

State Meals Program Choice Menus Cook's Menu Version

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).

Day #	Choice Menus				
#29	1 piece Upside Down Pizza 1 CS ½ c Baby Carrots, raw or ckd 1 c. <u>Tossed Salad</u> w/Dressing 1 med fresh Orange 1 CS 1 <u>Cranberry-Orange Bar</u> 1 CS 1 sl Whole grain bread 1 CS 1 tsp margarine	#30 3 oz Traditional Beef Roast ½ c. Baked Potato 1 CS ½ c Cooked Carrots 1 serv Pacific Lime Mold ½ CS 1 serv <u>Cranberry Orange Bar</u> 1 CS 2 sl whole grain bread 2 CS 2 tsp margarine	#31 1 c Mexican Chicken Soup 1CS ½ c <u>Fruity Slaw</u> ½ CS 6 Unsalted top crackers ½ c <u>Fruit Crisp</u> 1½ 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 2CS ½ c Cn Pears, light syrup 1 CS ½ c Sugar Free Jell-o 2T Lite Whipped Topping	#33 1 Cider-Braised Pork Chop or 3oz Loin with ½ c+ veg mix 1CS ½ c. Country Time MacSalad 1CS ½ c Broccoli & Cauliflower ½ c <u>Cooked Apples</u> 1½ CS 2 sl whole grain bread 2CS 2 tsp margarine
#34	Cheeseburger Pie 1 CS 2/3 c <u>Baked Sweet Potato</u> 2 CS ½ c. Green Beans ½ c Berry Fruit Salad with 1 CS ½ T. sliced almonds 2 sl whole grian bread 2 CS 2 tsp margarine	#35 1 1/8 c Cabbage Beef Soup 1½ CS Chicken Sandwich (cold) 2 CS <u>Bread Pudding w/topping</u> 1½ CS	#36 Grilled Chicken or Panini Sandwich 2 CS 1 c Spinach Salad w/1 T Red. Cal. Honey Mustard Dr ½ CS 1/2 Med Banana 1 CS 1 oz sl plain Angelfood 1½ CS 2 T. Lite Cool Whip	#37 <u>French Dip Sandwich</u> 1 ½ CS ½ c Carolina Beans 2 CS ½ c Italian Blend Veg w/1 tsp canola oil & saltfree seasoning 1 c. Spinach Salad w/1 T Red Cal Honey Mustard Dr ½ CS ½ c. Cn Apricots, light syrup 1 CS	#38 1 c Beef Barley Soup 1 ½ CS Turkey Panini #2 or Grilled or Hot Sand #2 2CS 1 c Dinner Salad (greens, almonds, tomatoes) & 1 T French Cr, light Dr 1 CS ½ c Cn Pears, light syrup 1 CS
#39	1 c Lentil Soup#2 1½ CS Roast Beef Philly Grilled Sandwich or Panini 2 CS ½ c Baby Carrots (raw or ckd) ¼ c Banana slices & ½ c Cn Apricot Halves in lite syrup 1½ CS	#40 1 1/8 c Cabbage Beef Soup 1½ CS Turkey Sandwich (cold) 2 CS 4 Stoneground Wheat Crackers ½ CS <u>Frt Crisp (peach)&Topping</u> 1½CS	#41 1 1/8 c Creamy Asparagus Soup 1 CS Rst Beef Sandwich (cold) 2CS 4 Stoneground Wheat Crackers 1/2 CS ½ c Tropical Fruit Salad mix in light syrup 1½ CS ½ c Vanilla Ice Cream 1 CS	#42 Turkey Panini (or Grilled or Hot Turkey Sand) 2 CS ½ c Potato Salad 1½ CS ½ c. raw or ckd carrots ½ Banana 1 CS	#43 1 serv. Lasagna (Yankton rev) (cut to recipe yield) 1 ½ 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
#44	2/3 c Tator TotCasseroleCO 1 CS ½ c Tossed Salad CO 1 T Orange Vinegarett 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 ½ c <u>Parslied Carrots</u> ½ 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 ½ CS ½ c. <u>Seasoned Spinach</u> ½ c Mandarin oranges, in light syrup 1 CS 1 Dinner Roll, whole grain (43 g (1 1/3 oz total)) 1 CS	#48	#49
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 ½ 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 ¼ c + 1T

~ Approximately CHO Carbohydrate CS Carb Servings	LS Low Salt/Low Sodium SF Sugar Free	~1 ½ T .6 oz = 5 ½ t Each oz = ~ 3 T 1/8 oz = ~ 1 1/8 t.	if 1 slice of whole grain bread is listed a small (1 oz) whole grain roll may be served.	1 cup nonfat or 1% milk & 1 cup water are included in the analysis each day and should be served daily
-----------------------------------------------------------------------	-------------------------------------------------------	-------------------------------------------------------------------	------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------

RECIPES 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

$\frac{1}{4}$ 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 scoops 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	