

Menu's & Measurements

Cycle 1

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

4/3/2024

PIONEER FOOD SERVICE

Whatcom

3-Mar		4-Mar		5-Mar		6-Mar		7-Mar		8-Mar		9-Mar	
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Lucky Charms	1 c	Froot Loops	1 c	Frosted Flakes	1 c	Honey cheerios	1 c	Oatmeal	1 c	Cornflakes	1 c	Raisin Bran	1 c
		Scrambled Eggs	2 ea	Waffles	2 ea	Cheese	1ea	Scrambled Eggs	2 ea	Pancakes	2 ea	Cheese/Omelete	1 ea
Sausage Gravy	1/2 c	Hash Browns	1 ea	T.sausage patty	1 ea	Omelette		Tater Triangles	1 ea	Bacon	2 sl	Hashbrown	1 ea
Biscuits	2 ea					Hash Browns	1 ea						
		Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl	Wheat Toast	2 sl	Syrup	2 oz		
		Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
Cranberry Jce*	4 oz	Orange Juice*	4 oz	Apple Juice*	4 oz	Grape Juice*	4 oz	Cranberry Jce*	4 oz	Orange Juice*	4 oz	Apple Juice*	4 oz
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
		Beef Taco				Chef's Salad							
Chicken noodle soup	1 c	Taco Meat w/ Black Beans	1/2C	Sloppy Joes	1 Cup	Ham&Shrd Chz	1oz ea	Beef hotdog	1 ea	Beef Chili	1.5c	Cheeseburger	1ea
Turkey sandwich	2 oz	Shred cheese	1 oz	Bun	1 ea	Hard boiled egg	1 ea	hotdog bun	1ea	W/Shred Chees	1/2 oz	Mayo/Must	1 ea
Provolone cheese bread	1 sl	Shred lettuce	1/2 c	Chips	1 ea	Lettuce mix	2 c	w/mustard/mayo		Coleslaw	1 c	Ketchup	
potato chips	1 ea	Salsa/sour crm	1oz ea			Tomatoes	3 wdg	ketchup	1 ea			Macaroni & Cheese	1/2 c
Apple Slices	3 ea	Tortilla	1 ea	Baby carrot**	1/2c	Salad Dressing	2 oz	Chips	1 ea				
1% Milk	8 oz	Apricot	1/2 c			Dinner Roll/marg	1 ea			Cornbread/marg	1 ea	Hamb Bun	1 ea
		Pear	1/2 c			Mixed Fruit	1/2 c	Mandarins*	1/2 c	Apricot	1/2 c	Mixed Fruit	1/2 c
		1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Breaded Fish	1ea	Grilled Chicken	1ea	Beef Stew	1.5 C	Fried Steak	1ea	Breaded chicken	1 ea	Italian Meatballs	3 ea	Ham Steak	1 ea
W/Tartar Sauce	1 oz	W/Gravy	3oz	Potatoe and Veg.in stew		W/Country Gra	1 c	w/gravy		Marinara	3oz	w/ Contry Gravy	2 oz
Tater Tots	1 c	Brown Rice	1 c			Tater Tots	1 c	Rice	1 c	Linguine noodle	1 c	Mashed Potato	1 c
Peas	1/2c	Broccoli	1/2 c			Green Beans	1/2c	California veg blend	1/2 c	Country Trio Veg	1/2 c	Baby Carrots**	1/2C
Coleslaw	1 c	Green Salad	1 c	Green Salad	1 c	Coleslaw	2 oz	Green Salad	1 c	Green Salad	1 c	Green Salad	1 c
		Salad Dressing	1 oz	Salad Dressing	1 oz		1 cup	Salad Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1 oz
roll/Marg	1 ea	roll/ Marg	1/1 tsp	Biscuit/Marg	1 ea	roll/ Marg	1 ea	roll/ Marg	1 ea	roll/marg	1 ea	roll/marg	1 ea
Peaches	1/2 c	Tropical Salad	1/2 c	Pudding	1/2 c	Pears	1/2 C	Pineapple	1/2 c	Pudding	1/2 c	Peaches	1/2 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz

If necessary due to production or delivery problems, a menu item may be replaced with an item of equal nutritional value.

