



| MONDAY |  | TUESDAY |   | WEDNESDAY |  | THURSDAY |   | FRIDAY |  |
|--------|--|---------|---|-----------|--|----------|---|--------|--|
| 3      | <b>Beef Taco Casserole with WG Rotini Pasta</b><br>Creamed Corn<br>Mandarin Oranges<br>Milk                  | 4       | <b>WG Chicken Nuggets - CN</b><br>Cauliflower<br>Fresh Banana<br>Milk                         | 5         | <b>Sliced Turkey with Amer. Cheese(.67oz)</b><br>WG Bread<br>Green Peas<br>Fresh Pear<br>Milk                  | 6        | <b>Meatballs in Brown Gravy - CN</b><br>Scalloped Potatoes<br>Fresh Apple<br>WG Dinner Roll<br>Milk                                   | 7      | <b>Beef Stoganoff with WG Egg Noodles</b><br>Romaine Blend Salad<br>Ranch Dressing<br>Fresh Orange<br>Milk                                 |
| 10     | <b>Grilled Chicken Sandwich - CN</b><br>Mixed Vegetables<br>Fresh Apple<br>WG Hamburger Bun<br>Milk          | 11      | <b>Beef &amp; Potato Skillet</b><br>Corn<br>WG Breadstick<br>Milk                             | 12        | <b>Mini Chicken Corn Dogs - CN</b><br>Carrot Coins<br>Fresh Banana<br>Milk                                     | 13       | <b>Chicken Fettucini Alfredo Casserole</b><br>Green Beans<br>Fresh Orange<br>Milk<br><i>*This Meal Does NOT Contain a Whole Grain</i> | 14     | <b>WG Cheese Ravioli with Marinara Sauce</b><br>Cauliflower<br>Fresh Pear<br>Milk  |
| 17     | <b>WG Mac &amp; Cheese</b><br>Broccoli<br>Fruit Mix<br>Milk  | 18      | <b>Ham Slice Amer. Cheese (.67oz)</b><br>WG Bread<br>Green Peas<br>Fresh Pear<br>Milk         | 19        | <b>BBQ Meatballs - CN</b><br>Potato Wedges<br>Fresh Apple<br>WG Breadstick<br>Milk                             | 20       | <b>Turkey Pot Pie</b><br>Mashed Potatoes<br>Fresh Orange<br>WG Dinner Roll<br>Milk  | 21     | <b>Cheesy Beef Joe Sandwich</b><br>Diced Carrots<br>Fresh Banana<br>WG Hamburger Bun<br>Milk   |
| 24     | <b>Chicken Breast - CN in Chicken Gravy</b><br>Cheesy Hashbrowns<br>Apricot Halves<br>WG Bread Slice<br>Milk | 25      | <b>WG Turkey Pepperoni Pizza Pocket</b><br>Ranch Whipped Potatoes<br>Mandarin Oranges<br>Milk | 26        | <b>Beef &amp; Cheese Taco on WG Tortilla Shell</b><br>Shredded Cheese<br>Refried Beans<br>Fresh Banana<br>Milk | 27       | <b>Chicken Fried Brown Rice</b><br>Crinkle Cut Carrots<br>Fresh Apple<br>Milk   | 28     | <b>Pulled Pork Sandwich</b><br>Twice Baked Mash Potatoes<br>Fresh Mixed Melon<br>WG Hamburger Bun<br>Milk<br><i>*Bonus Holiday Cookie!</i> |
| 31     | <b>Happy Memorial Day!!<br/>No Food Service</b>  | 1       | <b>Tuna &amp; WG Egg Noodle Pasta</b><br>Diced Carrots<br>Fresh Banana<br>Milk                | 2         | <b>WG Breaded Chicken Sandwich - CN</b><br>Potato Wedges<br>Fresh Apple<br>WG Hamburger Bun<br>Milk            | 3        | <b>BBQ Chicken Grill Bites - CN</b><br>BBQ Baked Beans<br>Peaches & Strawberries<br>WG Dinner Roll<br>Milk                            | 4      | <b>Teriyaki Meatballs - CN</b><br>Romaine Blend Salad<br>Ranch Dressing<br>Fresh Pear<br>WG Breadstick<br>Milk                             |



| Beef Taco Casserole       |              |            |           |
|---------------------------|--------------|------------|-----------|
| BATCH YIELD (LBS)         | 20           |            |           |
| INGREDIENTS (LBS)         |              |            |           |
| Beef Ground Precooked     | 8            | 40.0%      |           |
| Beef Taco Filling         | 2            | 10.0%      |           |
| Pasta WG Rotini           | 4            | 20.0%      |           |
| Sauce Mix Cheese          | 3.9          | 19.5%      |           |
| Diced Onion               | 0.7          | 3.5%       |           |
| Diced Pepper              | 0.7          | 3.5%       |           |
| Diced Tomato              | 0.7          | 3.5%       |           |
|                           |              |            |           |
|                           |              |            |           |
| 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       |

| 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       |

| Beef & Potato Skillet     |              |            |           |
|---------------------------|--------------|------------|-----------|
| BATCH YIELD (LBS)         | 20           |            |           |
| INGREDIENTS (LBS)         |              |            |           |
| Beef Ground Precooked     | 8            | 40.0%      |           |
| Sliced Potatoes           | 8            | 40.0%      |           |
| Mix Cheese Sauce          | 3            | 15.0%      |           |
| Diced Yellow Onion        | 0.5          | 2.5%       |           |
| Diced Green Pepper        | 0.5          | 2.5%       |           |
|                           |              |            |           |
|                           |              |            |           |
|                           |              |            |           |
| 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 Fettuccine        |              |            |           |
|---------------------------|--------------|------------|-----------|
| BATCH YIELD (LBS)         | 20           |            |           |
| INGREDIENTS (LBS)         |              |            |           |
| Diced Chicken Meat        | 8            | 40.0%      |           |
| Pasta Fettuccine          | 6            | 30.0%      |           |
| Mix Alfredo Sauce         | 6            | 30.0%      |           |
|                           |              |            |           |
|                           |              |            |           |
|                           |              |            |           |
| Nutritional Equivalencies |              |            |           |
|                           | Serving (oz) | Grain (oz) | Meat (oz) |
| School 9-12/Adult         | 6            | 1.8        | 2.4       |
| School K-8                | 6            | 1.8        | 2.4       |
| Daycare 6-12              | 5            | 1.5        | 2         |
| Daycare 3-5               | 4            | 1.2        | 1.6       |
| Daycare 1-2               | 3            | 0.9        | 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 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       |

| 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       |

| 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       |

| 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       |

| Creamy Tuna & Egg Noodles |              |            |           |
|---------------------------|--------------|------------|-----------|
| BATCH YIELD (LBS)         | 20           |            |           |
| INGREDIENTS (LBS)         |              |            |           |
| Meat Tuna Light           | 8            | 40.0%      |           |
| Pasta WG Egg Noodles      | 4            | 20.0%      |           |
| Mix Alfredo Sauce         | 3.4          | 17.0%      |           |
| Mix Cream Soup            | 3.4          | 17.0%      |           |
| Diced Onion               | 0.4          | 2.0%       |           |
| Diced Carrot              | 0.4          | 2.0%       |           |
| Diced Celery              | 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       |