

Choice Cycle Menu 1

SD Meals Program

(these are ALL individually analyzed to meet the Guidelines)

# Cycle Day	Choice Menu (CM)	refers to choice menu	number & analysis	6-14
#1 (CM#48C) 3 oz Pork Chop Baked with onion and herbs Or Baked Chicken ½ c. Baked Potato 1 CS ½ c. Broccoli Corn Bake 1 CS 1 c+ Spinach Salad 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#53A) 1 ¼ c. Cr of Potato Soup 1½ CS 1 Egg Salad Sandwich 2 CS OR 1 ½ c Chunky Chicken Veg Soup=1 CS & 1 bread (1CS) & 1 marg ¼ c. Cucumber Slices 1 Medium Fresh Orange 1 CS No additional bread or margarine for Sandwich version of menu	#3 (CM#61A) 1 Baked Steak w/Mushrooms & 3 T. gravy = 0 CS OR Swedish Meatballs = 1 CS ½ c Parslied Potatoes 1 CS ½ c Baked Squash 1 CS 3 Tomato Slices on Lettuce Leaf ½ c Berry Fruit Salad 1 CS 1 sl whole grain bread 1 CS 2 tsp margarine	#4 (CM#56A) 1 c Chicken&DressingLS 2 CS OR Pork Cutlet ½ CS serve pork w/only 1 Bread & 1 marg (below) ½ C Mashed Potatoes 1 CS 3 oz Gravy ½ c Peas, froz, ckd 1 CS 2 T. Cranberry Sauce 1 CS 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 Beef Noodle Stroganoff 2CS OR 1 ½ c Hungarian Goulash 3 CS 1/2 c Parslied Carrots ½ CS ½ c Coleslaw, Noncreamy ½ c. Mandarin Oranges, lite syrup 1 CS 1 sl whole grain bread 1CS 1 tsp margarine
#6 (CM#66A) ½ c Kimball Sloppy Joe mixture ½ CS 1 WholeWheat Hamb Bun 1 ½ CS OR Grilled Club Sandwich 2 CS ½ c. Potato Wedges 1 CS ½ c Fresh or Ck Baby Carrots ½ c Tomato Spoon Salad ½ CS (or ½ c low sodium V-8 Jc 0 CS) ½ c Cn Pears, Lite Syrup 1 CS 1 Cranberry Orange Bar 1 CS No bread or margarine	#7 (CM#62B) 2 oz (only) Low Sodium Ham OR 3 oz Hamburger Patty 1 c. Baked Potato 2 CS 2 T. Light Sour Cream ½ c.Ckd Frzn 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 only to keep sodium within guidelines	#8 (CM#27) ½ c Rotini 1 ½ CS With Italian Chicken Breast OR 1 c Sierra Beef Casserole = 2 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 2 slices whole grain bread 2 CS 2 tsp soft margarine	#9 (CM#10) 1 Bk Chicken Fried Steak 1 CS OR Ham Loaf cut to yield ½ CS w/only 1 margarine (below) ½ c. Mashed Potatoes 1 CS 3 T. Milk Gravy ½ c. Frozen, cooked peas (folate) 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#35) 1 1/8 c Cabbage BeefSoup 1½ CS OR Spinach (1 c) Salad w/mand oranges (1/4 c) & 1 T Honey Mustard Dr + 2 unsalted top saltine sq=1CS & Chicken Sandwich (cold) 2 CS Bread Pudding w/topping 1½ CS No additional bread
#11 (CM#69D) 1 c Macaroni & Cheese w/Chicken . 2 CS OR 1 large Porcupine Meatball (made with #8 scoop) with 1/4 c Brown Gravy = 1 CS ½ c Ckd, Frz, Peas 1 CS ½ c Low Sodium V-8 Jc ½ c Fruit Crisp 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 Swiss Steak - serve w/only 1 bread & 1 marg (below) ½ c Parslied Potatoes 1 CS ½ c Broccoli ½ c Patio Salad 1 CS ¾ c Crunchy Cranberry Salad 1 CS 2 sl. Whole grain bread 2 CS 2 tsp margarine	#13 (CM#23) 1 pc Meatloaf (cut to yield) ½ CS & ½ c Oven Br Potato 1CS OR 1 c Hamburger Casserole = 1 CS ½ c Ckd, Froz Green Beans ½ c Ckd, Froz Carrot slices 1 tsp marg for veg ¾ c. Jello with Fruit 1 CS 2 slice whole grain bread 2 CS 2 tsp soft margarine	#14 (CM#9) 1 pc. Autumn Chicken 1 CS OR Applesauce Ribs = 0 CS ½ c. Baked Sweet Potato 1½ CS ½ c. Harvard Beets 1 CS 1 c. Tossed Salad 1 T. Ship