Menu items contain may contain pork products; We try to substitute with turkey ham, T- bologna, T-salami and T-sausage

*Vitamin C rich source **Vitamin A rich source Condiments are an average of 1 tsp ea catsup/mustard/mayo

Nutritious snacks are to be kept on hand at all times and include items such as fruit, cheese, peanut butter, bread, and crackers.

Menu's & Measurements

4/3/2024

CYCLE 3

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

PIONEER FOOD SERVICE

Whatcom

17-Mar		18-Mar		19-Mar		20-Mar		21-Mar		22-Mar		23-Mar	
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Cheerios	1 c	Oatmeal	1 c	Cornflakes	1 c	Rice Krispies	1 c	Oatmeal	1 c	Froot Loops	1 c	Cornflakes	
French Toast	2 ea	Scram. Eggs	2 ea	Waffle	2 ea	Omelete/cheese	1 ea	Scrambled eggs	2 ea	cheese		breakfast Sand	
Sausage links	2 ea	Tater Triangles	1 ea	Sausage links	2 ea	Hash Browns	1 ea	T-sausage patty	1 ea	omelette	1 ea	English Muffin	
										Hashbrowns	1 ea		
Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl	Wheat Toast	2 sl	Ketchup	1ea	Marg	
Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp		
Grape Juice*	4 oz	Cranberry Jce*	4 oz	Orange Juice*	4 oz	Apple Juice*	4 oz	Orange Juice*	4 oz	Apple Juice*	4 oz	Orange Juice*	
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	
Soup of the day	1C	Beef Taco				Caesar Salad							
W/ Saltines	2 pak	Taco Meat w/		Breaded Fish	1ea	Diced Chicken	2 oz	Beef hotdog	1 ea	Beef Chili	1.5c	Cheeseburger	
Turkey Meat	2oz	Black Beans	1/2C	W/Tartar Sauce	1 oz	Lettuce Mix	2 c	hotdog bun	1ea	W/Shred Chees	1/2 oz	Hamb Bun	
Cheese	1oz	Shred cheese	1 oz	Tater Tots	1 c	Croutons/Parm	1 oz	w/mustard/mayo				Ketchup/Mustard	
Mustard/Mayo	1 ea	Shred lettuce	1/2 c	Coleslaw	1 c	Caesar Dressing	2 oz	ketchup	1 ea	Coleslaw	1 c	Macaroni &	
Baby Carrots**	1/2c	Salsa/sour crm	1ozea			Dinner Roll/marg	1 ea	Chips		Cornbread/marg	1 ea	Cheese	
Bread	2 sl	Tortilla	1 ea	Hamburger Bun	1 ea								
Fresh Orange*	1ea	Pineapple	1/2 c	Peaches	1/2 c	Apple Slices	1ea	Mandarins*	1/2 c	Apricot	1/2 c	Mixed Fruit	
1% Milk	8 oz	1% Milk	8 oz	1% Milk	2 c	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	
Chicken Parmesar	1 ea	Chicken Alfredo	1ea	Chicken Teriyaki	3 oz	Spagetti &	1.5c	Salisbury Steak	1ea	Grilled Chicken	1.5c	Ham Steak	
Marinara&Parmes	1ozea	Linguine	1 c	Rice mixed Veggie	1 c	Meatballs	3	W/Brown Gravy	3 oz	W/Potatoe and	1/2 c	W/Gravy	
Penne Pasta	1 c	Broccoli	1/2c			Marinaria sauce	1/2 c	Mashed Potato	1 c	Chicken Gravy	2 oz	Scalloped Potatoes	
Zucchini	1/2 c					Vegetables	1/2 cup	Country trio blend	1/2 c	Broccoli	1/2 c	Mix Veggies	
Green Salad	1 c	Salad	1 c	Salad	1 c	Salad	1 cup	Green Salad	1 c	Green Salad	1 c	Green Salad	
Salad Dressing	1 oz	Dressing	1 oz	Dressing	1oz	Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	
Roll/margarine	1 ea	roll/ Marg	1/1 tsp	Roll	1 ea	Roll/ marg	1 ea	roll/marg	1 ea	Roll/margarine	1ea	roll/marg	
Pudding Choc	1/2 c	Peaches	1/2 c	Pears	1/2 c	Pears	1/2 c	Pudding Vanilla	1/2 c	Mandarins*	1/2 c	Tropical Salad	
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	

