

## Choice Cycle Menu 1-A

## SD Meals Program (these are ALL individually analyzed to meet the Guidelines)

# Cycle Day	Choice Menu (CM)	refers to choice menu	number & analysis	Revision 6-14
#1 (CM#48C) 3 oz Pork Chop Baked with onion and herbs Or <b>Bkd Chicken</b> ½ CS  ½ c. Baked Potato 1 CS ½ c. <b>Broccoli Corn Bake</b> 1 CS 1 c+ <b>Spinach Salad</b> with ½ c fresh sliced strawberries on top 1 CS ½ c Peaches in light syrup 1 CS 2 sl whole grain bread 2CS 2 tsp margarine	#2 (CM#15) 3 oz Grilled or Broiled Hamburger OR 3 oz Roast Turkey ½ c <b>Company Potatoes</b> 1½ CS ½ c <b>Parslied Carrots</b> ½ CS 1 c <b>Tossed Salad</b> 1 T French Dressing Reduced Fat & Sodium ½ c unsw pears in light syrup 1CS 1 ½ sl. Whole grain bread 1½ CS 1 tsp margarine	#3 (CM#61A) 1 <b>Baked Steak w/Mushrooms &amp; 3 T. gravy = 0 CS</b> <b>OR 2 Swedish Meatballs = 1 CS</b>  ½ c <b>Parslied Potatoes</b> 1 CS ½ c <b>Baked Squash</b> 1 CS 3 Tomato Slices on Lettuce Leaf ½ c <b>Berry Fruit Salad</b> 1 CS 1 sl whole grain bread 1 CS 2 tsp margarine	#4 (CM#56A) 1 c <b>Chicken&amp;DressingLS</b> 2 CS <b>OR Pork Cutlet ½ CS serve pork w/only 1 Bread &amp; 1 marg (below)</b> ½ C <b>Mashed Potatoes</b> 1 CS 3 oz <b>Gravy</b> ½ c Peas, froz, ckd 1 CS 2 T. Cranberry Sauce 1 CS ½ c Low Sodium V-8 Juice ½ c Fruit Cocktail, light syrup 1 CS 1 ½ sl whole grain bread 1 1/2 CS 2 tsp margarine	#5 (CM#57C) 1 c <b>Beef Noodle Stroganoff</b> 2CS <b>OR 1 ½ c Hungarian Goulash 3 CS</b> <b>OR ¾ c Creamed Turkey=1 CS + Serve over ½ c Ms Potatoes= 1CS</b> (with only ½ tsp margarine (below)  1/2 c <b>Parslied Carrots</b> ½ CS ½ c <b>Coleslaw, Noncreamy</b> ½ c. Mand Oranges, lite syrup 1 CS 1 sl whole grain bread 1CS 1 tsp margarine
#6 (CM#66A) ½ c <b>Kimball Sloppy Joe mixture</b> ½ CS  1 WholeWheat Hamb Bun 1 ½ CS <b>OR Grilled Club Sandwich 2 CS</b>  ½ c. <b>Potato Wedges</b> 1 CS ½ c Fresh or Ck Baby Carrots ½ c <b>Tomato Spoon Salad</b> ½ CS (or ½ c low sodium V-8 Jc 0 CS) ½ c Cn Pears, Lite Syrup 1 CS 1 <b>Cranberry Orange Bar</b> 1 CS No bread or margarine	#7 (CM#62B) 2 oz (only) <b>Low Sodium Ham</b> OR 3 oz Hamburger Patty  1 c. Baked Potato 2 CS 2 T. Light Sour Cream ½ c.Ckd Frz Corn 1 CS 3 Tomato slices & 2 Baby Carrots on Lettuce Leaf ½ c Peaches, light syrup 1 CS 2 sl whole grain bread 2 CS 1/2 tsp margarine to keep within guidelines	#8 (CM#27) ½ c <b>Rotini</b> 1 ½ CS <b>With Italian Chicken Breast</b> OR 1 c <b>Sierra Beef Casserole = 2CS</b>  1/2 c <b>Baked Squash</b> 1 CS 1 c. <b>Tossed salad w/1 T reduced fat/reduced Sodium French Dr.</b> 1 medium orange 1 CS 2 slices whole grain bread 2 CS 2 tsp soft margarine	#9 (CM#10) 1 Bk <b>Chicken Fried Steak</b> 1 CS <b>OR LSHam Loaf cut to yield ½CS w/only 1 margarine (below)</b>  ½ c. <b>Mashed Potatoes</b> 1 CS 3 T. <b>Milk Gravy</b> ½ c. Peas, Frz, ckd 1 CS ½ c Apricots, cn, extra light syrup 1 CS 1 1/2 sl whole grain bread 1½ CS 1 1/2 tsp. soft margarine	#10 (CM #34B) <b>Cheeseburger Pie, cut to yield 1CS</b> <b>OR 3 oz Pork loin or chop w/apple-cranberry chutney = 1 CS serve w/only 1 bread (below)</b>  ½ -2/3 c <b>BkSweetPo(fresh)</b> 1 ½ CS ½ c <b>Green Beans</b> 1 c <b>Tossed Salad + 2 T Low Sodium Low Fat French Dr.</b> 1 <b>Medium Banana</b> 2 CS 1 sl whole grain brd 100% 1 CS 1 tsp margarine
