<table>
<thead>
<tr>
<th># Cycle Day</th>
<th>(#) coincide w/</th>
<th>Choice Menu (CM)</th>
<th>Numbers</th>
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</thead>
<tbody>
<tr>
<td>#1 (CM#7)</td>
<td>1 serv. Applesauce Ribs 0 CS</td>
<td>1 med fresh orange</td>
<td>1 CS</td>
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<td></td>
<td>OR Meatloaf (cut to yield) ½ CS</td>
<td>2 T. slivered almonds</td>
<td>½ CS</td>
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<td></td>
<td>OR ¾ c Turkey Ala King 1 CS</td>
<td>½ c Light Blueberry Yogurt, nonfat fresh (not frozen)</td>
<td>1 CS</td>
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<tr>
<td>Small (½ c) Baked Potato 1 CS</td>
<td>&amp; 2 slices whole grain bread 2 CS</td>
<td>½ c Frozen, cooked peas 1 CS</td>
<td>1 CS</td>
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<tr>
<td>½ c Parsled Carrots ½ CS</td>
<td>⅓ c Unswd Strawberries 1 CS</td>
<td>⅔ apricots, cn, extra light syrup</td>
<td>1 CS</td>
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<tr>
<td>¼ c. Froz, unswd Strawberries 1CS thawed &amp; 2 T light Whip Topping</td>
<td>&amp; 1 ½ sliced whole grain brd 1/2 CS</td>
<td>1 tsp soft margarine</td>
<td>1 CS</td>
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<tr>
<td>&amp; 1 T. Sour Cream</td>
<td>½ c Broccoli</td>
<td>1 ½ tsp soft margarine</td>
<td>1 CS</td>
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<tr>
<td>2 slices whole grain bread 2 CS</td>
<td>½ c. Orange juice</td>
<td>2 slices whole grain bread</td>
<td>2 CS</td>
</tr>
<tr>
<td>2 tsp margarine</td>
<td>⅔ c. Orange juice</td>
<td>2 tsp soft margarine</td>
<td>2 CS</td>
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| #6 (CM#1) | 1 4 1/2"X6" Hmde Pizza 3 CS | 1 1/2 c. Chn Pears, light syrup | 1 CS |
| OR | 1 pc Cacciatorc Chicken w/veggies ⅓ CS | ½ c. Frozen, cooked peas 1 CS | 1 CS |
| ½ c Oven Bk Brown Rice 1½ CS | ⅔ apricots, cn, extra light syrup | 1 CS |
| 1 slice whole grain bread 1 CS | & 1 slice whole grain bread 1 CS | 1 sliced whole grain bread | 1 CS |
| 1 tsp soft margarine | 1 medium orange (folate) 1 CS | 1 tsp soft margarine | 1 CS |
| & 1 c+ Tossed Salad with 3 T white kidney beans added (magnesium) | & 1/3-1/2 c Low Sodium V-8 Jc | 1/3 c Sw Ed Pears, lite syrup | 1 CS |
| ½ Medium Banana 1 CS | ½ Medium Banana 1 CS | 1/3 c Sw Ed Pears, lite syrup | 1 CS |

| #11 (CM#16) | 1 c CHILLI 1 ½ CS | 1 1/3 c. Grilled (or Cold) Club Sandwich 2 CS | 1 CS |
|             | OR BBQ Ribs (cut/yield) ½ CS | 3 oz Grilled or Broiled Hamburger 1 ½ CS | 1 CS |
| ½ c Baked Potato 1 CS | OR Pork Cutlet YA ½ CS | 1 ½ slices whole grain brd 1 ½ CS | 1 CS |
| 2 T. Light Sour Cream | OR ½ c NavyBean sidedish 1 ½ CS | 1 tsp soft margarine | 1 CS |
| 1 oz (1/2) Cinnamon Roll 1 CS | & ⅓ c. English Pea Salad | 1 slice whole grain bread 1 CS | No margarine |
| & ⅓ c. baby carrots (raw or ckd) | & ½ c. Company Potatoes | ⅓ c. Fn Pears, lite syrup | 1 CS |
| ⅓ c. Light Blueberry Yogurt, nonfat fresh (not frozen) | & ½ c Parsled Carrots | ½ c Fruit cocktail, light syrup | 1 CS |
| 1 CS | & 1 T. Tator Tod CasserolesCO1CS | 2 CS | 2 tsp soft margarine |
| 2 T. Slied almonds | & 1/3 c. Seasoned Spinach | ⅓ c. Mixed Tropical Fruit, light syrup | 1 CS |
| 1 med fresh orange | ½ c. Scallloped Potatoes | 1 CS | 2 CS |
| 1 CS | OR 2/3 c. TatorTod CasserolesCO1CS | 2 CS | 2 tsp soft margarine |
| (No bread, marg or crackers) | & 1/3 c. Seasoned Spinach | ⅓ c. Mixed Tropical Fruit, light | 1 CS |

