

Total meal system - 7 day home delivered meals

Menu cycle 1 2025

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	BBQ Beef Meatloaf	Serving Size	Honestyle Tuna Casserole	Serving Size	Beef Stew	Serving Size	Roasted Red Pepper Pork Loin	Serving Size	Chicken Parmesan	Serving Size	Huevos Rancheros Plate	Serving Size	Chicken Teriyaki
		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	Orange Cup	1 ea	Papaya & Mango Cup	1 ea	Applesauce	1 ea	Raisins	1 ea	Papaya & Mango Cup	1 ea	Peach Cup	1 ea	Applesauce
3/4 cup	Collard Greens	3/4 cup	Green Pea	3/4 cup	Carrots	3/4 cup	Green Bean Medley	3/4 cup	Marinara	3/4 cup	Black Beans	3/4 cup	Broccoli & Snap Peas	3/4 cup	Broccoli & Snap Peas
4 oz	Cornbread	1 cup	Whole Grain Rotini	1/2 cup	Mashed Potatoes	1 cup	Whole Grain Penne	1 cup	Whole Grain Spaghetti	1 cup	Whole Grain Spaghetti	1 cup	White Rice	1 cup	White Rice
				1 oz	Wheat Roll						2 oz	Whole Wheat Tortillas			
3 oz	Beef Meatloaf	3 oz	Creamy Tuna & Mushrooms	3 oz	Slow Cooked Beef Stew	2 oz	Pork Loin	3 oz	Whole Grain Chicken Patty	3 oz	Fried Egg Patty	2 oz	Chicken Breast	2 oz	Chicken Breast
1 oz	BBQ Sauce	1 oz	Shredded Cheese			3 oz	Roasted Red Pepper Sauce	0.75 oz	Mozzarella	1 oz	Salsa	1 oz	Teriyaki Sauce	1 oz	Teriyaki Sauce

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	Turkey Fajita Tacos	Serving Size	Chicken & Vegetable Stew	Serving Size	Italian Herb Chickpeas	Serving Size	Chicken Lo Mein	Serving Size	Mushroom Smothered Pork Chop	Serving Size	Charleston Red Rice	Serving Size	Apricot & Cherry Waffles
		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	Applesauce	1 ea	Papaya & Mango Cup	1 ea	Peach Cup	1 ea	Orange Cup	1 ea	Raisins	1 ea	Pineapple Cup
3/4 cup	Chopped Peppers & Onions	3/4 cup	Carrots & Celery	3/4 cup	Asparagus	3/4 cup	Stir Fry Vegetables	1.25 cup	Mushrooms in Sour Cream Gravy	3/4 cup	Collard Greens	1/2 cup	Apricot & Cherry Compote	1/2 cup	Apricot & Cherry Compote
2 oz	Whole Wheat Tortillas	2 oz	Whole Grain Dinner Roll			1 cup	Lo Mein	1 cup	Whole Grain Macaroni	1 cup	Red Rice	2.5 oz	Whole Grain Waffles	2.5 oz	Whole Grain Waffles
				1 cup	Brown Rice										
2 oz	Ground Turkey	4 oz	Chicken Breast in Gravy	1 cup	Tomato Braised Chickpeas	2 oz	Chicken Breast	4 oz	Breaded Pork Chop	2 oz	Chicken Breast	2 oz	Turkey Sausage	2 oz	Turkey Sausage
0.75 oz	Shredded Cheese					2 oz	Tangy Stir Fry Sauce								

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	Ricotta Stuffed Shells	Serving Size	Creamy Tuna & Corn Pasta Bowl	Serving Size	Salisbury Steak	Serving Size	BBQ Pork & Broccoli Cheddar Melt	Serving Size	Bourbon Chicken	Serving Size	Whole Wheat Pancakes	Serving Size	Sesame Garlic Edamame Stir Fry
		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	Papaya & Mango Cup	1 ea	Applesauce	1 ea	Pineapple Cup	1 ea	Peach Cup	1 ea	Peach Cup
1 cup	Marinara with Herb Spinach	3/4 cup	Green Beans	3/4 cup	Mashed Sweet Potato	3/4 cup	Broccoli Cheddar Melt	3/4 cup	Broccoli & Snap Peas	1/2 cup	Berry Compote	3/4 cup	Sesame Infused Peppers	3/4 cup	Sesame Infused Peppers
2 oz	Whole Grain Dinner Roll	1 cup	Whole Grain Macaroni	2 oz	Whole Grain Dinner Roll	1 cup	Baked Bean	1 cup	White Rice	2 ea	Whole Wheat Pancakes	1 cup	Brown Rice	1 cup	Brown Rice
				3 oz	Creamy Tuna & Celery	3 oz	Beef Patty	3 oz	BBQ Pulled Pork	2 oz	Chicken Breast	2 oz	Turkey Sausage	4 oz	Garlic Edamame
5.5 oz	Stuffed Shells			1oz	Gravy			1 oz	Bourbon Sauce					1 oz	Sesame Garlic Sauce

