

B Menu Cycle MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/4 c Creamed Turkey 1 2 CS over 1 WW Biscuit (1CS) ½ c Oriental Blend Veg or opt cook's choice 2 nd LS veg 3 Tomato slices on Lett Leaf ½ c Fruit Cocktail 1CS (1 Whole Grain Brd 1CS)	1 Ginger Pork Chop 2 ½ c Baked Potato 1CS 2 T. Light sour cream 1/3 c Seasoned Spinach or optional cook's choice 2 nd LS vegetable Seasonal Fruit (grapes) 1-2 CS (2 Whole Grain Brd 2CS)	2 oz Hot Beef on 3 1sl Whole Grain Bread 1CS ½ c Mashed Potatoes 1CS & 3 oz Gravy ½ c Green Beans ½ c Peaches 1 CS ½ c Vanilla Ice Cream 1 CS (1 Whole Grain Bread 1CS) Make & chill Hawaiiian Chicken Salad	1 c Hawaiian Chicken 4 Salad 1CS 1 WW Cornbread Muffin 2CS + 2 t. margarine ½ c low sodium Stwd Tomatoes ½ c Frt Apple Crisp ½ CS & Topping (1 Whole Grain Brd 1 CS) Make Perf Salad for Friday	1 c Lasagna Rotini 5 Casserole (3CS) ½ c Peas (1CS) ¾ c SF Lemon Perfection Salad ½ CS ½ c Pears (1CS) (1 Whole Grain Brd 1CS)
Taco Casserole 2CS 6 ½ c Plain ckd carrots 1+c Tossed Salad/1T Balsamic Vinegar Dr or 2 T French Dr. Reduced sodium & Fat OR 4 oz LS V-8 Juice Seasonal Frt (orange) (1-2 CS) (1 Whole Grain Brd 1 CS) Make Frt in Pudding for Tues	2 oz Meatloaf 1/2 CS 7 ½ c Boiled Potato 1 CS + 1 t. margarine ½ c Broccoli or opt ck's choice 2 nd LS veg ¾ c Apricots in SF Pudding 1CS (2 Whole Grain Brd 2CS)	3 oz Roast Pork 8 ½ c Company Potatoes 1 ½ CS ½ c Cooked Cabbage 2 Plums, fresh or ½ c canned in light syrup (1 CS) (2 Whole Grain Brd 2CS)	¾ c Grd Beef/Gr Bean 9 Casserole (1CS) ½ c Potato Rounds/Tots 1CS served over casserole 1 Seasonal Fruit (banana) (1-2CS) (2 Whole Grain Brd 2CS) Make Fruit in Jello for Fri	1c Chicken & Dressing 10 2CS 2/3 c Baked Squash 1 CS ½ c Harvard Beets 1CS ¾ c SF Jello w/Frt Cocktail 1CS (1 Whole Grain Brd 1CS)
2 oz LS Ham 11 4 oz Bkd Sweet Potato 2CS ½ c Green Beans/onion ½ c Corn O'Brian 1 CS ½ c Apricots 1CS 3 oz Sherbet 2 CS (2 Whole Grain Brd 2CS) Make Potato Salad for Tues	3 oz Hamburger/ 12 Whole Wheat Bun 2CS ½ c Potato Salad 1 ½ CS Tomato slices on Lett Leaf 1 pkt ketchup, 1 T mustard ½ c Cooked apples 1 ½ CS (0 additional Bread)	1 1/8 c Beef & Noodles 1 ½ CS 13 1/3 c Seasoned Spinach or optional cook's choice 2 nd LS vegetable ¾ c Crunchy Cranberry Salad on ¼ c shred lettuce 1 ½ CS Seasonal Fruit (peach) 1-2 CS (1 Whole Grain Brd 1CS) Make Acini Di Pepe for Thurs	3 oz Citrus Chicken 14 ½ c Baked potato 1CS ½ c Peas 1CS ½ c Acini Di Pepe 1CS served over ¼ c chilled drained Pineapple ½ CS (2 Whole Grain Brd 2CS) 1 T light sour cream, 1 T. marg	3 oz Roast Beef 15 ½ c Mashed Potatoes 1CS 2 T Gravy ½ c Lima Beans, 1CS Seasonal Frt (orange) 1-2CS (2 Whole Grain Brd 2CS) BDay (Can switch menu to different day: Unfrosted banana cake sprinkled lightly w/powdered sugar & ½ c ice cr (4 CS))
1 Swiss Steak & ¼ c 16 Tomatoes & onion ½ c Baked Potato 1CS ½ c Oriental Blend Veg or optional cook's choice 2 nd LS veg Seasonal Fruit (grapes) (1-2CS) (2 Whole Grain Brd 2CS) Make Frt in Jello & cucumbers for Tues 2 T Light Sour Cream for Potato	1c Stroganoff (grd beef) 17 Casserole 2 ½ CS ½ c low sodium Stewed Tomatoes ½ c Cucumbers/Balsamic Vinegar Dr ¾ c Pears in Jello 1CS (1 Whole Grain Brd 1CS)	1 c Chicken Alfredo 2CS 18 ½ c Harvard Beets 1CS 2 T Cranberry Sauce 1 CS ½ c Apple Jc 1CS ½ c Fruit Cocktail 1CS (1 Whole Grain Brd 1CS)	1 ½ c Hungarian Goulash 19 (meat, grain & veg serv) 3CS ½ c Cooked Cabbage Seasonal Frt (pear) (1-2CS) (2 Whole Grain Brd 2CS) Make Peach Crisp for Fri	Breaded Baked Fish 20 4 oz Baked Sweet Potato 2CS (~2/3 cup) ½ c Peas 1CS ½ c Frt Peach Crisp 1 ½ CS 1 ½ T. whipped topping (2 Whole Grain Brd 2CS) Defrost chicken for Monday
2+oz Chicken Parmesan 21 ½ c Oven Bk Brown Rice 1 ½ CS ½ c Baked Squash ½ CS 1c low cal cran jc cockt 1CS ½ c Cooked Apples 1 ½ CS (1 Whole Grain Brd 1CS)	1 Pork Chop w/Celery Sc 22 ½ c Mashed Potatoes 1CS 1 tsp. margarine ½ c Green Bean Casserole ½ c Tropical Fruit (1CS) (2 Whole Grain Brd 2CS) Defrost enough turkey for Thurs & Monday Make Sunshine Salad & Potato Salad for Wed	3 oz BBQ Beef on Bun 2CS 23 ½ c Parslied Carrots + 1 tsp marg ½ c Potato Salad 1 ½ CS ¾ c Lime Sunshine Salad 1CS Seasonal Fruit (banana) 1 ½ -2 CS (0 additional bread) Prepare enough turkey tomorrow for tomorrow & for next Mon & freeze Monday's Thurs night	3 oz Rst Turkey (whole) 24 ½ c. Mashed Potatoes 1CS 2 T Gravy ½ c Broccoli OR 4 oz LS V-8 Juice ½ c Pears 1CS 2 T. Cranberry Sauce 1CS (2 Whole Grain Brd 2CS) Prepare Frt in Pudding for Fri & Refrig	2 c Taco Salad + 25 ½ c Taco Meat Bean Mix 2CS 1 med whole wheat roll 1CS OR 3 oz Hamburger on Bun & ½ c of 2 ckd fzn vegetables ¾ c Fruit in Pudding 1CS Defrost Monday's turkey in refrig over wkend