| #12 (CM#26) | 1 1/3 c. Chicken Shepard’s Pie 2 CS | 3 oz Liver & 1/4 c Onions 1 CS | 1 CS |
|             | OR 1/4 c. veg topping | 1 slice whole grain bread | 1 CS |
| 1/3 c potato & 1 chicken-veg) | OR ½ c. Herbed Potato Dices 1 CS | No margarine | 1 CS |
| ½ c. Broccoli, frz, ckd | OR 1 CUP Broccoli, frz, ckd | & ½ c Company Potatoes | 1/2 CS |
| ½ c. C& (1/3 c potato & 1/2 c ham) | ⅓ c. Salt Free V-8 Juice | & ½ c Parsled Carrots | 1 CS |
| 1 CS | ½ c. Cn Pears, lite syrup | 1 CS | 1 CS |
| & 1 medium banana | 1/2 c. C& | 1 T. French Dr Reduce Fat&Sodium | 1 CS |
| 2 CS | ½ c. C& | ½ c Fruit cocktail, light syrup | 1 CS |
| 2 tsp soft margarine | & ½ c Company Potatoes | 1/2 CS | 2 CS |
| 2 slices whole grain bread 2 CS | & 1/3 c. Seasoned Spinach | ⅓ c. Mixed Tropical Fruit, light | 1 CS |
| 1 CS | OR 2/3 c. Tator Tod CasserolesCO1CS | 2 CS | 2 tsp soft margarine |
### #16  **CM#9**
- 1 pc. **Autumn Chicken** 1 CS
- ½ c. Baked Sweet Potato 1 ½ CS
- 1 slices whole grain bread 1 CS
- 1 tsp soft margarine
  **OR**
- 1/3 c Heartland Shepard’s Pie
  - (1/3 c potato and 1 cup meat-veg) 2 CS
- 2 slices whole grain bread 2 CS
- 2 tsp soft margarine
  &
- ½ c. Harvard Beets 1 CS
- 1 c. Tossed Salad
- ½ c. Mandarin oranges lite syrup
  1 CS

### #17  **CM#17**
- ¾ c. **SAUSAGE GRAVY** over **BUCK STRIP** 2 CS
  **OR**
- Ham Loaf YA (cut to yield) ½ CS
- ½ c. Parsley Potatoes 1 CS
  &
- ½ c. Ckd Froz Green Beans, plain
  1 CS
- **Baked Squash** 1 CS
- 3/4 c. Strawberries in Diet Jello (~2/3 c. Unsweet, 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

### #18  **CM#6**
- 1 ½ c **Cranberry Orange Bar**
  - ½ c. Cn
  - 1.5 oz Whole Wheat Low Sodium &
  - 1 c Oven Dressing
  - Chef Salad
  - #26
  - ___________________
  - whipped topping
  - ½ c. orange juice &
  - 1 ½ c. Ckd Froz Green Beans, plain
  - 1 tsp soft margarine
  &
  - ½ c. Mandarin oranges lite syrup
  1 CS

### #19  **CM#28**
- 1 c. **Sweet & Sour Pork** 2 CS
- 2 slices whole grain bread 2 CS
- 2 tsp soft margarine
  **OR**
- ½ c **Beef Tips & Gravy** 0 CS
- 1 slice whole grain bread 1 CS
- 1 tsp soft margarine
  &
  - ½ c **Oven Bk Brown Rice** ½ CS
  - ¾ c. Steamed Broccoli
  - ½ c Cn Apricots, light syrup 1 CS

### #20  **CM#20**
- 1 ½ c **Chicken Noodle Veg Soup**
  - w/ 1 large Chicken Leg ea 2 CS
- 6 unsalted top saltines or unsalted top whole grain crackers 1 CS
  **OR**
- 3 oz **Cider Braised Pork Chop**
  - ½ ve 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
  &
  - ½ Banana 1 CS
  - ½ cup Orange Juice 1 CS
  - ½ cup sugar free jello (optional) with 1 T. Whipped Topping

