

**Choice CYCLE Menu THREE SD Meals Program (these are ALL individually analyzed to meet the Guidelines) 6-14**

# Cycle Day	(# ) coincide w/	Choice Menu (CM)	Numbers	
<p>#1 (CM#7)            1 serv. <b>Applesauce</b> <b>Ribs</b> O CS  <b>OR Meatloaf (cut to yield)</b> ½ CS  <b>OR</b> ¾ c Turkey Ala King 1 CS</p> <p>Small (½ c) Baked Potato 1 CS            ½ c Parslied Carrots ½ CS            ¾ c. Froz, unswd Strawberries 1CS            thawed &amp; 2 T light Whip Topping</p> <p>&amp;            1 T. Sour Cream            2 slices whole grain bread 2 CS            2 tsp marg</p>	<p>#2 (CM#2)            ½ c <b>Sloppy Joe</b> on Bun 2 CS            1 c <b>Cr of Broccoli Soup</b> 2CS</p> <p><b>OR</b> 2 oz Roast Turkey            ½ c <b>Mashed Potatoes</b> 1 CS  <b>3 oz Gravy</b>            1/3 c <b>Seasoned Spinach</b>            2 slices whole grain bread 2 CS            2 tsp soft margarine</p> <p>&amp;            ½ c SF Chocolate Pudding with            Lite Topping 1 CS            1 medium orange (folate) 1 CS</p>	<p>#3 (CM#10)            1 <b>BkChicken Fried Steak</b> 1 CS            ½ c. <b>Mashed Potatoes</b> 1 CS            3 T. <b>Milk Gravy</b>  <b>OR</b> 1 1/8 c <b>Beef &amp; Noodles</b>            . 1½ CS</p> <p>&amp;            ½ c. Frozen, cooked peas 1 CS            ½ c Apricots, cn, extra light            syrup 1 CS</p> <p>1 1/2 sl whole grain brd 1 1/2CS            1 1/2 tsp. soft margarine</p>	<p>#4 (CM#11)            1 <b>MandarinOrangeChickenBreast</b>  <b>(Dorene's recipe)</b> 1 CS            ½ c <b>Parslied Potatoes</b> 1 CS  <b>OR</b> 1¼ c <b>Spaghetti &amp; MeatSc</b> 2CS  <b>Garnished w/ ¼ c diced gr pepper</b></p> <p>&amp;            ½ c Broccoli            ½ Banana 1 CS            ½ c SF Choc Pudding 2 T lite whip            topping 1 CS</p> <p>2 slices whole grain bread 2 CS            2 tsp soft margarine</p>	<p>#5 (CM#12)            1¼ c <b>HomemdeTomatoSoup</b> 1CS            1 <b>BeefSandwich (Hot/ Cold)</b> 2CS            3 low sodium whole wh crax ½ CS  <b>OR</b>  <b>Hamloaf (cut to yield)</b> 1/2 CS            ½ c <b>Baked Swt Potatoes</b> 1½ CS            ½ c Green beans, frz, ckd            1 ½ slices whole grain brd 1 ½ CS            1 ½ tsp. soft margarine</p> <p>&amp;            2/3 c sliced unsw thawed            Strawberries in ¼ c sugar free            Jello (3/4 c. serving) 1CS            1 med fresh orange 1CS</p>
<p>#6 (CM#1)            1 4 1/2"X6" <b>Hmde Pizza</b> 3 CS  <b>OR</b>  <b>1 pc Cacciatore Chicken</b>  <b>w/veggies</b> ½ CS            ½ c <b>Oven Bk Brown Rice</b> 1½ CS            1 slice whole grain bread 1 CS            1 tsp soft margarine</p> <p>&amp;            1 c+ <b>Tossed Salad</b> with 3 T white            kidney beans added            (magnesium)            2 T. French Dressing Reduced            Fat &amp; Sodium            ½ c. Cn Peaches, lite syrup 1 CS</p>	<p>#7 (CM#5)            1 1/2 c. <b>Chunky Chicken</b>  <b>Vegetable Soup</b> = 1 CS            (need larger bowls)  <b>1Toasted Garlic Brd</b> 1 CS  <b>OR</b>            3 oz <b>Pork Chop w/Celery Sc</b>            ½ c <b>Mashed Potatoes</b> 1 CS            ½ c <b>Carolina