

**Total meal system - 7 day home delivered meals**

**Menu cycle 2 2024**

Week 1	Dairy 8 oz or 1.5 oz chese Fruit 1/2 cup Fruit 1/2 cup or Vegetable 3/4 cup Grain 1/2 cup/1oz Grain 1/2 cup/1oz Protein 2 oz	Serving Size	Salisbury Steak	Serving Size	Tuna Salad	Serving Size	Cheeseburger Mac Bowl	Serving Size	Chicken Teriyaki	Serving Size	Penne Bolognese	Serving Size	Sausage & Egg Sandwich	Serving Size	Borracho Bean Tacos
		8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk
1 ea	Pineapple Cup	1 ea	Raisins	1 ea	Papaya & Mango Cup	1 ea	Papaya & Mango Cup	1 ea	Papaya & Mango Cup	1 ea	Orange Cup	1 ea	Peach Cup	1 ea	Applesauce
3/4 cup	Herbed Green Pea	3/4 cup	Marinated Carrots & Peppers	3/4 cup	Yellow Squash	3/4 cup	Steamed Carrots	3/4 cup	Marinara with Mushrooms	3/4 cup	Whole Grain Penne	3/4 cup	Steamed Spinach	3/4 cup	Peppers & Onions
2 oz	Whole Grain Dinner Roll	1 cup	Pasta Salad	1 cup	Whole Grain Macaroni	1 cup	Brown Rice	1 cup	Whole Grain Penne	1 cup	Whole Grain English Muffin	2oz	Whole Grain English Muffin	2 oz	Whole Wheat Tortillas
2.1 oz	Salisbury Steak Patty	3 oz	Tuna Salad	2 oz	Ground Beef	2 oz	Chicken Breast	3 oz	Beef Bolognese	1 oz	Scrambled Egg Patty	1/2 cup	Borracho Beans		
1 oz	Gravy	3 oz	Cheese Sauce	1 oz	Teriyaki Sauce										
1 ea	Butter Cup														

Week 2	Dairy 8 oz or 1.5 oz chese Fruit 1/2 cup Fruit 1/2 cup or Vegetable 3/4 cup Grain 1/2 cup/1oz Grain 1/2 cup/1oz Protein 2 oz	Serving Size	Spaghetti & Meatballs	Serving Size	Egg Salad Sandwich	Serving Size	Black Beans & Yellow Rice	Serving Size	Turkey Chili	Serving Size	Mojo Citrus Chicken	Serving Size	Sunflower & Cinnamon Oatmeal	Serving Size	BBQ Pulled Pork
		8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk
1 ea	Applesauce	1 ea	Papaya & Mango Cup	1 ea	Raisins	1 ea	Applesauce	1 ea	Applesauce	1 ea	Raisins	1 ea	Papaya & Mango Cup	1 ea	Pineapple Cup
3/4 cup	Steamed Carrots	1/2 cup	Peach Cobbler	3/4 cup	Peppers & Onions	3/4 cup	Cauliflower	3/4 cup	Citrus Infused Green Pea	3/4 cup	Cinnamon Apples	3/4 cup	Collard Greens		
1 cup	Whole Grain Spaghetti	1 oz	Granola	1 cup	Yellow Rice	1 cup	Steamed Barley	1 cup	Brown Rice Pilaf	3 oz	Overnight Oatmeal	2.1 oz	Cornbread		
2 oz	Beef Meatballs	3 oz	Egg Salad	1/2 cup	Black Bean Stew	3 oz	Turkey Chili	3oz	Mojo Infused Chicken	1/2 oz	Sunflower Seeds	3 oz	BBQ Pork		
3 oz	Marinara									1 T	Peanut Butter				