### #21  **CM#8 Rev**
- 1 1/8 c. **Steak&Tater Stew** ½ CS
  Whole wheat Crackers, unsalted (amount to = 27-30 g)
  (1 c. Diet Lemon Jello) 2 CS
  **OR**
  1 c. Chicken & Dressing 2 CS
  2 T. Cranberry Sauce 1 CS
  ½ c. Parsled Carrots ½ CS
  1 slice whole grain bread 1 CS
  1 tsp margarine
  &
  - ½ c. orange juice 1 CS
  - *Fruit Crisp* with 1 T. lite whipped topping 1 1/2 CS

### #22  **CM#25**
- 1 c **SierraTurkey Casserole** 2 CS
  **OR**
  - 3 oz Roast Pork 1/4 c. Mashed Potatoes 1 CS
  - 3 oz **Brown Gravy** 0 CS
  &
  - ½ c. Cov 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

### #23  **CM#18**
- 1 Serv. **French Dip Sandwich**
  **OR**
  - 3 oz Traditional Beef + ½ c veg topping 1 slice whole grain bread 1 CS
  &
  - 1/2 c Baked Potato 1 CS
  - 1T light Sour Cream
  - 1 ½ t. soft margarine
  - ½ c Ckd Froz GreenBeans plain
  1 CS
  - *Crunchy Cranberry Salad*
  1 CS
  - ½ c Cn ApricotsLight syrup 1 CS

### #24  **CM#23**
- **Meatloaf**
  ½ CS
  **OR**
  - 1 ½ c **Browned Potato**
  1 CS
  - 1 1/3 c Chicken Shepard’s Pie
  (1 c meat-veg mixture = 1/3 c potato topping) 2 CS
  &
  - ½ c Ckd, Frz Green Beans
  - ½ c Ckd or Raw baby carrots
  ½ c **Jello with Fruit**
  1 CS
  2 slice whole grain bread 2 CS
  2-3 tsp soft margarine

### #25  **CM#27**
- **Rotini**
  1 ½ CS
  **OR**
  - ChickenCBre (breast) 0 CS
  - *Bkd Chicken Fried Stk* 1 CS
  &
  - 1/2 c **Baked Squash**
  1 CS
  1 c. *tossed salad 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

### #26  **CM#21**
- **Chef Salad** & 2 T Light French Dressing
  1CS
  **OR**
  - 1 c **Oven Beef Stew**
  1 CS
  &
  - 1.5 oz Whole Wheat Low Sodium Crax 2 CS
  - ½ c. Cn Peaches, light syrup 1 CS
  - **1 Cranberry Orange Bar** 1 CS
  (No Bread or Marg with this meal)
Recipe and menu abbreviations:
AP = As Purchased
EP = Edible Portion
~ = Approximately
CHO = Carbohydrate
CS = Carb Serving
Each CS = ~15 grams
CHO for diabetics who are controlling CHO intake
LS = Low Salt/Low Sodium
SF = Sugar Free

SF gelatin (Jello) measure:
.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.

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 = ~ 1 CS.
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

1 cup = 16 Tablespoons; ¼ cup = 4 Tablespoons; ⅛ cup = 5 1/3 Tablespoons; ½ cup = 8 Tablespoons;
2/3 cup = 10 2/3 Tablespoons; ¾ cup = 12 Tablespoons

SCOOPS:
#6 = 2/3 cup = 10 2/3 T.    #30 = 2 T.    The number on the scoop = # level scoopfuls in 1 quart of product.
#8 = ½ cup = 8 T.    #40 = 1 2/3 T.    For example: eight #8 scoops = 1 quart.  1 quart = 4 cups so, four cups
#10 = 3/8 cup = 6 T.    #50 = 3 ⅔ t.    divided by 8 (scoop size) = ½ cup; ½ c is the measure of a #8 scoop
#12 = 1/3 cup = 5 1/3 T.  #60 = 3 ⅔ t.    when level.
#16 = ¼ cup = 4 T.     #70 = 2 ¾ t.
#20 = 3 1/3 T.     #100 = 2 t.
#24 = 2 2/3 T.

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

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<tbody>
<tr>
<td>1 oz</td>
<td>1/8 cup = 2 T</td>
<td>4 oz</td>
<td>1/2 cup = 8 T.</td>
<td>12 oz</td>
<td>1 ½ cups</td>
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<tr>
<td>2 oz</td>
<td>¼ cup = 4 T</td>
<td>6 oz</td>
<td>¾ cup = 12 T.</td>
<td>16 oz</td>
<td>2 cups or</td>
</tr>
<tr>
<td>3 oz</td>
<td>3/8 cup = 6 T</td>
<td>8 oz</td>
<td>1 cup = 16 T.</td>
<td>1 pint or 1 pound of liquid</td>
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