

Total meal system - 7 day home delivered meals

Menu cycle 2 2024

May-August

	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
Week 1	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	8 oz	Low Fat Chocolate Milk
	1 ea	Pineapple Cup	1 ea	Raisins	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	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	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					1.2 oz	Turkey Sausage Patty		
	1 ea	Butter Cup												

	Serving Size	Spaghetti & Meatballs	Serving Size	Open Faced 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
Week 2	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	Papaya & Mango Cup	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	1 oz	Wheat Bread	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	3 oz	Egg Salad							1 T	Peanut Butter		

	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
Week 3	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 Chocolate Milk	8 oz	Low Fat Milk
	1 ea	Orange Cup	1 ea	Pineapple Cup	1 ea	Papaya & Mango Cup	1 ea	Raisins	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										

	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
Week 4	8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	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
	1 ea	Pear Cup	1 ea	Papaya & Mango Cup	1 ea	Orange 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):	
Date of approval:	
Cycle implementation date:	
Project title:	Total meal system cycle 2 2024
Project director:	

Chef2Home Frozen 7-Day Menu - Q3Q4 2024

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7	Service Dates			
WEEK 1	Chicken Parmesan 3.15 oz. Breaded Chicken 2.5 oz. Marinara Sauce 0.5 oz. Mozzarella Cheese 3/4 cup Broccoli 1/2 cup Whole Grain Rotini 1/2 cup Cinnamon Apple Crisp (1 Fruit, 1 oz. Grain) 8 oz. 1% Milk	4.23 oz. Apple Juice Ham Steak with Pineapple Glaze 3 oz. Ham Steak 1/4 cup Pineapple Topping 1 cup Peas 3/4 cup Brown Rice Pilaf 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4 oz. Tropical Fruit Punch Turkey Noodle Stew 3 oz. Diced Turkey 2 oz. Whole Grain Noodles 1 oz. Mixed Vegetables 3 oz. Gravy 1 cup Broccoli 2 slices Whole Grain Bread 2 Butter Spreads 8 oz. 1% Milk	4 oz. Applesauce Chicken with Country Pepper Gravy 3.15 oz. Breaded Chicken Patty 1.5 oz. Gravy 1/2 cup Carrots 1/2 cup Mashed Potatoes 2 slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4 oz. Applesauce Penne Pasta & Meatballs with Marinara Sauce 3 oz. Meatballs 3 oz. Marinara Sauce 1/2 cup Whole Grain Penne 1/2 cup Cauliflower 1/4 cup Brussels Sprouts 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	French Onion-Breaded Pork Chop 3.35 oz. Breaded Pork Chop 2 oz. Gravy 1/2 cup Mashed Potatoes 1/2 cup Peas 1/2 cup Cinnamon Apple Crisp (1 fruit, 1 oz. Grain) 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4 oz. Applesauce Italian Meatloaf 2.6 oz. Meatloaf 2 oz. Tomato Sauce 1/2 cup Carrots 1/2 cup Mashed Potatoes 2 slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	July 1st - July 7th July 29th - August 4th August 26th - September 1st September 23rd - Sept 29th October 21st - Oct 27th November 18th - Nov 24th December 16th - Dec 22nd			
	WEEK 2	4.23 oz. Apple Juice BBQ Seasoned Pork 3 oz. Pork Riblet 1 oz. Barbecue Sauce 1/2 cup Green Beans 1/2 cup Sweet Potatoes 2 slices Whole Grain Bread 2 Butter Spreads 8 oz. 1% Milk	4 oz. Grape Juice Thai Ginger Curry Chicken 3 oz. Diced Chicken 2.5 oz. Curry Sauce 1/4 cup Fajita Vegetables 1/2 cup Broccoli 3/4 cup Brown Rice Pilaf 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	Salisbury Steak 3 oz. Beef Salisbury Steak Patty 2 oz. Mushroom Gravy 1/2 cup Classic Mashed Potatoes 1/2 cup Carrots 1/2 cup Warm Cinnamon Apples 2 slices Whole Grain Bread 2 Butter Spreads 8 oz. 1% Milk	4 oz. Applesauce Shrimp Scampi 3 oz. Shrimp 3 oz. Scampi Sauce 1/2 cup Whole Grain Penne 1 cup Succotash (Corn, Lima Beans, Peas, and Peppers) 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4 oz. Peach Cup Beef & Bean Chili 