#11 (CM#69D) 1 c <b>Macaroni &amp; Cheese w/Chicken .</b> 2 CS <b>OR 1 large Porcupine Meatball (made with #8 scoop) with 1/4 c Brown Gravy = 1 CS</b>  ½ c Ckd, Frz, Peas 1 CS ½ c Low Sodium V-8 Jc ½ c <b>Fruit Crisp</b> with 1 ½ T. Lite Whipped Topping 1½ CS 2 sl whole grain bread 2CS 2 tsp margarine	#12 (CM#47) 3 oz Pork Loin Roast OR 3 oz <b>Swiss Steak</b> - serve w/only 1 bread & 1 marg (below)  ½ c <b>Parslied Potatoes</b> 1 CS ½ c Broccoli ½ c <b>Patio Salad</b> 1 CS ¾ c <b>Crunchy Cranberry Salad</b> 1 CS  2 sl. Whole grain bread 2 CS 2 tsp margarine	#13 (CM#23) 1 pc. <b>Meatloaf</b> (cut to yield) ½ CS & ½ c <b>Oven Br Potato</b> 1CS <b>OR 1 c Hamburger Cass</b> 1 1/2 CS <b>OR 1 c Chicken/DressingLS</b> 2CS  ½ c Ckd, Froz Green Beans ½ c Ckd, Froz Carrots (or raw) 1 tsp marg for veg ¾ c. <b>Jello with Fruit</b> 1 CS  2 slice whole grain bread 2 CS 2 tsp soft margarine	#14 (CM#9) 1 pc. <b>Autumn Chicken</b> 1 CS <b>OR Applesauce Ribs = 0 CS</b>  ½ c. <b>Baked Sweet Potato</b> 1½ CS ½ c. <b>Harvard Beets</b> 1 CS 1 c. <b>Tossed Salad</b> 1 T. <b>Ship Salad Dressing</b> ½ c. Mandarin oranges in light syrup 1 CS  1 sl. Whole grain bread 1 CS 1 tsp margarine	#15 (CM#77) 3 oz Roast Turkey OR 3 oz Hamburger Patty  ½ c <b>Potato Salad</b> 1½ CS ½ c. raw or ckd carrots ½ c. Low Sodium V-8 Juice  ½ Banana 1 CS  2 sl. Whole grain bread 2 CS OR 2 oz Hamburger Bun 2 tsp margarine
#16 (CM#49) ½ c <b>Beef Tips &amp; Gravy</b> ½ c <b>Potatoes, Ms (fresh)YA</b> 1 CS <b>OR Chicken Pot Pie w/Ms Potato Topping TO YIELD = 2CS OR 1 1/8 c Chicken &amp; Noodles= 2CS</b>  4 Tomato slices on Lettuce Leaf ½ c Broccoli ½ c Peach slices, light syrup 1 CS 2 sl Whole grain bread 2 CS 2tsp margarine Optional: ½ c SF Jello&1T lite Topp	#17 (CM#56B) 1 c <b>Turkey&amp;DressingLS</b> 2 CS ½ C <b>Mashed Potatoes</b> 1 CS 3 oz <b>Gravy</b> <b>OR 2 Chicken Enchilada = 2 CS serve w/2 bread (below)</b>  ½ c Brussel Sprouts, froz, ckd 2 T. Cranberry Sauce 1 CS ½ c Apricots, light syrup 1 CS 1 ½ sl whole grain bread 1 1/2 CS 2 tsp margarine	#18 (CM#70A) 3 oz <b>CO Roast Beef</b> <b>OR Citrus Chicken</b>  ½ c <b>Herbed Potato Dices</b> 1 CS 3 oz <b>Gravy</b> ½ c Green Beans, ckd from fzn 2 T. Cranberry Sauce 1 CS ¾ c. <b>Perfection Salad</b> ½ CS 1 Med Fresh Orange 1 CS 1 sl whole grain bread 1 CS 2 tsp margarine	#19 (CM#43) 1 serv. <b>Lasagna</b> (Yankton rev) (cut to recipe yield) 1 ½ CS <b>OR 1 1/8 c Chix &amp; Noodles= 2CS</b> <b>OR 1+1/3 c ChixShepardPie=2CS</b>  ½ c Peas, frz, ckd 1 CS ½ c. <b>Chinese Coleslaw</b> 1 CS  1 sl. whole grain bread 1 CS 1 tsp margarine ½ c <b>Fruit Slush</b> 1 ½ CS	#20 (CM#48A) 3 oz <b>Pork Chop w/apple cranberry chutney</b> 1 CS <b>OR SalisburyStkw/Br Gravy</b> (made with #12 scoop) 1 CS  ½ c Baked Potato 1 CS ½ c California Blend Veg ½ c Orange Juice 1 CS ½ c Plums in light syrup or Unsw. Ckd Prunes 1 CS 2 sl. Whole grain bread 2 CS 2 tsp margarine

