

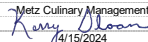
Chef 2 Home

by Metz

Hot Lunch Program with One Cold Day- Q3Q4 2024

7/1/2024	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	SERVICE DATES		
WEEK 1	Chicken Parmesan	Ham Steak with Pineapple Glaze	Chicken with Country Pepper Gravy	Italian Chicken Salad	Penne Pasta & Meatballs	(Mon) Jul 1	-	Jul 5
	(3.1 oz Breaded Chicken Patty, 2.5 oz sauce, .5oz Mozzarella Cheese)	(3oz hamsteak, 1/4c pineapple topping)	(3.1 oz Breaded Chicken Patty, 1.5oz Gravy)	(2.5 oz Chicken, .25 oz Mozzarella, .4ea Grape Tomatoes)	(3oz Meatballs, 3oz Sauce (1/4c veg)	Jul 29	-	Aug 2
	Broccoli (3/4c)	Peas (1cup)	Mashed Potatoes (1/2c)	Salad (1 cup)	Cauliflower (1/2c) Brussel Sprouts (1/4c)	Aug 26	-	Aug 30
	Whole Grain Rotini *(1/2c)	Brown Rice Pilaf* (3/4c) (1/4c veg, 1oz Grain)	Carrots (1/2c)	Diced Pears (1/2c)	Whole Grain Penne *(1/2c)	Sep 23	-	Sep 27
	Cinnamon Apple Crisp (4oz) (1/2c Fruit, 1oz Grain*)			Mixed Vegetable Salad (1/2c)		Oct 21	-	Oct 25
	COMPONENTS	COMPONENTS	COMPONENTS	COMPONENTS	COMPONENTS	Nov 18	-	Nov 22
	Apple Juice (4oz) Vitamin C Fortified	Applesauce (4oz)	Applesauce (4oz)	Whole Grain Roll* (2oz)	Applesauce (4oz)	Dec 16	-	Dec 20
	Whole Grain Roll* (2oz)	Whole Grain Roll* (1oz)	Whole Grain Roll* (2oz)	Butter Spread (2)	Whole Grain Roll* (1oz)			
	Butter Spread (1)	Butter Spread (1)	Butter Spread (1)	1% Milk (8 oz)	Butter Spread (1)			
	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)			
				Italian Dressing				
WEEK 2	BBQ Seasoned Pork	Thai Ginger Curry Chicken	Salisbury Steak	Turkey & Swiss Sandwich	Beef & Bean Chili	Jul 8	-	Jul 12
	(3oz Pork Riblet, 1 oz Sauce)	(3oz Diced Chicken, 2.5oz Sauce)	(3oz Beef Salisbury Steak Patty, 2oz Mushroom Gravy)	(2 oz turkey, 0.75 oz cheese)	(5oz Chili, 1oz kidney beans)	Aug 5	-	Aug 9
	Green Beans (1/2c)	Fajita Vegetables (1/4c)	Classic Mashed Potatoes (1/2c)	Potato Salad (3/4c)	Broccoli (3/4c)	Sep 2	-	Sep 6
	Sweet Potatoes (1/2c)	Broccoli (1/2c)	Carrots (1/2c)	Mayo Packet	Rice and Beans Brown Rice Pilaf* (3/4c-1/4c veg, 1oz Grain) + 0.25c Black beans	Sep 28	-	Oct 3
	COMPONENTS	COMPONENTS	COMPONENTS	COMPONENTS	COMPONENTS	Oct 28	-	Nov 1
		Apple Juice (4oz) Vitamin C Fortified	Grape Juice (4oz)	Whole Grain Roll* (2oz)	Whole Grain Roll* (2oz)	Peach cup (4oz)	Nov 25	-
	Whole Grain Roll* (2oz)	Whole Grain Roll* (1oz)	Whole Grain Roll* (2oz)	Whole Grain Bread* (2oz)	Whole Grain Roll* (2oz)			
	Butter Spread (2)	Butter Spread (1)	Butter Spread (2)	Tropical Fruit Punch (4oz)	Butter Spread (1)	Dec 21	-	Dec 26
	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)			