Beans</b> 2 CS            ½ c Broccoli, frz, ckd            2 slices whole grain bread 2 CS            2 tsp soft margarine</p> <p>&amp;            1/3-1/2 c Low Sodium V-8 Jc            ½ Medium Banana 1 CS</p>	<p>#8 (CM#4)            1 1/3 cup <b>Spanish Rice</b>  <b>w/Hamburger</b> 3 CS  <b>OR</b>  <b>3 oz CO Roast Beef</b>            ½ c <b>Company Potatoes</b> 1½ CS</p> <p>&amp;            1/3 c. <b>Seasoned Spinach</b>            ½ c. unsw Grape Juice 1CS            1 medium orange 1CS</p> <p>1 slice whole grain bread 1 CS            1 tsp. soft margarine</p>	<p>#9 (CM#14)            3 oz Roast Pork            ½ c Boiled Potatoes 1CS            2 oz <b>Gravy</b>            1 slices whole grain bread 1 CS            2 tsp soft margarine  <b>OR</b>  <b>Pinto Beans (1/2 c) with Beef</b>  <b>Nachos, see recipe for amts</b> 3 CS            1 slices whole grain bread 1 CS            1 t. soft margarine</p> <p>&amp;            2 T. Cranberry Sauce 1CS            ½ c. Peas &amp; Carrots,mixed ½ CS            (or 1/2 c raw Carrots 0 CS w/Nachos)            ½ c. Orange juice            1CS            ½ c Sugar Free Jello, 2 T. whip            topping &amp; 1 T. slivered almonds0CS</p>	<p>#10 (CM#24)            1 1/3 c <b>HeartlandShepard's</b>  <b>Pie</b> . 2CS            (1/3 c potato and 1 cup meat-veg)            1 slice whole grain bread 1 CS            2 tsp soft margarine  <b>OR</b>  <b>1 pc Baked Chicken</b> ½ CS            ½ c <b>Harvard Beets</b> 1 CS            2 slices whole grain bread 2 CS            2 tsp soft margarine</p> <p>&amp;            ½ c <b>Baked Sweet potato</b> 1½ CS            ½ c Cn Pears, light syrup 1 CS            6 oz Tomato Juice ½ CS</p>
<p>#11 (CM#16)            1 c. <b>CHILI</b> 1½ CS  <b>2 oz. Cinnamon roll, lightly</b>  <b>frosted/froz dough</b> 2 CS  <b>OR BBQ Ribs (cut/yield)</b> ½ CS            ½ c Baked Potato 1 CS            2 T. Light Sour Cream  <b>1 oz (1/2) Cinnamon Roll</b> 1 CS</p> <p>&amp;            ½ c. baby carrots (raw or ckd)            ½ c. Light Blueberry Yogurt, nonfat            fresh (not frozen) 1 CS            2 T. slivered almonds            1 med fresh orange 1 CS            (No bread, marg or crackers)</p>	<p>#12 (CM#26)            1 1/3 c <b>Chicken Shepard's Pie</b>            2 CS            (1/3 c potato &amp; 1 c chicken-veg)            ½ c. Broccoli, frz, ckd  <b>OR</b>            3 oz <b>Traditional Beef Roast +</b>  <b>1/4 c veg topping</b> 1/2 CS            ½ c <b>Herbed Potato Dices</b> 1 CS  <b>1 CUP Broccoli, frz, ckd</b> 1/2 CS</p> <p>&amp;            1 medium banana 2 CS</p> <p>2 slices whole grain bread 2 CS            2 tsp soft margarine</p>	<p>#13 (CM#3)  <b>Grilled (or Cold) Club</b>  <b>Sandwich</b> 2 CS  <b>OR</b>  <b>Pork Cutlet YA</b> ½ CS            ½ c <b>NavyBean sidedish</b> 1½ CS</p> <p>&amp;            ½ c. <b>English Pea Salad</b> 1 CS            4 oz. Salt Free V-8 Juice            ½ c. Cn Pears, lite syrup 1CS</p>	<p>#14 (CM#15rev)            3 oz Grilled or Broiled Hamburger            1 1/2 slices whole grain brd 1 ½ CS            1 tsp soft margarine  <b>OR</b>  <b>3 oz Liver &amp; ¼ c Onions</b> 1 