<p>#21 (CM#28)  1 c. <u>Sweet &amp; Sour Pork or Chicken</u>  (can subst chicken for pork in recipe) 1 CS  ½ c <u>Oven Bk Brown Rice</u> 1½ CS  OR 1 ¼ c <b>Spaghetti &amp; Meat Sauce = 2 CS</b></p> <p>¾ c Steamed Broccoli  ½ c Cn Apricots, light syrup 1CS  2 slices whole grain bread 2 CS  2 tsp soft margarine</p> <p><b>Recipe and menu abbreviations:</b>  <b>AP</b> As Purchased  <b>EP</b> Edible Portion  ~ Approximately  <b>CHO</b> Carbohydrate  <b>CS</b> Carb Servings</p>	<p><b>CS</b> = Carb Serving  Each CS = ~15 grams CHO  for diabetics who are controlling CHO intake</p> <p><b>LS</b> Low Salt/Low Sodium  <b>SF</b> Sugar Free</p>	<p><b>SF gelatin (Jello) measure:</b>  .1 oz = ~7/8 t.  .5 oz or ½ oz = 4 2/3 t or ~1 ½ T  .6 oz = 5 ½ t  Each oz = ~ 3 T  1/8 oz = ~ 1 1/8 t.</p>	<p>Sites that bake bread/rolls:  Where 2 slices of whole grain bread are listed a 2 oz whole grain roll may be substituted/ if 1 slice of whole grain bread is listed a small (1 oz) whole grain roll may be served.</p>	<p><b>SF instant pudding (Jello brand) measure:</b>  1 oz = 5 T or ¼ c + 1T</p> <p><b>1 cup nonfat or 1% milk &amp; 1 cup water</b> are included in the analysis each day and should be served daily</p>
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**RECIPES are on website or can be obtained from Meals Program Office for BOLDED or underlined items on this cycle.**

**All meals include:** 1 c 1% milk, 1 c water & 1 c coffee

Each 1 oz slice bread = ~ 1CS .

Each 1 cup 1% or skim milk = 1 CS

**Record any menu substitutions necessary on the menu substitution form.** Occasional permanent menu changes are allowed but must be RD approved and signed off with analysis sent to State office upon request.

