

Dinner Menu - Cycle G - Week 1

Monday 2/3	Size / Scoop	Tuesday 2/4	Size / Scoop	Wednesday 2/5	Size / Scoop	Thursday 2/6	Size / Scoop	Friday 2/7	Size / Scoop	Saturday 2/8	Size / Scoop	Sunday 2/9	Size / Scoop
Chicken Alfredo with Penne Pasta		Salisbury Steak & Gravy		Chicken Cacciatore		Broccoli Beef		Chicken Stew		Baked Ham		Beef Soft Taco	
HEAT WELLS = 2		HEAT WELLS = 3		HEAT WELLS = 2		REHEAT = 3		HEAT WELLS = 2		REHEAT = 3		REHEAT = 2	
Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz
Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz
Casserole *	8 oz 1 C Blue	Steak	3 oz	Chicken Cacciatore Pasta	8oz 1 C Blue	Beef with sauce	4 oz 1/2 C Green	Chicken Stew	8oz 1 C Blue	Ham	3 oz	Taco Meat	4 oz 1/2 C Green
roll and margarine	1 pc	Gravy	2 oz 1/4 C Red	Steamed Vegetabl	4 oz 1/2 C Green	rice	8 oz 1 C Blue	roasted red potato	4 oz 1/2 C Green	Green Beans	3 oz 1/3 C Tan	6" Taco Shell	2 pc
Broccoli	4 oz 1/2 C Green	Mashed Potatoes	4 oz 1/2 C Green	Dinner Roll	1	steamed veg	4 oz 1/2 C Green	dinner roll	1	Scalloped Potatoes	3 oz 1/3 C Tan	Shredded Cheese	1 oz Yellow
Salad	6 oz 3/4 C Black	Steamed Veg	2 oz 1/4 C Red	Margarine	1	Salad	6 oz 3/4 C Black	Margarine	1	Roll	1	Veggie - Lettuce, Onion, Tomato	4 oz 1/2 C Green
Dressing	1 oz	Salad	6 oz 3/4 C Black	Salad	6 oz 3/4 C Black	Dressing	1 oz	Salad	6 oz 3/4 C Black	Margarine	1	Taco Sauce	1
cookie	1 pc	Dressing	1 oz	Dressing	1 oz	brownie	1 pc	Dressing	1 oz	Salad	6 oz 3/4 C Black	Mexican Rice	3 oz 1/3 C Tan
		jello parfait	1 pc	cake	1 pc			Rice Krispy Treats	1 pc	Dressing	1 oz	Salad	6 oz 3/4 C Black
		roll and margarine	1 pc							fruit crisp	1	Dressing	1 oz
												Butterscotch pudding	1 pc

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- Juice is fortified
- Salad dressing may be in individual serve packets
- Please see guide documents for portion sizes and diabetic diet modifications
- * Serving contains at least 15 gm carb & 2 oz meat/meat alternative
- **Serving contains at least 3 oz meat/meat alternative

Updated: 1.25

Dinner Menu - Cycle G - Week 2

Monday 2/10	Size / Scoop	Tuesday 2/11	Size / Scoop	Wednesday 2/12	Size / Scoop	Thursday 2/13	Size / Scoop	Friday 2/14	Size / Scoop	Saturday 2/15	Size / Scoop	Sunday 2/16	Size / Scoop
Pasta with Meat Sauce		Chicken Tacos		Shepherd's Pie		Chili Dog		Spicy Chicken Sandwich		Swedish Meatballs		Sloppy Joes	
HEAT WELLS = 3		HEAT WELLS = 3		HEAT WELLS = 2		HEAT WELLS = 3		HEAT WELLS = 2		REHEAT = 1		REHEAT = 3	
Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz
Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz
Meat Sauce Penne	8 oz 1 C Blue	Chicken Tacos	4 oz 1/2 C Green	Shepherds pie	8 oz 1 C Blue	Hot Dog	4 oz 1 pc	Chicken Patty	3 oz	Swedish meatballs in gravy	4 oz	Sloppy Joe Meat	4 oz 1/2 C Green
Penne	8 oz 1 C Blue	Mexican Rice	3 oz 1/3 C Tan	Steamed Vegetables	4 oz 1/2 C Green	Bun	1 pc	Bun	1 pc	rice	4 oz 1/2 C Green	Potato Bun	1 pc
Carrots	4 oz 1/2 C Green	Veggie - Lettuce, Onion, Tomato	3 oz 1/3 C Tan	coleslaw	4 oz 1/2 C Green	Cheddar Jack	2 oz 1/4 C Red	Shredded Lettuce	2 oz 1/4 C Red	Normandy veg	4 oz 1/2 C Green	roasted potatoes	4 oz 1/2 C Green
Salad	6 oz 3/4 C Black	Salad	6 oz 3/4 C Black	Salad	6 oz 3/4 C Black	Chili + diced onions	4 oz 1/2 C Green	Spicy Ranch	2 oz 1/4 C Red	Salad	6 oz 3/4 C Black	kernel corn	4 oz 1/2 C Green
Dressing	1 oz	Dressing	1 oz	Dressing	1 oz	Tater Tots	4 oz 1/2 C Green	roasted potatoes	4 oz 1/2 C Green	Dressing	1	Salad	6 oz 3/4 C Black
apple pie	1	Hot sauce	1	fruit crisp	1 pc	Salad	6 oz 3/4 C Black	steamed veg	4 oz 1/2 C Green	roll and marg	1 ea	Dressing	1 oz
		Sour Cream	1			Dressing	1 oz	Salad	6 oz 3/4 C Black	cookie	1 pc	Chocolate Pudding	1 pc
		tortilla	2 ea			rice krispy treat	1 pc	Cake	1 pc				
		cookie	1										