CS            1 slice whole grain bread 1 CS            No margarine</p> <p>&amp;            ½ c <b>Company Potatoes</b> 1½ CS            ½ c <b>Parslied Carrots</b>  <b>1 c Tossed Salad</b>            1 T French Dr Reduce Fat&amp;Sodium            ½ c Fruit cocktail, light syrup 1 CS</p>	<p>#15 (CM#22)  <b>Parmesan Chicken</b>            ½ c <b>Scalloped Potatoes</b> 2 CS  <b>OR</b>  <b>2/3 c. TatorTot CasseroleCO</b> 1CS</p> <p>&amp;            1/3 c <b>Seasoned Spinach</b>            ½ c Mixed Tropical Fruit, light            syrup 1 CS</p> <p>2 slices whole grain bread 2 CS            2 tsp soft margarine</p>

<p>#16 (CM#9)  1 pc. <b>Autumn Chicken</b> 1 CS  ½ c. <b>Baked Sweet Potato</b> 1 1/2 CS  1 slices whole grain bread 1 CS  1 tsp soft margarine  <b>OR</b>  <b>1 1/3 c Heartland Shepard's Pie</b>  (1/3 c potato and 1 cup meat-veg) <b>2 CS</b>  2 slices whole grain bread 2 CS  2 tsp soft margarine</p> <p><b>&amp;</b>  <b>½ c. Harvard Beets</b> 1 CS  <b>1 c. Tossed Salad</b>  <b>1 T. Ship Salad Dressing</b>  ½ c. Mandarin oranges lite syrup  1 CS</p>	<p>#17 (CM#17)  ¾ c. <b>SAUSAGE GRAVY</b> over  <b>BISCUIT for SausGravy</b> 2 CS  <b>OR</b>  <b>Ham Loaf YA</b> (cut to yield) ½ CS  ½ c. <b>Parslied Potatoes</b> 1 CS</p> <p><b>&amp;</b>  ½ C. Ckd Froz Green Beans, plain  ½ c. <b>Baked Squash</b> 1 CS  ¾ c. Strawberries in Diet Jello  (-2/3 c. Unsw, strawberries, froz  thawed or fresh, diced in ¼ c.diet  Jello) 1 CS  1 slice whole grain bread 1 CS  1 ½ tsp soft margarine</p>	<p>#18 (CM#6)  1¼ c <b>Cr ofPotato Soup</b> 1 1/2CS  1 <b>Meat Salad Sandwich</b> w/ red  lettuce leaves 2 CS  <b>OR</b>  <b>3 oz Roast BeefCO</b>  <b>3 oz Mashed Potatoes</b> 1 CS  <b>3 oz Brown Gravy</b>  1-2 slices whole grain brd1- 2CS  1-2 tsp soft margarine</p> <p><b>&amp;</b>  ½ c Salt Free stewed cn or fresh  Tomatoes (hot or cold)  ½ c. Diet Lemon Jello with 2 T.  Lite whipped topping  ½ c Cn Peaches, lite syrup 1 CS</p>	<p>#19 (CM#28)  1 c. <b>Sweet &amp; Sour Pork</b> 1 CS  2 slices whole grain bread 2 CS  2 tsp soft margarine  <b>OR</b>  <b>½ c Beef Tips &amp; Gravy 0CS</b>  1 slice whole grain bread 1 CS  1 tsp soft margarine</p> <p><b>&amp;</b>  ½ c <b>Oven Bk Brown Rice</b> 1½ CS  ¾ c <b>Steamed Broccoli</b>  ½ c Cn Apricots, light syrup 1CS</p>	<p>#20 (CM#20)  1¼ c <b>Chicken Noodle Veg Soup</b>  w/ 1 large Chicken Leg ea 2 CS  6 unsalted top saltines or unsalted  top whole grain crackers 1 CS  <b>OR</b>  <b>3 oz Cider Braised Pork Chop +</b>  ½ c veg in recipe 1 CS  1 c. Baked Potato 2 CS  2 T. Sour Cream, Light  1 slice whole grain bread 1 CS  1 tsp margarine</p> <p><b>&amp;</b>  ½ Banana 1 CS  ½ cup Orange Juice 1 CS  ½ cup sugar free jello (optional)  with 1 T. Whipped Topping</p>