Week 3	Dairy 8 oz or 1.5 oz chese Fruit 1/2 cup Fruit 1/2 cup or Vegetable 3/4 cup Grain 1/2 cup/1oz Grain 1/2 cup/1oz Protein 2 oz	Serving Size	Red Beans & Dirty Rice	Serving Size	Turkey & Swiss Sandwich	Serving Size	Roast Pork & Teriyaki Soba	Serving Size	Chicken & Broccoli	Serving Size	Lentil Sloppy Joe	Serving Size	Whole Wheat Waffles	Serving Size	Turkey Picadillo
		8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk
1 ea	Orange Cup	1 ea	Pineapple Cup	1 ea	Papaya & Mango Cup	1 ea	Raisins	1 ea	Applesauce	1 ea	Applesauce	1 ea	Pineapple Cup	1 ea	Peach Cup
3/4 cup	Steamed Spinach	3/4 cup	Coleslaw	3/4 cup	Snow Pea & Bell Pepper	3/4 cup	Broccoli	3/4 cup	Mustard Chow Chow	1/2 cup	Berry Compote	3/4 cup	Roasted Potato		
1 cup	Dirty Rice	2 oz	Wheat Bread	1 cup	Teriyaki Soba Noodles	1 oz	Whole Grain Dinner Roll	2 oz	Whole Grain Bun	2 oz	Whole Wheat Waffle	1 cup	Brown Rice		
1/2 cup	Red Bean Stew	2 oz	Sliced Turkey Breast	2 oz	Roast Pork Loin	2 oz	Chicken Breast	3/4 cup	Lentils in Tomato sauce	2 oz	Turkey Sausage	3 oz	Turkey Picadillo		
		1 ea	Swiss												
		1 ea	Mustard Packet												
		1 ea	Mayonnaise Packet												

Week 4	Dairy 8 oz or 1.5 oz chese Fruit 1/2 cup Fruit 1/2 cup or Vegetable 3/4 cup Grain 1/2 cup/1oz Grain 1/2 cup/1oz Protein 2 oz	Serving Size	Chicken Pot Pie	Serving Size	Mexican Pasta Salad	Serving Size	Chicken Parmesan	Serving Size	Turkey Shepherd's Pie	Serving Size	Chicken Fajita Bowl	Serving Size	Potatoes O'Brien	Serving Size	Ground Beef & Mushroom Skillet
		8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk
1 ea	Pear Cup	1 ea	Papaya & Mango Cup	1 ea	Orange Cup	1 ea	Papaya & Mango Cup	1 ea	Pineapple Cup	1 ea	Pineapple Cup	1 ea	Raisins	1 ea	Orange Cup
3/4 cup	Green Bean Medley	3/4 cup	Chopped Peppers & Corn	3/4 cup	Marinara	3/4 cup	Mixed Vegetables with Corn	3/4 cup	Pinto Bean Stew	3/4 cup	Potatoes O'Brien	3/4 cup	Herb Braised Mushrooms		
2 oz	Whole Grain Biscuit	1 cup	Cilantro Whole Grain Pasta Salad	1 cup	Whole Grain Spaghetti	1 cup	Mashed Potatoes	1 cup	White Rice with Peppers	2.9 oz	Whole Wheat Cinnamon Roll	1 cup	Steamed Barley		
3 oz	Chicken Breast in Gravy	1/2 cup	Marinated Black Beans	3 oz	Chicken Patty	3 oz	Turkey in gravy	2 oz	Chicken Breast	2 ea	Fried Egg Patty	2 oz	Ground Beef		
				0.5 oz	Mozzarella										

This menu has been designed using the DOEA Component Meal Pattern Requirements. When prepared using approved products and recipes, this menu meets meal pattern requirements for one meal per day (2 oz edible portion protein, 3/4 cup vegetable and 1/2 cup fruit, 1 cup fruit, OR 1 1/2 cups vegetables, 2 servings of grains, 1 serving dairy; 25 mg Vitamin C per meal, 233 mcg Vitamin A 3 times per week; includes whole grain foods).

Menus prepared by:	Matthew Golding, Executive Chef, ReBuilt Meals
Approved by (Project nutritionist):	<i>Anita Frankhauser</i>
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