State Meals Program Choice Menus  

These menus are each separately analyzed to meet SD’s menu goals and any of these menus can be used to replace any menu in Cycle A, Cycle B, Cycle C, or Cycle D or they may be used to offer a second choice to an existing menu on any cycle. They could also be used to add an additional week to any of the existing menu Cycles (A, B, C or D).

<table>
<thead>
<tr>
<th>Day #</th>
<th>Choice Menus</th>
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| #29   | 1 piece Upside Down Pizza 1 CS  
1 1/2 c Baby Carrots, raw or ckd  
1 c. Tossed Salad w/Dressing  
1 med fresh Orange 1 CS  
1 Cranberry-Orange Bar 1 CS  
1 sl Whole grain bread 1 CS  
1 tsp margarine  
2 tsp whole grain bread 2 CS  
2 tsp margarine  |
| #30   | 3 oz Traditional Beef Roast  
3 c. Baked Potato 1 CS  
3 1/2 c. Baked Carrots  
1 serv Pacific Lime Mold 1/2 CS  
1 serv Cranberry Orange Bar 1 CS  
2 sl whole grain bread 2 CS  
2 tsp margarine  |
| #31   | 1 c Mexican Chicken Soup 1 CS  
1/2 c. Fruity Slaw 1/2 CS  
6 Unsalted top crackers  
1/2 c Fruit Crisp 1/2 CS  
2 sl whole grain bread 2 CS  
2 tsp margarine  |
| #32   | 1 c. Lentil Soup 2 CS  
1 Meat Salad Sandwich  
Made w/2 whole grain brd 2 CS  
1/2 c Cn Pears, light syrup 1 CS  
1/2 c Sugar Free Jell-o 2 CS  
2 tsp margarine  |
| #33   | 1 Cider-Braised Pork Chop or 3 oz Loin with 1/2 c+ veg mix 1 CS  
1/2 c. Country Time MacSalad 1 CS  
1/2 c Broccoli & Cauliflower  
1/2 c Cooked Apples 1 1/2 CS  
2 sl whole grain bread 2 CS  
2 tsp margarine  |
| #34   | Cheeseburger Pie 1 CS  
2/3 c Baked Sweet Potato 2 CS  
1/2 c. Green Beans  
1/2 c. Berry Fruit Salad with 1 CS  
1/2 T. sliced almonds  
2 sl whole grain bread 2 CS  
2 tsp margarine  |
| #35   | 1 1/8 c Cabbage Beef Soup 1 1/2 CS  
Chicken Sandwich (cold) 2 CS  
Bread Pudding w/topping 1 1/2 CS  
2 sl whole grain bread 2 CS  
2 tsp margarine  |
| #36   | Grilled Chicken or Panini Sandwich 2 CS  
1 c Spinach Salad w/1 T Red. Cal. Honey Mustard Dr 1/2 CS  
1/2 Med Banana 1 CS  
1 oz sl plain Angelfood 1 1/2 CS  
2 T. Lite Cool Whip  |
| #37   | 1 c. Beef Barley Soup 1 1/2 CS  
Turkey Panini or #2 or Grilled or Hot  
Sand #2 2 CS  
1 c Dinner Salad (greens, almonds, tomatoes) & 1 T French  
Cr, light Dr 1 CS  
1/2 c Cn Pears, light syrup 1 CS  |
| #38   | 1 c Leek Soup 1 1/2 CS  
1 serv. Lasagna (Yankton rev)  
(cut to recipe yield) 1 1/2 CS  
1/2 c Peas, frz, ckd 1 CS  
1/2 c. Chinese Coleslaw 1 CS  
1 sl. whole grain bread 1 CS  
1 tsp margarine  |
| #39   | 1 c. Lentil Soup#2 1 1/2 CS  
Roast Beef Philly Grilled  
Sandwich or Panini 2 CS  
1/2 c. Baby Carrots (raw or ckd)  
1/4 c Banana slices & 1/2 c Cn Apricot  
Halves in lite syrup 1 1/2 CS  |
| #40   | 1 1/8 c Cabbage Beef Soup 1 1/2 CS  
Thanksgiving Turkey (cold) 2 CS  
4 Stonewheat Wheat Crackers 1/2 CS  
Frt Crisp (peach)&Topping 1 1/2 CS  |
| #41   | 1 1/8 c Creamy Asparagus Soup 1 CS  
Rst Beef Sandwich (cold) 2 CS  
4 Stonewheat Wheat Crackers 1/2 CS  
1/2 c Tropical Fruit Salad mix in  
light syrup 1 1/2 CS  
1/2 c. Banana Ice Cream 1 CS  |
| #42   | 1 c. Turkey Panini (or Grilled or Hot  
Turkey Sandwich) 2 CS  
1/2 c. Potato Salad 1 1/2 CS  
1/2 c. raw or ckd carrots  
1/2 c. Banana 1 CS  |
| #43   | 1 serv. Lasagna (Yankton rev)  
(cut to recipe yield) 1 1/2 CS  
1/2 c Peas, frz, ckd 1 CS  
1/2 c. Chinese Coleslaw 1 CS  
1 sl. whole grain bread 1 CS  
1 tsp margarine  |
| #44   | 2/3 c Tator TotCasseroleCO 1 CS  
1/2 c. Tossed Salad CO  
1 T. Orange Vinegarette Dressing  
3/4 c Baked Acorn Squash  
1 Banana, medium 2 CS  
2 slices whole grain bread 2 CS  
2 tsp. margarine  |
| #45   | 1 serv. Potato Topped  
Hamburger Delight (cut to recipe yield) 2 CS  
1/2 c. Parsled Carrots  
1/2 c. Berry Fruit Salad 1 CS  
2 sl. Whole grain bread 2 CS  
2 tsp. margarine  |
| #46   | 1 pc BBQ Ribs  
(cut 4 serv/#) 1 CS  
1/2 c. Potato Wedges 1 CS  
1 serv. 7-Layer Salad 1/2 CS  
1/2 c. Seasoned Spinach  
1/2 c Mandarin oranges, in light  
syrup 1 CS  
1 Dinner Roll, whole grain  
( 43 g (1 1/3 oz total) 1 CS  |
| #48   | 1 pc BBQ Ribs  
(cut 4 serv/#) 1 CS  
1/2 c. Potato Wedges 1 CS  
1 serv. 7-Layer Salad 1/2 CS  
1/2 c. Seasoned Spinach  
1/2 c Mandarin oranges, in light  
syrup 1 CS  
1 Dinner Roll, whole grain  
( 43 g (1 1/3 oz total) 1 CS  |
| #49   | 1 pc BBQ Ribs  
(cut 4 serv/#) 1 CS  
1/2 c. Potato Wedges 1 CS  
1 serv. 7-Layer Salad 1/2 CS  
1/2 c. Seasoned Spinach  
1/2 c Mandarin oranges, in light  
syrup 1 CS  
1 Dinner Roll, whole grain  
( 43 g (1 1/3 oz total) 1 CS  |