Salad Dressing ½ c. Mandarin oranges in light syrup 1 CS 1 sl. Whole grain bread 1 CS 1 tsp margarine	#15 (CM#42) 3 oz Roast Turkey OR 3 oz Hamburger Patty ½ c Potato Salad 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 Beef Tips & Gravy ½ c Potatoes, Mashed (fresh)YA 1 CS OR Chicken Pot Pie w/Ms Potato Topping TO YIELD = 2CS 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#5) 1 1/2 c. Chunky Chicken Vegetable Soup = 1 CS (need larger bowls) 1 Toasted Garlic Brd slices 1 CS OR 1 Meat Salad Sandwich=2 CS & 1 1/3 c Cr of Broc Soup = 1CS 1/3 c V-8 Juice ½ Medium Banana 1 CS	#18 (CM#70A) 3 oz CO Roast Beef OR Citrus Chicken ½ c Herbed Potato Dices 1 CS 3 oz Gravy ½ c Green Beans, ckd from fzn 2 T. Cranberry Sauce 1 CS ¾ c. Perfection Salad ½ CS 1 Med Fresh Orange 1 CS 1 sl whole grain bread 1 CS 2 tsp margarine	#19 (CM#43) 1 serv. Lasagna (Yankton rev) (cut to recipe yield) 1 ½ CS OR 1+ c Chicken&Noodles= 2 CS ½ c Peas, frz, ckd 1 CS ½ c. Chinese Coleslaw 1 CS 1 sl. whole grain bread 1 CS 1 tsp margarine ½ c Fruit Slush 1 ½ CS	#20 (CM#48A) 3 oz Pork Chop w/apple cranberry chutney 1 CS OR Salisbury Stk w/Brown Gravy = 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#7) 1 serv. Applesauce Ribs 0 CS OR Meatloaf (cut to yield) ½ CS Small (½ c) Baked Potato 1 CS ½ c Parslied Carrots ½ CS ¾ c. Froz, unsweetened Strawberries thawed & 2 T light Whip Topping 1 CS 2 sl. Whole grain bread 2 CS 2 tsp margarine</p> <p>Recipe and menu abbreviations: AP As Purchased EP Edible Portion ~ Approximately CHO Carbohydrate CS Carb Servings</p>	<p>#22 (CM#75A) 1 pc Baked Chicken ½ CS OR 3 oz Traditional Roast Beef + 1/4 c veg topping 1/2 CS</p> <p>½-2/3 c Bk Sweet Potato, Fresh 1½ CS . ½ c Green Beans, ck f/frzn ½ c Tomato Spoon Salad ½ CS ½ c Cn Pears, lite syrup ½ CS 1 Kimballs Favorite Cookie 1 CS 2 sl whole grain brd 100% 2 CS 2tsp margarine</p> <p>CS = Carb Serving Each CS = ~15 grams CHO for diabetics who are controlling CHO intake</p> <p>LS Low Salt/Low Sodium SF Sugar Free</p>	<p>#23 (CM#33) 1 Cider-Braised Pork Chop with 1CS ½ c+ veg mix OR Salmon Patties = ½ CS serve w/2 bread (below)</p> <p>½ c. Country Time MacSalad 1CS ½ c Broccoli & Cauliflower ½ c Cooked Apples 1½ CS</p> <p>1 sl whole grain bread 1CS 2 tsp margarine</p> <p>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.</p>	<p>#24 (CM#29) 1 piece Upside Down Pizza 1 CS OR 3 oz Hamburger Patty serve with 2 bread (below) or Hamburger Bun</p> <p>½ c Baby Carrots, raw or ckd 1 c. Tossed Salad w/Dressing 1 med fresh Orange 1 CS 1 Cranberry-Orange Bar 1 CS</p> <p>1 sl Whole grain bread 1 CS ½ tsp margarine</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>#25 (CM#55) 1 c. Oven Bk Chicken Stew 1 ½ CS 6 Saltine crackers, unsalted top 1CS 1 sl whole grain bread 1 CS 2 tsp margarine</p> <p>OR Taco Salad (2 c) with 1 oz chips & ½ c bean/meat mixture for taco Salad = 2 CS</p> <p>1/2 c. Vanilla Ice Cream 1 CS ½ c. Fruit Crisp 1 ½ CS</p> <p>SF instant pudding (Jello brand) measure: 1 oz = 5 T or ¼ c + 1T</p> <p>1 cup nonfat or 1% milk & 1 cup water are included in the analysis each day and should be served daily</p>
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RECIPES are on website or may be obtained from the 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	