




MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
31	Teriyaki Chicken Grill Bites - CN Peas & Carrots Mandarin Oranges WG Dinner Roll Milk	1	Cheesy Beef & Brown Rice Cass. Carrot Coins Fresh Banana Milk	2	WG Breaded Chicken Sandwich - CN Winter Blend Vegetables Fresh Orange WG Hamburger Bun Milk	3	BBQ Meatballs - CN Mixed Vegetables Fresh Apple WG Breadstick Milk	4	Pulled Pork Sandwich BBQ Baked Beans Fresh Pear WG Hamburger Bun Milk *Bonus Holiday Cookie!
7	 HAPPY LABOR DAY	8	Diced Chicken Alfredo w/ WG Spaghetti Green Beans Sliced Peaches Milk	9	WG Bean & Cheese Burrito - CN Chef Mike's Cheese Sauce Corn & Black Beans Fresh Apple Milk	10	Deli Ham (CN) & American Cheese on WG Bun Carrot Coins Fresh Banana Milk	11	WG Spaghetti & Beef Sauce Romaine Blend Salad Ranch Dressing Fresh Pear Milk
14	Meatballs in Brown Gravy - CN Mashed Potatoes Tropical Fruit WG Dinner Roll Milk	15	WG Beef Steak Fingers - CN Diced Carrots Fresh Banana Milk	16	WG Macaroni & Cheese Green Peas Fresh Orange Milk	17	Cheesy Broccoli Chicken Breast - CN Mixed Vegetables Fresh Pear WG Breadstick Milk	18	Diced Turkey & Gravy Mashed Potatoes Fresh Apple WG Dinner Roll Milk
21	WG Chicken Tenders - CN Scalloped Potatoes Pineapple Tidbits Milk	22	Chicken Parmesan Chicken Breast - CN in Marinara Sauce with Shredded Parmesan Cheese Broccoli Fresh Pear WG Breadstick Milk	23	Soft Shell Beef Taco Taco Meat Shredded Cheese Potato Wedges Fresh Banana WG Tortilla Shell Milk	24	Sliced Turkey (CN) & American Cheese on WG Bread Broccoli Fresh Apple Milk	25	Sweet & Sour Meatballs - CN Green Peas Fresh Orange WG Breadstick Milk
28	Beef & Tater Tot Casserole Mixed Vegetables Fruit Cocktail WG Dinner Roll Milk	29	Cheeseburger American Cheese Corn Diced Peaches WG Hamburger Bun Milk	30	WG Mini Chicken Corn Dogs - CN Carrot Chips Fresh Apple Milk	1	BBQ Pork Rib Patty - CN BBQ Baked Beans Fresh Pear WG Hot Dog Bun Milk	2	Beef Stroganoff with WG Egg Noodles Diced Carrots Fresh Banana Milk

Cheesy Beef & Rice			
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

Chicken Alfredo w/ Spaghetti Pasta			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Diced Chicken Meat	8	40.0%	
Pasta WG Spaghetti	5	25.0%	
Mix Country Gravy	3.5	17.5%	
Mix Alfredo Sauce	3.5	17.5%	
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

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

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

Turkey & Gravy			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Turkey Meat Diced	12	60.0%	
Mix Chicken Lo Sodium Gravy	4.4	22.0%	
Diced Onions	1.2	6.0%	
Diced Carrots	1.2	6.0%	
Diced Celery	1.2	6.0%	
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

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

Beef & Tater Tot Casserole			
BATCH YIELD (LBS)	10		
INGREDIENTS (LBS)			
Ground Beef Precooked	4	40.0%	
Soup Mushroom	2.3	23.0%	
Mix Cheese Sauce	2.1	21.0%	
Green Bean	1	10.0%	
Diced Onions	0.3	3.0%	
Diced Peppers	0.3	3.0%	
Tator Tots - 1 Layer Tops Every Pan			
Shred Cheese - 1 Layer Tops Every Pan			
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

Beef Stroganoff - Beef Noodle			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Beef Ground Precooked	8	40.0%	
Pasta WG Egg Noodle	5	25.0%	
Sour Cream	1	5.0%	
Brown Gravy Mix	6	30.0%	
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