Recipe and menu abbreviations:  
AP As Purchased  
EP Edible Portion  
CS = Carb Serving  
Each CS = ~15 grams  
CHO for diabetics who are controlling CHO intake  
SF gelatin (Jello) measure:  
.1 oz = ~7/8 t.  
.5 oz or 1/2 oz = 4 2/3 t or  
Sites that bake bread/rolls:  
Where 2 slices of whole grain bread are listed a 2 oz whole grain roll may be substituted/  
SF instant pudding (Jello brand) measure:  
1 oz = 5 T or 1/4 c + 1T
RECIPIES are on website for BOLDED items (new items) and underlined items (on previous menus also) in these menus.

All meals include: 2 serving bread/grain products, 1 tsp. soft margarine/ slice bread, 1 c 1% milk, 1 c water & 1 c coffee unless otherwise noted.

Where less than 2 slices bread listed other grain products were run in the nutritional analysis. 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

1 pint = 2 cups
1 cup = 16 Tablespoons

1/4 cup = 4 Tablespoons; 1/3 cup = 5 1/3 Tablespoons; 1/2 cup = 8 Tablespoons;
2/3 cup = 10 2/3 Tablespoons; 3/4 cup = 12 Tablespoons

SCOOPS:
#6 = 2/3 cup = 10 2/3 T.  #30 = 2 T.
#8 = 1/2 cup = 8 T.  #40 1 2/3 T.
#10 = 3/8 cup = 6 T.  #50 = 3 3/4 t.
#12 = 1/3 cup = 5 1/3 T.  #60 = 3 1/4 t.
#16 = 1/4 cup = 4 T.  #70 = 2 3/4 t.
#20 = 3 1/3 T.  #100 = 2 t.
#24 = 2 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) = 1/2 cup; 1/2 c is the measure of a #8 scoop
when level.

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

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<td>3 oz</td>
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