



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p>2 <b>Cheesy Beef Joe Sandwich</b> Mixed Vegetables Unsweetened Applesauce WG Hamburger Bun Milk</p>	<p>3 <b>WG Macaroni &amp; Cheese</b> Green Peas Fresh Orange Milk</p>	<p>4 <b>WG Chicken Fried Steak - CN</b> Chicken Gravy Whipped Potatoes Red Seedless Grapes Milk</p>	<p>5 <b>Ham &amp; Au gratin Potatoes</b> Broccoli WG Bread Slice Milk</p>	<p>6 <b>WG Chicken Nuggets - CN</b> Green Beans Fresh Banana Milk</p>
<p>9 <b>Beef Lasagna Cass. with WG Rotini</b> Diced Carrots Fruit Cocktail Milk</p>	<p>10 <b>WG Breaded Chicken Sandwich - CN</b> Corn Fresh Apple WG Hamburger Bun Milk</p>	<p>11 <b>Pulled Pork &amp; Cheese Soft Taco</b> Shredded Cheese Vegetarian Refried Beans Fresh Orange WG Tortilla Shell Milk</p>	<p>12 <b>WG Cheese Ravioli in Marinara Sauce - CN</b> Green Peas Fresh Banana Milk</p>	<p>13 <b>All Beef Hot Dog - CN</b> BBQ Baked Beans Sliced Peaches WG Hot Dog Bun Milk</p>
<p>16 <b>Meatballs - CN in Mushroom Gravy</b> Scalloped Potatoes Mandarin Oranges WG Dinner Roll Milk</p>	<p>17 <b>BBQ Pork Rib Patty - CN</b> Potato Wedges Cinnamon Pears WG Hamburger Bun Milk</p>	<p>18 <b>Cheeseburger Mac Casserole with WG Macaroni Pasta</b> Green Peas Fresh Apple Milk</p>	<p>19 <b>Turkey Pot Pie over WG Mini Biscuit</b> Mashed Potatoes Fruit Cocktail Milk</p>	<p>20 <b>Beef &amp; Three Bean Chili</b> Romaine Blend Salad Ranch Dressing Fresh Pear WG Breadstick Milk</p>
<p>23 <b>Sweet &amp; Sour Chicken Grill Bites - CN</b> Broccoli Pineapple Tidbits WG Bread Slice Milk</p>	<p>24 <b>WG Spaghetti &amp; Meat Sauce</b> Cauliflower Fresh Banana Milk</p>	<p>25 <b>Chicken Dressing Casserole</b> Green Beans Fresh Melon Chunks WG Dinner Roll Milk</p>	<p>26 <b>Happy Thanksgiving!! No Food Service</b></p> <p>27 <b>Happy Thanksgiving!! No Food Service</b></p> 	
<p>30 <b>Taco Joe Sandwich</b> Corn Diced Pears WG Hamburger Bun Milk</p>	<p>1 <b>Chicken Breast - CN in Chicken Gravy</b> Mashed Potatoes Cinnamon Apples WG Dinner Roll Milk</p>	<p>2 <b>WG Mini Chicken Corn Dogs - CN</b> Potato Wedges Fruit Mix Milk</p>	<p>3 <b>Turkey Tetrazini with WG Spaghetti</b> Green Peas Fresh Apple Milk</p>	<p>4 <b>Meatballs - CN in Brown Gravy</b> Carrot Coins Fresh Banana WG Breadstick Milk</p>

Cheesy Joe				
BATCH YIELD (LBS)		12.5		
INGREDIENTS (LBS)				
Beef Ground Precooked	9.4	75.0%		
Mix Cheese Sauce	2.5	20.0%		
Diced Onion	0.3	3.0%		
Diced Pepper	0.3	2.0%		
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

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

Ham & AuGratin Potato				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Ham Meat Diced	8	40.0%		
Potato AuGratin Dehydrated	10.8	54.0%		
Diced Celery	0.4	2.0%		
Diced Carrots	0.4	2.0%		
Diced Onion	0.4	2.0%		
Nutritional Equivalencies				
Serving (oz) Grain (oz) Meat (oz)				
School 9-12/Adult	6			2.4
School K-8	5			2
Daycare 6-12	5			2
Daycare 3-5	4			1.6
Daycare 1-2	3			1.2

Lasagna Casserole				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	8	40.0%		
Pasta WG Rotini	4	20.0%		
Sauce Marinara All Purpose	3	15.0%		
Sauce Spaghetti Red. Sodium	3	15.0%		
Cheese Mozzarella Shred	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	1		2
Daycare 3-5	4	0.8		1.6
Daycare 1-2	3	0.6		1.2

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

Turkey Pot Pie				
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

Hearty 3 Bean Chili				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	5	25.0%		
Bean Chili	4	20.0%		
Bean Kidney	3.8	19.0%		
Bean Black	3.8	19.0%		
Sauce Tomato	2.2	11.0%		
Diced Pepper	0.4	2.0%		
Diced Onion	0.4	2.0%		
Diced Tomato	0.4	2.0%		
Nutritional Equivalencies				
Serving (oz) Grain (oz) Meat (oz)				
School 9-12/Adult	5			3.1
School K-8	5			3.1
Daycare 6-12	5			3.1
Daycare 3-5	4			2.5
Daycare 1-2	3			1.9

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 Dressing Cass.				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Chicken Meat Diced	8	40.0%		
Stuffing Mix Combread	5	25.0%		
Mix Chicken Gravy	5.8	29.0%		
Diced Carrots	0.4	2.0%		
Diced Onions	0.4	2.0%		
Diced Celery	0.4	2.0%		
Nutritional Equivalencies				
Serving (oz) Grain (oz) Meat (oz)				
School 9-12/Adult	6	1.5		2.4
School K-8	5	1.25		2
Daycare 6-12	5	1.25		2
Daycare 3-5	4	1		1.6
Daycare 1-2	3	0.7		1.2

Taco Joe				
BATCH YIELD (LBS)		9.5		
INGREDIENTS (LBS)				
Beef Ground Precooked	4.2	45.0%		
Beef Taco Filling	3.6	38.0%		
Tomato Paste	0.5	5.0%		
Diced Onion	0.4	4.0%		
Diced Pepper	0.4	4.0%		
Diced Tomato	0.4	4.0%		
Nutritional Equivalencies				
Serving (oz) Grain (oz) Meat (oz)				
School 9-12/Adult	4			2.5
School K-8	4			2.5
Daycare 6-12	4			2.5
Daycare 3-5	3			1.9
Daycare 1-2	2			1.2

Turkey Tetrazzini				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Turkey Meat Diced	8	40.0%		
Pasta WG Spaghetti Noodles	4	20.0%		
Cream Base Mix	3.4	17.0%		
Alfredo Sauce Mix	3.4	17.0%		
Mushroom Pieces	0.4	2.0%		
Diced Peppers	0.4	2.0%		
Diced Onions	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