**ANY ITEM WITHOUT A RECIPE is to be cooked/prepared without added salt.**

**Check menu ahead and defrost meats 2-4 days (depending on quantity) ahead in refrigerator.**

**Canned Fruits:** Purchase in *extra light syrup* (preferred), light syrup or in water or juice (each 15 grams CHO=1 CS & =~½ c/serv)

**High Vitamin K vegetables:** cooks may offer choice of vegetable when there are high Vit K vegetables on the menu for those who avoid Vit K

**Gelatins (Jellos)** are all **Sugar Free (SF)** on menu; **Pudding mixes** are **Sugar Free** Instant Pudding mixes. This allows for use by more participants, even those with diabetes.

**VEGETABLES are to be frozen or salt free canned. Vegetable Blends** on cycle menus (using mixtures in Nifda brand):  
 California Blend = Broccoli, Cauliflower, Carrots; Oriental Blend = Broccoli, Onions, Mushrooms, Green Beans, Winter Blend = Broccoli, Cauliflower, Italian Blend = Italian beans, carrots, \_\_\_\_\_

**Fish:** When fish is on the menu offer a cook's choice **Low Sodium (LS)** meat for non-fish eaters;

**Liver:** If the Liver & Onions Choice Menus is used offer a cook's choice LS meat for non-liver eaters.

**MEASURES:**

1 Tablespoon = 1T. = 3 teaspoons = 3 tsp or 3 t.  
 1 cup = 16 Tablespoons  
 1 pint = 2 cups  
 1 quart = 4 cups  
 1 gallon = 4 quarts = 16 cups

**A PINT is a POUND (of liquid) the WORLD AROUND**

Many other solid, heavy measures of 1 pint also = 1 pound  
 Light things like lettuce salad, etc will not weigh 1 pound for 1 pint

$\frac{1}{4}$  cup = 4 Tablespoons;  $\frac{1}{3}$  cup = 5  $\frac{1}{3}$  Tablespoons;  $\frac{1}{2}$  cup = 8 Tablespoons;  
 $\frac{2}{3}$  cup = 10  $\frac{2}{3}$  Tablespoons;  $\frac{3}{4}$  cup = 12 Tablespoons

**SCOOPS:**

#6 =  $\frac{2}{3}$  cup = 10  $\frac{2}{3}$  T.    #30 = 2 T.  
 #8 =  $\frac{1}{2}$  cup = 8 T.        #40 = 1  $\frac{2}{3}$  T.  
 #10 =  $\frac{3}{8}$  cup = 6 T.        #50 = 3  $\frac{3}{4}$  t.  
 #12 =  $\frac{1}{3}$  cup = 5  $\frac{1}{3}$  T.    #60 = 3  $\frac{1}{4}$  t.  
 #16 =  $\frac{1}{4}$  cup = 4 T.        #70 = 2  $\frac{3}{4}$  t.  
 #20 = 3  $\frac{1}{3}$  T.                #100 = 2 t.  
 #24 = 2  $\frac{2}{3}$  T.

The number on the scoop = # level scoopfuls in 1 quart of product.  
 For example: eight #8 scoops = 1 quart. 1 quart = 4 cups so, four cups divided by 8 (scoop size) =  $\frac{1}{2}$  cup;  $\frac{1}{2}$  c is the measure of a #8 scoop when level.

**LADLES AND PORTION SERVERS: Spoodles (available solid or perforated):**

Fluid Ounces	Approximate Measure	Fl. Oz.	Approx. Meas.	Fl. Oz.	Approx. Meas.
1 oz	$\frac{1}{8}$ cup = 2 T	4 oz	$\frac{1}{2}$ cup = 8 T.	12 oz	1 $\frac{1}{2}$ cups
2 oz	$\frac{1}{4}$ cup = 4 T	6 oz	$\frac{3}{4}$ cup = 12 T.	16 oz	2 cups or
3 oz	$\frac{3}{8}$ cup = 6 T	8 oz	1 cup = 16 T	1 pint or 1 pound of liquid	