<p>#21 (CM#8 Rev)  1 1/8 c. <b>Steak&amp;Tater Stew</b> 1½ CS  Whole wheat Crackers, unsalted  (amount to = 27-30 g  carbohydrate) 2 CS  <b>OR</b>  <b>1 c. Chicken &amp; Dressing</b> 2 CS  <b>2 T. Cranberry Sauce</b> 1 CS  <b>½ c. Parslied Carrots</b> ½ CS  1 slice whole grain bread 1 CS  1 tsp margarine</p> <p><b>&amp;</b>  ½ c. orange juice 1 CS  <b>Fruit Crisp</b> with 1 T. lite  whipped topping 1 1/2 CS</p>	<p>#22 (CM#25)  1 c <b>SierraTurkey Casserole</b> 2 CS  <b>OR</b>  <b>3 oz Roast Pork</b>  ½ c. <b>Mashed Potatoes</b> 1 CS  <b>3 oz Brown Gravy 0 CS</b></p> <p><b>&amp;</b>  ½ c. Cooked Spinach  ½ c Baby Carrots (fresh or ckd)  ½ c Fresh Strawberries ½ CS  2 slices whole grain bread 2 CS  2 tsp soft margarine</p>	<p>#23 (CM#18)  1 Serv. <b>French Dip Sandwich</b>  1½ CS  <b>OR</b>  <b>3 oz Traditional Beef + ¼ c veg</b>  topping ½ CS  1 slice whole grain bread 1 CS</p> <p><b>&amp;</b>  1/2 c Baked Potato 1 CS  1T light Sour Cream  1½ t. soft margarine  ½ c Ckd Froz GreenBeans plain  1 serv. <b>Crunchy Cranberry</b>  <b>Salad</b> 1CS  ½ c. Cn ApricotsLight syrup 1CS</p>	<p>#24 (CM#23)  <b>Meatloaf</b> ½ CS  ½ c <b>Oven Brownd Potato</b> 1 CS  <b>OR</b>  <b>1 1/3 c Chicken Shepard's Pie</b>  (1 c meat-veg mixture = 1/3 c potato  topping) 2 CS</p> <p>½ c Ckd, Frz Green Beans  ½ c Ckd or Raw baby carrots  ¾ c. <b>Jello with Fruit</b> 1 CS</p> <p>2 slice whole grain bread 2 CS  2-3 tsp soft margarine</p>	<p>#25 (CM#27)  ½ c <b>Rotini</b> 1 ½ CS  <b>With Italian Chicken Breast</b>  <b>OR</b>  <b>ChickenCBrev (breast) 0 CS</b>  <b>OR</b>  <b>Bkd Chicken Fried Stk</b> 1 CS</p> <p><b>&amp;</b>  1/2 c <b>Baked Squash</b> 1 CS  1 c. <b>tossed salad</b> w/1 T reduced  fat/reduced Sodium French Dr.  1 medium orange 1 CS  1 slices whole grain bread 2 CS  1 tsp soft margarine</p>
<p><b>#26</b> (CM#21)  <b>Chef Salad</b> &amp; 2 T Light French  Dressing 1CS  <b>OR</b>  <b>1 c Oven Beef Stew</b> 1 CS</p> <p><b>&amp;</b>  1.5 oz Whole Wheat Low Sodium  Crax 2 CS  ½ c. Cn Peaches, light syrup 1 CS  <b>1 Cranberry Orange Bar</b> 1 CS  (No Bread or Marg with this meal)</p>	<p>#27 (CM#13)  3 oz <b>Liver &amp; Onions</b> 1CS  Small (½ c) Baked Potato 1CS  ½ c. <b>Green Beans Amandine</b>  1-2 slices whole grain bread  . 1-2 CS  1-2 tsp soft margarine  <b>OR</b>  <b>1 ½ c Chunky Chicken Veg</b>  <b>Soup</b> 1 CS  1slice whole grain bread 1 CS  1 tsp soft margarine</p> <p><b>&amp;</b>  ¾ c <b>Crunchy Cranberry Salad</b>  1 CS</p>	<p>#28 (CM#19)  1 c. <b>Hamburger Casserole</b> 1½ CS  2 slices whole grain bread 2 CS  1 T. soft margarine</p> <p><b>OR</b>  <b>1 pc "Breaded" Baked Fish 0 CS</b>  ½ c <b>Company Potatoes</b> 1½ CS  ½ c <b>Creamed Peas</b> 1 CS  1 slice whole grain bread 1 CS  1 tsp. soft margarine</p> <p><b>&amp;</b>  1/2 c. ckd froz carrots with parsley  or ½ c Raw Carrots  1 med fresh orange 1 CS  ½ c. lime or red sugar free jello with  1 T. whipped topping</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	<b>CS</b> = Carb Serving Each CS = ~15 grams <b>CHO</b> for diabetics who are controlling CHO intake  <b>LS</b> Low Salt/Low Sodium <b>SF</b> Sugar Free	<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.	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.	<b>SF instant pudding (Jello brand) measure:</b> 1 oz = 5 T or ¼ c + 1T  <b>1 cup nonfat or 1% milk &amp; 1 cup water</b> are included in the analysis each day and should be served daily
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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 Menu 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	