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*Vitamin C rich source **Vitamin A rich source Condiments are an average of 1 tsp ea catsup/mustard/mayo

1 c
1 ea
1 ea
1 tsp
4 oz
8 oz
1ea
1 ea
1 ea
1/2 c
1/2 c
8 oz
1 ea
2 oz
1 c
1/2c
1 c
1 oz
1 ea
1/2 c
8 oz

Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

4/3/2024

CYCLE 4

PIONEER FOOD SERVICE

Whatcom

24-Mar		25-Mar		26-Mar		27-Mar		28-Mar		29-Mar		30-Mar	
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Rice Krispies	1 c	Oatmeal	1 c	Raisin Bran Flakes	1 c	Froot Loops	1 c	Oatmeal	1 c	Cheerios	1 c	Cornflakes	1 c
Waffle	2 ea	Cheese Omelete	1 ea	Pancake	2 ea	Sausage/gravy	1 c	Scram.Eggs	1 ea	Breakfast		French Toast	2 sl
Sausage links	2 ea	Hash Browns	1 ea	Bacon	2sl			Hash brown	1 ea	buritto	1 ea	T-Saus Patty	1 ea
Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	Biscuit	1 ea	Wheat toast	2 sli	Salsa	2oz	Marg	2 tsp
Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	1tsp			Syrup	2oz
Orange Juice*	4 oz	Grape Juice*	4 oz	Cranberry Juice*	4 oz	Orange Juice	4 oz	Apple Juice*	4 oz	Cranberry Juice	4 oz	Grape Juice	4 oz
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
		Beef Taco				Chef's Salad							
Deli Sandwich	2 oz	Taco Meat w/		Salmon Patty	1ea	Ham&Shrd Chz	1oz ea	Beef hotdog	1 ea	Beef Chili	1.5c	Cheeseburger	1ea
Cheese	1 sl	Black Beans	1/2C	Ham Bun	1 ea	Hard boiled egg	1 ea	hotdog bun	1ea	Shred Cheese	1/2 oz		
Mustard/Mayo	1 ea	Shred cheese	1 oz	Coleslaw	1/2c	Lettuce mix	2 c	mustard/mayo		Cornbread/marg	1 ea	Mayo/Must	1 ea
Potato Chips	1oz	Shred lettuce	1/2 c			Tomatoes	3 wdg	ketchup	1 ea	Coleslaw	1 c	Macaroni &	1/2 c
		Salsa/sour crm	1oz ea	Tartar sauce	1oz	Salad Dressing	2 oz	Chips	1 ea		1 oz	Cheese	
Bread	2 sl	Tortilla	1 ea			Dinner Roll/mar	1 ea					Hamb Bun	1 ea
Mandarins*	1/2 c	Pineapple	1/2 c	Fresh Orange*	1ea	Mixed Fruit	1/2 c	Mandarins*	1/2 c	Fruit mix	1/2 c	Mixed Fruit	1/2 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Italian Sausage	1 ea	Grilled Chicken	1ea	Salisbury Steak	1ea	Chix teriyaki	1/2 c	Fried Steak	1 ea	Chick Cacciatore	1 ea	Chicken Noodle	
Liguine pasta	1 c	Brown Rice	1 c	Mashed Potatoes	1 c	Rice/w..Veggies	1 c	W/Country Gravy	3 oz	Penne Pasta	1 c	Cassorole	1.5 c
Corn	1/2 c	Zucchini	1/2c	W/Brown Gravy	3 oz			Mashed Potatoes	1 c	Green Beans	1/2 c	Country trio blend	1/2 c
Marinara Sauce	4 oz	Green Salad	1 c	Green Beans	1/2c			Broccoli Blend	1/2 c				
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Green Salad	1 c
Dressing	1 oz	Salad Dressing	1 oz	Dressing	1 oz	Salad Dressing	1 oz	Dressing	1 oz	Salad Dressing	1 oz	Dressing	1 oz
Roll/Marg	1 ea	Roll/ Marg	1 ea	Roll/marg	1ea	Roll/marg	1 ea	Roll/mar	1 ea	Roll/marg	1ea	Roll/marg	1 ea
Pudding Choc	1/2 c	Mixed Fruit	1/2 c	Pears	1/2C	Pineapple	1/2 c	Apricot	1/2c	Pudding Vanilla	1/2c	Peaches	1/2 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz

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Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

Cycle 5

4/3/2024

PIONEER FOOD SERVICE

Whatcom

31-Mar		1-Apr		2-Apr		3-Apr		4-Apr		5-Apr		6-Apr	
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Froot Loops	1 c	Oatmeal	1 c	Frosted Flakes	1 c	Bran Flakes	1 c	Oatmeal	1 c	Cheerios	1 c	Rice Krispies	1 c
Sausage Gravy	1/2 c	French Toast	2ea	Scrambled Eggs	2 ea	Waffles	2 ea	Cheese Omelete	1 ea	Cheese	1ea	breakfast	
Biscuits	2 ea	Bacon	2ea	Hash Browns	1 ea	T.Sausage Patty	1 ea	Tator Triangles		Omelette		sandwich	1 ea
										Hash Browns	1 ea		
		Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl	Wheat Toast	2 sl	Marg	2 tsp
		Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp		
Orange Juice*	4 oz	Grape Juice*	4 oz	Orange Juice*	4 oz	Cranberry Juice*	4 oz	Grape Juice*	4 oz	Apple Juice*	4 oz	Orange Juice*	4 oz
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Soup of Day	1 c	Beef Taco				Chef's Salad							
T- meat Sandwich	1 ea	Taco Meat w/		Beef Tamale	1 ea	Chicken, ham	1oz ea	BBQ Chicken	1 ea	Beef Chili	1.5c	Cheeseburger	1ea
w/Cheese	1 oz	Black Beans	1/2C	Spanish Rice	1/2 c	Hard-boiled egg	1 ea	Tater Tots	1/2 c	Shred Cheese	1/2 oz		
Mustard/Mayo	1 ea	Shred cheese	1 oz	W/Salsa	2 oz	Tomatoes	3 wdg	Hamb Bun	1 ea			Mayo/Must	1 ea
Baby Carrot Sticks	1/2 c	Shred lettuce	1/2 c	corn	1/2 c					Coleslaw	1 c	Macaroni &	1/2 c
		Salsa/sour crm	1oz ea			Salad Mix/dres	2c/2z				1 oz	Cheese	
WH Bread	2 sl	Tortilla	1 ea			Bread/ Marg	1/1 tsp			Cornbread/marg	1 ea	Hamb Bun	1 ea
Apple Slices	1/2 c	Pineapple	1/2 c	Apricot	1/2 c	Fresh Orange*	1ea	Tropical Mix	1/2 c	Apricot	1/2 c	Mixed Fruit	1/2 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Sweet and		Fried Steak	1ea	Creamy Chicken	1 ea	Meatballs in	3 ea	Spagetti &	1.5c	Chicken Parmesan/	1 ea	Beef-Broccoli	1/2 c
Sour Chicken	1/2 c	Country Gravy	3 oz	Penne Pasta	1 C	Brown gravy	3 oz	Bolognese Sauce	4 oz	Marinara&Parmesan	4 oz	Rice	1 c
Rice/w Veggies	1 c	Mashed potato	1 c	Broccoli	1/2 c	Rice	1 c	Mixed Veggies	1/2 c	Penne Pasta	1 c		
		Zucchini	1/2 c			Scandiavian Veg.	1/2 c			Mixed vegetable	1/2 c		
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c	Salad	1 c	Green Salad	1 c	Green Salad	1 c
Salad Dressing	1 oz	Salad Dressing	1 oz	Ranch Dressing	1 oz			Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1oz
Roll/ Marg	1ea	Roll/ Marg	1ea	Roll/mar	1 ea	Roll/marg	1ea	Roll/ marg	1 ea	Roll/marg	1 ea	Roll/ marg	1 ea
Pudding	1/2 c	Mandarins*	1/2 c	Peaches	1/2 c	Apricot	1/2c	Pears	1/2 c	Pudding	1/2 c	Mixed Fruit	1/2 c
1% Milk	1 c	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz

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