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Updated: 1.25

Dinner Menu - Cycle G - Week 3

Monday 2/17	Size / Scoop	Tuesday 2/18	Size / Scoop	Wednesday 2/19	Size / Scoop	Thursday 2/20	Size / Scoop	Friday 2/21	Size / Scoop	Saturday 2/22	Size / Scoop	Sunday 2/23	Size / Scoop
<i>Chicken Fajita</i>		<i>Red Posole</i>		<i>Cheddar Burger</i>		<i>Chicken Parmesan Pasta</i>		<i>Hot Dog</i>		<i>Beef Stew</i>		<i>Chicken Fried Rice</i>	
HEAT WELLS = 2		HEAT WELLS = 3		HEAT WELLS = 2		HEAT WELLS = 1		HEAT WELLS = 3		HEAT WELLS = 1		HEAT WELLS = 1	
Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz
Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz
Chicken	3 oz 1/3 C Tan	Pork Stew	8 oz 1 C Blue	Beef Patty	3 oz	Chicken parm/ marinara	4 oz 1/2 C Green	Hot Dog	4 oz 1/2 C Green	Beef Stew**	12 oz	Chicken fried rice	6 oz 3/4 C Black
8" Tortilla Shell	1 pc	Yellow Rice	4 oz 1/2 C Green	Bun	1 pc	penne	8 oz 1 C Blue	Bun	1 pc	mashed potato	4 oz 1/2 C Green	vegetable blend	4 oz 1/2 C Green
Shredded Cheese	1 oz Yellow	slaw	4 oz 1/2 C Green	Cheddar Cheese	1 oz/ 1 pc	Steamed vegetables	4 oz 1/2 C Green	Steamed vegetables	4 oz 1/2 C Green	Dinner Roll	1 pc	Lo Mein	4 oz 1/2 C Green
Peppers & Onion	2 oz 1/4 C Red	Tortillas	2 ea	Shredded Lettuce	1 oz	roll/ Margarine	1	macaroni and cheese	4 oz 1/2 C Green	Margarine	1	Salad	6 oz 3/4 C Black
Sr. Cream	1	Salad	6 oz 3/4 C Black	Potato Wedges	4 oz 1/2 C Green	Salad	6 oz 3/4 C Black	Salad	6 oz 3/4 C Black	Salad	6 oz 3/4 C Black	Dressing	1 oz
Kernel Corn	2 oz 1/4 C Red	Dressing	1 oz	Steamed Vegetable	4 oz 1/2 C Green	Dressing	1 oz	Dressing	1 oz	Dressing	1 oz	soy sauce pc	1 pc
Salad	6 oz 3/4 C Black	jello parfait	1 pc	Salad	6 oz 3/4 C Black	Brownie	1 pc	Fruit Crisp	1 pc	rice krispy treat	1 pc	Pudding	1 pc
Dressing	1 oz			Dressing	1 oz								
cookie	1 pc			cake	1 pc								

