CN</b> Mixed Vegetables Fresh Apple WG Breadstick Milk	4	<b>Pulled Pork Sandwich</b> BBQ Baked Beans Fresh Pear WG Hamburger Bun Milk

\*Bonus Holiday Cookie!

<b>Pizza Pasta Casserole with Pepperoni</b>				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	8	40.0%		
Pasta WG Rotini	5	25.0%		
Sauce Spaghetti Red_Sodium	2.7	13.5%		
Sauce Marinara All Purpose	2.7	13.5%		
Cheese Cheddar/Jack Shred	0.8	4.0%		
Pork & Beef Pepperoni Sliced	0.8	4.0%		
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	1.5	
Daycare 1-2	3	0.7	1.2	

<b>5 Cheese Macaroni &amp; Cheese</b>				
BATCH YIELD (LBS)		25		
INGREDIENTS (LBS)				
Cheese American Loaf	7.5	30.0%		
Pasta WG Elbow Noodle	10	40.0%		
Mix Cheese Sauce	5	20.0%		
Cheese Parmesan Shred	0.5	2.0%		
Cheese Cheddar/Jack Shred	0.5	2.0%		
Cheese Mozzarella Loaf	1.5	6.0%		
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	

<b>Sloppy Joe</b>				
BATCH YIELD (LBS)		13		
INGREDIENTS (LBS)				
Beef Ground Precooked	10	76.0%		
Sauce BBQ	1	8.0%		
Tomato Paste	1	8.0%		
Diced Onion	1	8.0%		
Nutritional Equivalencies				
	Serving (oz)	Grain (oz)	Meat (oz)	
School 9-12/Adult	4		2.3	
School K-8	4		2.3	
Daycare 6-12	4		2.3	
Daycare 3-5	3		1.7	
Daycare 1-2	2		1.1	

<b>Turkey Pot Pie</b>				
BATCH YIELD (LBS)		10		
INGREDIENTS (LBS)				
Turkey 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	

<b>Italian Goulash</b>				
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 Onion	0.4	2.0%		
Diced Pepper	0.4	2.0%		
Diced Tomato	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	1	2	
Daycare 3-5	4	0.8	1.6	
Daycare 1-2	3	0.6	1.2	

<b>Taco Meat Beef</b>				
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	

<b>Cheesy Beef &amp; Rice</b>				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	8	40.0%		
Brown Rice	4	20.0%		
Mix Cheese Sauce	6.5	32.5%		
Diced Onion	0.5	2.5%		
Diced Carrot	0.5	2.5%		
Diced Celery	0.5	2.5%		
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	