WEEK 3	Italian Meatloaf	Turkey Divan	French Onion-Breaded Pork Chop	Taco Salad	Southwest Chicken Cheddar Penne	Jul 15	-	Jul 19
	(2.6oz Meatloaf, 2oz Marinara (1/4c veg)	(3oz Diced Turkey, 3/4c Broccoli, 2oz Cheese Sauce)	3.5 oz Breaded Pork Chop (2m/0.5g), 2 oz gravy	(3oz Beef, .5 oz Shredded Cheddar Cheese)	(1/2c Penne*, 2oz diced chicken, 1 T black beans, 1 T Corn, 1 oz Salsa, 2 oz Cheese Sauce)	Aug 12	-	Aug 16
	Carrots (1/2 c)	Brown Rice Pilaf* (3/4c) (1/4c veg, 1oz Grain)	Mashed Potatoes (1/2c)	Lettuce - (1cup) Tomato - (3 each)	Stewed tomatoes (1/2c)	Sep 9	-	Sep 13
	Mashed Potatoes (1/2c)		Peas (1/2c)	Black Bean and Corn Salad (3/4c)	Broccoli (1/2c)	Oct 4	-	Oct 10
	COMPONENTS	COMPONENTS	COMPONENTS	COMPONENTS	COMPONENTS	Nov 4	-	Nov 8
		Applesauce (4oz)	Grape Juice (4 oz)	Whole Grain Roll* (1oz)	Grape Juice (4 oz)	Applesauce (4oz)	Dec 2	-
	Whole Grain Roll* (2oz)	Whole Grain Roll* (1oz)	Whole Grain Roll* (1oz)	Whole Grain Tortilla* (1-6inch)	Whole Grain Roll* (1oz)			
	Butter Spread (1)	Butter Spread (1)	Butter Spread (1)	Salsa (1pkt)	Butter Spread (1)			
	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)			
WEEK 4	Cheese Pizza	Beef Goulash	Moroccan Chicken & Lentils	Turkey Ham & Cheddar Sandwich	Swiss Steak	Jul 22	-	Jul 26
	(2oz protein/2 grain/1/8c veg)	(3oz Beef, 1oz WG* Elbow Macaroni Noodles, 3.5oz tomato sauce (1.4c veg))	2 oz chicken, 3 oz moroccan sauce, lentils (2oz), Carrots, Corn, Green Beans, Peas (4oz), red peppers (2oz)	2oz Turkey Ham, 0.75 oz cheddar cheese, Whole Grain Bread* (2oz)	(3 oz Beef Steak Patty, 2.5 oz Swiss Steak Sauce)	Aug 19	-	Aug 23
	Italian Wax Bean & Tomato (1/2c), Pesto (1 tsp), Garbanzo (1/2c)	Carrots (1/2c)	Brown Rice Pilaf* (3/4c) (1/4c veg, 1oz Grain)	Broccoli Salad (1cup)	Classic Mashed Potatoes (1/2c)	Sep 16	-	Sep 20
	COMPONENTS	COMPONENTS	COMPONENTS	COMPONENTS	COMPONENTS	Oct 11	-	Oct 17
		Apple Juice (4oz) Vitamin C Fortified	Applesauce (4oz)	Tropical Fruit Punch (4oz)	Cinnamon Apples(1/2c)	Nov 11	-	Nov 15
		Whole Grain Roll* (2oz)	Whole Grain Roll* (1oz)	Whole Grain Roll* (1oz)	Whole Grain Roll* (2oz)	Dec 9	-	Dec 13
	Butter Spread (1)	Butter Spread (1)	Butter Spread (1)	Butter Spread (1)				
	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)	1% Milk (8 oz)			

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 OR 1 1/2 cups vegetables, 2 servings of grains, 1 cup milk; 25 mg Vitamin C per meal, 233 mcg Vitamin A 3 times per week; includes whole grain foods).
*whole grain

MENU PREPARED BY:
DIETITIAN SIGNATURE: 
DATE: 4/15/2024
MENU SERVICE DATES: Jul 1, 2024- March 31, 2025