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Updated: 1.25

Dinner Menu - Cycle G - Week 4

Monday 2/24	Size / Scoop	Tuesday 2/25	Size / Scoop	Wednesday 2/26	Size / Scoop	Thursday 2/27	Size / Scoop	Friday 2/28	Size / Scoop	Saturday 3/1	Size / Scoop	Sunday 3/2	Size / Scoop
Pepperjack Burger		Chicken Biscuit Pot Pie		Pasta with Meat Sauce		Pork Chop		Beef Stroganoff		BBQ Chicken Sandwich		Beef Chili	
REHEAT = 3		HEAT WELLS = 1		HEAT WELLS = 3		HEAT WELLS = 3		HEAT WELLS = 1		HEAT WELLS = 1		HEAT WELLS = 2	
Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz
Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz
Beef Patty	3 oz	Chicken Pot Pie**	6 oz 3/4 C Black	Meat Sauce Penne	8 oz 1 C Blue	Pork Chop	4 oz	Beef Sauce with egg noodles	8 oz 1 C Blue	pulled Chicken with bbq sauce	4 oz	Chili **	8 oz 1 C Blue
Bun	1 pc	Potatoes	4 oz 1/2 C Green	Carrots	4 oz 1/2 C Green	Gravy	2 oz 1/4 C Red	Steamed vegetable	4 oz 1/2 C Green	Bun	1	Corn Bread and margarine	1 pc
Pepper Jack	1 oz/ 1 pc	Biscuit+ marg	1	Salad	6 oz 3/4 C Black	Dinner roll + Margarine	1	roll and margarine	1 pc	potatoes	4 oz 1/2 C Green	Shredded cheese	1 oz
sliced jalapenos/fried onions	1 oz-ea	Salad	6 oz 3/4 C Black	Dressing	1 oz	Baked Potato	1	Salad	6 oz 3/4 C Black	Vegetable blend	4 oz 1/2 C Green	Corn	4 oz 1/2 C Green
Steamed veg	4 oz 1/2 C Green	Dressing	1 oz	roll and marg	1 ea	Sour Cream	1	Dressing	1 oz	Salad	6 oz 3/4 C Black	Salad	6 oz 3/4 C Black
Potatoes	4 oz 1/2 C Green	Peach Crisp	1 pc	cake	1	Green Beans	3 oz 1/3 C Tan	jello	1 pc	Dressing	1 oz	Dressing	1 oz
Salad	6 oz 3/4 C Black					Salad	6 oz 3/4 C Black			Pound Cake w Blueberry	1 pc	Banana Pudding	1 pc
Dressing	1 oz					Dressing	1 oz					sour cream	1 pc
cookie	1 pc					Brownie	1						

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Chicken with Gravy		Beef Tacos		Sweet and Sour Meatballs		Hot Dog		Country Fried Steak		Chicken Chili		Teriyaki Chicken	
REHEAT = 3		HEAT WELLS = 1		HEAT WELLS = 3		HEAT WELLS = 3		HEAT WELLS = 1		HEAT WELLS = 2		REHEAT = 1	
Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz
Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz	Orange Juice	4 fl oz
Grilled Chicken	3 oz	taco beef	4 oz 1/2 C Green	Meatballs in Sauce	4 oz 1/2 C Green	Hot Dog	4 oz	Steak	4 oz 1/2 C Green	Chili **	8 oz 1 C Blue	Chicken + Sauce	4 oz 1/2 C Green
gravy	3 oz 1/3 C Tan	Spanish Rice	4 oz 1/2 C Green	Brown rice	4 oz 1/2 C Green	baked beans	4 oz 1/2 C Green	gravy	3 oz 1/3 C Tan	Corn Bread	1 pc	Rice	4 oz 1/2 C Green
Rice	4 oz 1/2 C Green	Corn and beans	4 oz 1/2 C Green	Carrots	4 oz 1/2 C Green	roasted potatoes	4 oz 1/2 C Green	Mashed potato	4 oz 1/2 C Green	Margarine	1	Mixed Vegetables	4 oz 1/2 C Green
Steamed vegetable	4 oz 1/2 C Green	Salad	6 oz 3/4 C Black	Salad	6 oz 3/4 C Black	bun	1 ea	roll	1 pc	Corn	4 oz 1/2 C Green	pineapple ring	2 ea
roll/ margarine	1 ea	Dressing	1 oz	Dressing	1 oz	Salad	6 oz 3/4 C Black	Steamed vegetable	4 oz 1/2 C Green	Salad	6 oz 3/4 C Black	Salad	6 oz 3/4 C Black
Salad	6 oz 3/4 C Black	sour cream/ hot sauce/ shred cheese	1 oz each	cake	1	Dressing	1 oz	Salad	6 oz 3/4 C Black	Dressing	1 oz	Dressing	1 oz
Dressing	1 oz	Peach Crisp	1 pc			Brownie	1	Dressing	1 oz	rice krispy treat	1	Tapioca Pudding	1 pc
cookie	1 pc	tortillas	2					jello parfait	1 pc				

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