

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 or Cycle C **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, or C).

Day Choice Menus	Numbers coincide with	Analyses/Multicolumn	Numbers	
<p>#16</p> <p>1 c. <u>CHILI</u> 1½ CS</p> <p>2 oz. Cinnamon roll, lightly frosted/froz dough 2 CS</p> <p>½ c. baby carrots (raw for those who can eat raw, ckd for others)</p> <p>½ c. Light Blueberry Yogurt, nonfat fresh (not frozen) 1 CS</p> <p>2 T. slivered almonds</p> <p>1 med fresh orange 1 CS</p> <p>(No bread, marg or crackers)</p>	<p>#17</p> <p>¾ c. <u>SAUSAGE GRAVY</u> over <u>BISCUIT for SausGravy</u> 2 CS</p> <p>½ C. Ckd Froz Green Beans, plain</p> <p>½ c. Baked Froz or Fresh Acorn or other winter squash, plain 1 CS</p> <p>¾ c. Strawberries in Diet Jello (1/2 c. Unsw, strawberries, froz or fresh, diced in ¼ c.diet Jello)1 CS</p> <p>1 slice whole grain bread 1 CS</p> <p>1 ½ tsp soft margarine</p>	<p>#18</p> <p>1 Serv. <u>French Dip Sandwich</u> 1½ CS</p> <p>1/2 c Baked Potato 1 CS</p> <p>1T light Sour Cream</p> <p>1½ t. soft margarine</p> <p>½ c Ckd Froz GreenBeans plain</p> <p>1 serv. Crunchy Cranberry Salad 1CS</p> <p>½ c. Cn ApricotsLight syrup 1CS</p>	<p>#19</p> <p>1 c. <u>Hamburger Casserole</u> 1½ CS</p> <p>1/2 c. ckd froz carrots with parsley</p> <p>1 med fresh orange 1 CS</p> <p>½ c. lime or red sugar free jello with 1 T. whipped topping</p> <p>2 slices whole grain bread 2 CS</p> <p>1 T. soft margarine</p>	<p>#20</p> <p>1¼ c <u>Chicken Noodle Veg Soup</u> w/ 1 large Chicken Leg ea 2 CS</p> <p>6 unsalted top saltines or unsalted top whole grain crackers 1 CS</p> <p>½ Banana 1 CS</p> <p>½ cup Orange Juice 1 CS</p> <p>½ cup sugar free jello (optional) with 1 T. Whipped Topping (NoBread or Marg with this meal)</p>
<p>#21</p> <p><u>Chef Salad</u> & 2 T Light French Dressing 1CS</p> <p>1.5 oz Whole Wheat Low Sodium Crax 2 CS</p> <p>½ c. Cn Peaches, light syrup 1 CS</p> <p>1 Cranberry Orange Bar 1 CS</p> <p>(No Bread or Marg with this meal)</p>	<p>#22</p> <p><u>Parmesan Chicken</u></p> <p>½ c <u>Scalloped Potatoes</u> 2 CS</p> <p>½ c <u>Seasoned Spinach</u></p> <p>½ c Mixed Tropical Fruit, light syrup 1 CS</p> <p>2 slices whole grain bread 2 CS</p> <p>2 tsp soft margarine</p>	<p>#23</p> <p><u>Meatloaf</u> ½ CS</p> <p>½ c <u>Oven Brownd Potato</u> 1 CS</p> <p>Ckd, Froz Green Beans</p> <p>Ckd, Froz Carrot slices</p> <p>1 tsp marg for veg</p> <p>¾ c.<u>Jello with Fruit</u> 1 CS</p> <p>2 slice whole grain bread 2 CS</p> <p>2 tsp soft margarine</p>	<p>#24</p> <p>1 1/3 c <u>HeartlandShepard'sPie</u> 2CS (1/3 c potato and 1 cup meat-veg)</p> <p>½ c Baked Sweet potato 1 CS</p> <p>½ c Cn Pears, light syrup 1 CS</p> <p>6 oz Tomato Juice ½ CS</p> <p>2 slices whole grain bread 2 CS</p> <p>2 tsp soft margarine</p>	<p>#25</p> <p>1 c <u>Sierra Turkey Casserole</u> 2 CS</p> <p>½ c. Cooked Spinach</p> <p>½ c Baby Carrots</p> <p>½ c Fresh Strawberries ½ CS</p> <p>2 slices whole grain bread 2 CS</p> <p>2 tsp soft margarine</p>
<p>#26</p> <p>1 1/3 c <u>Chicken Shepard's Pie</u> 2 CS (1/3 c potato & 1 c chicken-veg)</p> <p>½ c. Broccoli</p> <p>1 medium banana 2 CS</p> <p>2 slices whole grain bread 2 CS</p> <p>2 tsp soft margarine</p>	<p>#27</p> <p>½ c <u>Rotini</u> 1 ½ CS</p> <p><u>With Italian Chicken Breast</u></p> <p>1/2 c <u>Baked Squash</u> 1 ½ CS</p> <p>1 c. <u>tossed salad w/1 T reduced fat/reduced Sodium French Dr.</u></p> <p>1 medium orange 1 CS</p> <p>2 slices whole grain bread 2 CS</p> <p>2 tsp soft margarine</p>	<p>#28</p> <p>1 c. <u>Sweet & Sour Pork or Chicken (can subst chicken for pork in recipe)</u> 1 CS</p> <p>½ c <u>Oven Bk Brown Rice</u> 1½ CS</p> <p>¾ c Steamed Broccoli</p> <p>½ c Cn Apricots, light syrup 1CS</p> <p>2 slices whole grain bread 2 CS</p> <p>2 tsp soft margarine</p>	<p>#29</p>	<p>#30</p>
<p>Recipe and menu abbreviations:</p> <p>AP As Purchased</p> <p>EP Edible Portion</p>	<p>CS = Carb Serving</p> <p>Each CS = ~15 grams</p> <p>CHO for diabetics who are controlling CHO intake</p>	<p>SF gelatin (Jello) measure:</p> <p>.1 oz = ~7/8 t.</p> <p>.5 oz or ½ oz = 4 2/3 t or</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/</p>	<p>SF instant pudding (Jello brand) measure:</p> <p>1 oz = 5 T or ¼ c + 1T</p>

~ 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
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RECIPES are on website for BOLDED underlined items on this cycle.

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	