5 oz. Chili 1 oz. Kidney Beans 1 cup Rice & Beans 3/4 cup Broccoli 2 slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	Moroccan Chicken & Lentils 2 oz. Chicken 3 oz. Moroccan Sauce 1/4 cup Lentils 1/4 cup Peppers 1/4 cup Mixed Vegetables 3/4 cup Brown Rice Pilaf 1/2 cup Warm Apples w/ Raisins 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4.23 oz. Apple Juice Cheese Pizza (4.55 oz) (2 oz. Protein, 2 oz. Grain) 1 cup Italian Bean Medley (Wax Beans, Chickpeas, Tomatoes, 1 tsp. Kale Pesto) 8 oz. 1% Milk	July 8th - July 14th August 5th - August 11th September 2nd - Sept 8th September 30th - Oct 6th October 28th - Nov 3rd November 25th - Dec 1st December 23rd - Dec 29th		
		WEEK 3	4 oz. Applesauce Italian Meatloaf 2.6 oz. Meatloaf 2 oz. Tomato Sauce 1/2 cup Carrots 1/2 cup Mashed Potatoes 2 slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4 oz. Grape Juice Turkey Divan 3 oz. Diced Turkey 3/4 cup Broccoli 2 oz. Cheese Sauce 3/4 cup Brown Rice Pilaf 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	French Onion-Breaded Pork Chop 3.35 oz. Breaded Pork Chop 2 oz. Gravy 1/2 cup Mashed Potatoes 1/2 cup Peas 1/2 cup Cinnamon Apple Crisp (1 fruit, 1 oz. Grain) 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4 oz. Applesauce Southwest Chicken Cheddar Penne 1/2 cup Whole Grain Penne 2 oz. Diced Chicken 2 tbsp. Black Beans & Corn 2 oz. Cheese Sauce 1/2 cup Stewed Tomatoes 1/2 cup Broccoli 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4 oz. Tropical Fruit Juice Italian Cheese Lasagna 4.3 oz. Lasagna Roll (2 oz. Protein, 1 oz. Grain) 3 oz. Tomato Sauce 1 cup Italian Vegetable Blend (Italian Vegetables, Chickpeas, 1 tsp. Kale Pesto) 2 slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4.23 oz. Apple Juice Ham Steak with Pineapple Glaze 3 oz. Ham Steak 1/4 cup Pineapple Topping 1 cup Peas 3/4 cup Brown Rice Pilaf 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	Chicken Parmesan 3.15 oz. Breaded Chicken 2.5 oz. Marinara Sauce 0.5 oz. Mozzarella Cheese 3/4 cup Broccoli 1/2 cup Whole Grain Rotini 1/2 cup Cinnamon Apple Crisp (1 Fruit, 1 oz. Grain) 8 oz. 1% Milk	July 15th - July 21st August 12th - August 18th September 9th - Sept 15th October 7th - October 13th November 4th - Nov 10th December 2nd - Dec 8th December 30th - Jan 5th	
			WEEK 4	Sweet & Sour Chicken 3 oz. Chicken 2 oz. Sweet and Sour Sauce 1/2 cup Cut Broccoli 1/2 cup Mixed Vegetables 3/4 cup Brown Rice Pilaf 1/2 cup Pineapple Chunks 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4.23 oz. Apple Juice Beef Goulash 3 oz. Beef 1/2 cup Whole Grain Macaroni 2 oz. Tomato Sauce 1/2 cup Carrots 1/2 cup Peas 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	Moroccan Chicken & Lentils 2 oz. Chicken 3 oz. Moroccan Sauce 1/4 cup Lentils 1/4 cup Peppers 1/4 cup Mixed Vegetables 3/4 cup Brown Rice Pilaf 1/2 cup Warm Apples w/ Raisins 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4.23 oz. Apple Juice Cheese Pizza (4.55 oz) (2 oz. Protein, 2 oz. Grain) 1 cup Italian Bean Medley (Wax Beans, Chickpeas, Tomatoes, 1 tsp. Kale Pesto) 8 oz. 1% Milk	Swiss Steak 3 oz. Beef Patty 2.5 oz. Swiss Steak Sauce 1/2 cup Mashed Potatoes 1/2 cup Normandy Blend 1/2 cup Cinnamon Apples 2 Slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4 oz. Applesauce Chicken with Country Pepper Gravy 3.15 oz. Breaded Chicken Patty 1.5 oz. Gravy 1/2 cup Carrots 1/2 cup Mashed Potatoes 2 slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4 oz. Applesauce Penne Pasta & Meatballs with Marinara Sauce 3 oz. Meatballs 3 oz. Marinara Sauce 1/2 cup Whole Grain Penne 1/2 cup Cauliflower 1/4 cup Brussels Sprouts 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	July 22nd - July 28th August 19th - August 25th September 16th - Sept 22nd October 14th - Oct 20th November 11th - Nov 17th December 9th - Dec 15th

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MENU PREPARED BY:	Metz Culinary Management
DATE:	05/15/2024 (PM/KS)
MENU SERVICE DATES:	July - Dec 2024
DIETITIAN SIGNATURE:	<i>Kerry Sloan RD</i>