



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28 **Chicken Parmesan Cass. w/ WG Penne**
Corn
Pineapple Tidbits
Milk

29 **WG Chicken Nuggets - CN**
Green Beans
Fresh Orange
Milk

30 **Pizza Pasta Cass w/ WG Rotini Pasta**
Romaine Blend Salad
Ranch Dressing
Fresh Apple
Milk

31 **Salisbury Steak - CN in Brown Gravy**
Mashed Potatoes
Fresh Pear
WG Dinner Roll
Milk

1 **Happy New Year!! No Food Service**



4 **BBQ Pork Rib Sandwich - CN**
Cheesy Broccoli
Pineapple Tidbits
WG Hamburger Bun
Milk

5 **Beefy WG Macaroni Casserole**
Corn
Fresh Banana
Milk

6 **Diced Turkey & Gravy**
Whipped Potatoes
Fresh Apple
WG Bread Slice
Milk

7 **Chicken Breast in Gravy - CN**
Green Peas
Fresh Orange
WG Dinner Roll
Milk

8 **Pizza Joe Sandwich**
Potato Wedges
Apricot Halves
WG Hamburger Bun
Milk

11 **Beef Meatballs - CN in Stroganoff Gravy**
Diced Carrots
Unsweetened Applesauce
WG Dinner Roll
Milk

12 **Chicken Alfredo Cass. w/ WG Rotini Pasta**
Mixed Vegetables
Fresh Orange
Milk

13 **WG Breaded Chicken Sandwich - CN**
Green Beans
Fresh Apple
WG Hamburger Bun
Milk

14 **Cheesy Beef & WG Rice Casserole**
Broccoli
Fruit Mix
Milk

15 **WG Chicken Tenders - CN**
Cheesy Whip Potatoes
Fresh Pear
Milk

18 **WG Macaroni & 5 Cheese Blend**
Mixed Vegetables
Fruit Cocktail
Milk

19 **WG Pork Fritter Sandwich - CN**
Green Beans
Fresh Orange
WG Hamburger Bun
Milk

20 **Beef & Shredded Cheese Nachos**
Vegetarian Refried Beans
Mandarin Oranges
WG Tortilla Chips
Milk

21 **Creamed Chicken Gravy**
Garlic Whipped Potatoes
Fresh Banana
WG Bread Slice
Milk

22 **Salisbury Steak & Gravy - CN**
Crinkle Cut Carrots
Fresh Apple
WG Dinner Roll
Milk

25 **Teriyaki Chicken Grill Bites - CN**
Cauliflower
Mandarin Oranges
WG Breadstick
Milk

26 **Chicken Enchilada & WG Rice Casserole**
Corn
Fresh Apple
Milk

27 **WG Chicken Nuggets - CN**
Peas & Carrots
Fresh Orange
Milk

28 **All Beef Hot Dog - CN**
Au Gratin Potatoes
Sliced Peaches
WG Hot Dog Bun
Milk

29 **WG Spaghetti & Beef Sauce**
Romaine Blend Salad
Ranch Dressing
Fresh Pear
Milk

BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Diced Chicken	8	40.0%	
WG Penne Pasta	4	20.0%	
Sauce Marinara	3	15.0%	
Sauce Spaghetti	3	15.0%	
Cheese Parmesean Shredded	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

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

BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Beef Ground Precooked	8	40.0%	
Pasta WG Elbow Noodle	5	25.0%	
Sauce Tomato	2	10.0%	
Mix Gravy Brown	3.8	19.0%	
Diced Carrot	0.4	2.0%	
Diced Celery	0.4	2.0%	
Diced Onion	0.4	2.0%	
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

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

BATCH YIELD (LBS)	25		
INGREDIENTS (LBS)			
Beef Ground Precooked	18.75	75.0%	
Sauce Marinara All Purpose	2.5	10.0%	
Sauce Spaghetti Red. Sodium	2.5	10.0%	
Diced Onion	0.625	2.5%	
Diced Pepper	0.625	2.5%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	4		3
School K-8	4		3
Daycare 6-12	4		3
Daycare 3-5	3		2.2
Daycare 1-2	2		1.5

Chicken Alfredo			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Chicken Meat Diced	8	40.0%	
Pasta WG Rotini Noodles	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

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

5 Cheese Macaroni & Cheese			
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

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

Creamed Chicken			
BATCH YIELD (LBS)	10		
INGREDIENTS (LBS)			
Chicken Meat Diced	6	60.0%	
Mix Chicken Gravy	1.1	11.0%	
Mix Cream Soup	1.1	11.0%	
Diced Carrots	0.6	6.0%	
Diced Onions	0.6	6.0%	
Diced Celery	0.6	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

Chicken Enchilada & WG Rice Cass			
BATCH YIELD (LBS)	20		
INGREDIENTS (LBS)			
Chicken Meat Ground	8	40.0%	
WG Brown Rice	4	20.0%	
Sauce Enchilada	2.4	12.0%	
Water - Gallon	2.4	12.0%	
Shredded Cheese	2	10.0%	
Diced Green 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	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

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