Day 6 Sodium too high if more than ½ slice of bread, 1T dressing to decr fat Day 11 Corn O'Brian + Green Beans & Sherbet added for low sodium calories with LS Ham!

Recipe and menu abbreviations: AP As Purchased EP Edible Portion ~ Approximately CHO Carbohydrate CS Carb Servings	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.	SF instant pudding (Jello brand) measure: 1 oz = 5 T or ¼ c + 1T 1 cup nonfat or 1% milk & 1 cup water are included in the analysis each day and should be served daily
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RECIPES are included for BOLDED underlined items on this cycle. Underlined unbolded recipes are from previous cycle.

All meals include: 2 serving bread/grain products, 1 tsp. soft margarine per slice bread, 1 c 1% milk, 1 c water & 1 c coffee in menu analysis.

Where less than 2 slices bread listed other grain products were run in the nutritional analysis. Each 1 oz slice bread = approx 1 carb serving

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.

Canned Fruits: Purchase in *extra light syrup* (preferred), light syrup or in water or juice (each 15 grams CHO = 1 CS and ½ c required to =1 fruit 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.

VEGETABLES are to be frozen or salt free canned. Vegetable Blends on Cycle A (using mixtures in Nifda brand):

California Blend = Broccoli, Cauliflower, Carrots; Oriental Blend = Broccoli, Onions, Mushrooms, Green Beans

Fish: When fish is on the menu offer a cook's choice LS meat for nonfish eaters; **MEASURES:**

1 Tablespoon = 1T. = 3 teaspoons = 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

¼ cup = 4 Tablespoons; 1/3 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 indicates how many level scoopfuls make 1 quart.

#8 = ½ cup = 8 T.

#40 = 1 2/3 T.

For example: eight #8 scoops = 1 quart. 1 quart = 4 cups so four cups divided by 8 = ½ cup;

#10 = 3/8 cup = 6 T.

#50 = 3 ¾ t.

½ c is the measure of a #8 scoop when level.

#12 = 1/3 cup = 5 1/3 T.

#60 = 3 ¼ t.

#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):

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 ½ cups

2 oz

¼ cup = 4 T

6 oz

¾ 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

