

## 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				
#49	<b>½ c Beef Tips &amp; Gravy</b> <b>½ c Potatoes, Mashed (fresh)YA</b> <div style="text-align: right;">1 CS</div> ½ c Broccoli & Carrots (1/2 of each) ½ c Peach slices, in light syrup 1 CS 2 sl Whole grain bread 2 CS 2tsp margarine Optional: ½ c SF Jello, 1T lite topping	#50 <b>½ c Beef Tips &amp; Gravy</b> <b>½ c Potatoes, Mashed (fresh)YA</b> <div style="text-align: right;">1 CS</div> Spinach Salad & Dr. ½ CS ½ c. SF Jello with 1 T Lite Whipped Topping 1 Small Pear Half , drained, light syrup ½ CS 2 sl whole grain bread 2 CS 2 tsp margarine	#51 (see additional #51 choice menu variations on website) <b>1 Pork Cutlet/ChopYA ½ CS</b> <b>1 Pork Dumpling/Sauerkraut (1/4 c.) 1 ½ CS</b> Spinach Salad & Dr ½ CS  <b>½ c Fruit Slush 1 ½ CS</b>  1 sl whole grain bread 1 CS 1 tsp margarine	#52 <b>2 Chicken Enchiladas 2 CS</b> Spinach Salad & Dr topped with 1 hard cooked egg, 2halves ½ CS  Fresh Orange 1 CS Cranberry Orange Bar 1 CS  No bread or margarine	#53 (see additional #53 choice menu variations on website) <b>1 Egg Salad Sandwich 2 CS</b>  ½ c Carrifruit Salad 1 CS ½ c. Mandarin Oranges 1 CS 1 medium banana 1½-2 CS  No additional bread or margarine
#54	<b>1 c. Oven Baked Beef Stew 1 CS</b>  ½ c. <u>Lime Pacific Salad</u> ½ c. <u>Fruit Crisp (Peach)</u> 1½ CS  3 Saltine crackers, unsalted top 1 CS  1 sl whole grain bread 1 CS 2 tsp margarine	#55 <b>1 c. Oven Bk Chicken Stew 1 ½ CS</b>  1/2 c. Vanilla Ice Cream 1 CS ½ c. Fruit Crisp 1 ½ CS 6 Saltine crackers, unsalted top 1CS  1 sl whole grain bread 1 CS 2 tsp margarine	#56 (see additional #51 choice menu variations on website) 1 c <u>Chicken&amp;DressingLS</u> 2 CS ½ C <u>Mashed Potatoes</u> 1 CS 3 oz <u>Gravy</u> ½ c Carrots, ckd 2 T. Cranberry Sauce 1 CS ½ c Grapes 1 CS 2 sl whole grain bread 2 CS 2 tsp margarine	#57	#58
# 59	#	#	#	#	
#	2 slices whole grain bread 2 CS 2 tsp. margarine	2 sl. Whole grain bread 2 CS 2 tsp. margarine	# 1 Dinner Roll, whole grain ( 43 g (1 1/3 oz total) 1 CS	# 2 sl. Whole grain bread 2 CS 2 tsp margaine	# 2 sl. Whole grain bread 2 CS 2 tsp margarine
<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 CHO 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

**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 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

**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

**¼ cup = 4 Tablespoons; 1/3 cup = 5 1/3 Tablespoons; ½ cup = 8 Tablespoons;**

1 gallon = 4 quarts = 16 cups      **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):**

Fluid Ounces	Approximate Measure	Fl. Oz.	Approx. Meas.	Fl. Oz.	Approx. Meas
1 oz	1/8 cup = 2 T	4 oz	1/2 cup = 8 T.	12 oz	1 1/2 cups
2 oz	1/4 cup = 4 T	6 oz	3/4 cup = 12 T.	16 oz	2 cups or
3 oz	3/8 cup = 6 T	8 oz	1 cup = 16 T	1 pint or 1 pound of liquid	