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	Beef & Bean Chili	Serving Size	Chicken & Biscuit	Serving Size	Pork Carnitas Bowl	Serving Size	Spaghetti & Meatballs	Serving Size	Braised Lentils & Dirty Rice	Serving Size	Turkey Tetrazzini	Serving Size	Turkey Sausage Breakfast Sandwich
		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	Orange Cup	1 ea	Pineapple Cup	1 ea	Raisins	1 ea	Applesauce	1 ea	Orange Cup
3/4 cup	Green Beans & Corn	3/4 cup	Black Beans	3/4 cup	Broccoli	3/4 cup	Stewed Tomatoes & Carrots	3/4 cup	Green Pea	3/4 cup	Red Potato	3/4 cup	Red Potato	3/4 cup	Red Potato
1 cup	Brown Rice	2 oz	Whole Grain Biscuit	1 cup	White Rice	1 cup	Whole Grain Spaghetti	1 cup	Dirty Rice	1 cup	Whole Grain Penne	2oz	English Muffin	2oz	English Muffin
5 oz	Beef & Bean Chili	5 oz	Braised Chicken in Broth	2oz	Pork Carnitas	3 oz	Beef Meatballs	4 oz	Braised Lentils	3 oz	Ground Turkey in Cream Sauce	2 oz	Turkey Sasuage	2 oz	Turkey Sasuage
0.75 oz	Shredded Cheese					4 oz	Marinara					0.5 oz	Sliced Cheddar	0.5 oz	Sliced Cheddar

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):	Anita Frankhauser, MS, RDN, LDN
Date of approval:	12/11/2024
Cycle implementation date:	1/1/2025
Project title:	Total meal system cycle 1 2025
Project director:	Anita Frankhauser, MS, RDN, LDN

Chef2Home Frozen 7-Day Menu - Q1Q2 2025

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7	Service Dates
WEEK 1	<p>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</p>	<p>4 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</p>	<p>4 oz. Tropical Fruit Punch Turkey and Noodles 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</p>	<p>4 oz. Tropical Fruit Chicken a La Bleu 3.15 oz. Breaded Chicken 1 oz. Cream Sauce 1/2 oz Low Fat Swiss Cheese 0.75 oz. Turkey Canadian Bacon 1/2 cup Carrots with Dill 1/2 cup Mashed Potatoes 2 slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>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 2 Butter Spread 8 oz. 1% Milk</p>	<p>4 oz. Grape Juice Turkey Divan (9.86oz) (3 oz. Diced Turkey) 3/4 cup Broccoli (4.86oz) 2 oz. Cheese Sauce 3/4 cup Brown Rice Pilaf 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>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</p>	<p>January 13-19, 2025 February 10-16, 2025 March 10-16, 2025</p>
WEEK 2	<p>4 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</p>	<p>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</p>	<p>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 1 Butter Spreads 8 oz. 1% Milk</p>	<p>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 2 Butter Spreads 8 oz. 1% Milk</p>	<p>4 oz. Peaches Beef and Bean Chili (5oz Chili, 1oz kidney beans) 3/4c Broccoli 3/4c Brown Rice Pilaf 1/4c Black beans 1 slice Whole Grain Bread 1 Butter Spreads 8 oz. 1% Milk</p>	<p>4 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 1 Butter Spread</p>	<p>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</p>	<p>January 20-26, 2025 February 17-23, 2025 March 17-23, 2025</p>
WEEK 3	<p>4 oz. Applesauce Classic Meatloaf 3 oz. Meatloaf 1.5 oz. Beef Gravy 1/4 cup Succotash 1/4 cup Carrots 1/2 cup Cheddar Mashed Potatoes 2 slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>4 oz. Grape Juice Turkey Divan (9.86oz) (3 oz. Diced Turkey) 3/4 cup Broccoli (4.86oz) 2 oz. Cheese Sauce 3/4 cup Brown Rice Pilaf 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>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</p>	<p>4 oz. Applesauce Southwest Chicken Cheddar Penne (8 oz) (1/2c WG Penne, 2oz diced chicken, 1 T black beans, 1 T corn, 1 oz Salsa, 2 oz Cheese Sauce) 1/2c Stewed tomatoes 1/2c Broccoli 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>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) 1 Slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>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</p>	<p>4 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</p>	<p>December 30- January 5, 2025 January 27- February 2, 2025 February 24- March 2, 2025 March 24-30, 2025</p>
WEEK 4	<p>Sweet & Sour Chicken 3oz chicken, 2oz sauce 1/2c Broccoli 1/2c Mixed Vegetable, 4 way 3/4c Brown Rice Pilaf 4 oz. Pineapple 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>4 oz. Grape Juice Beef Goulash (7.15oz) (3 oz. Beef, 1/2 cup: 2.15oz 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</p>	<p>4 oz. Mandarin Oranges Chicken Picatta Meatballs 3 oz. Chicken Meatballs 1/2 cup Whole Grain Egg Noodles 1/4 C Spinach 2 oz. Lemon Picatta Sauce 1/2 tsp. Capers 3/4 C Tuscan Vegetables 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>4 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 1 Butter Spread</p>	<p>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</p>	<p>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</p>	<p>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 1 Butter Spreads 8 oz. 1% Milk</p>	<p>January 6-12, 2025 February 3-9, 2025 March 3-9, 2025</p>

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MENU PREPARED BY:	Metz Culinary Management
DATE:	1/1/2025
MENU SERVICE DATES:	Jan- March 2025
DIETITIAN SIGNATURE:	<i>Kara Shifler Bowers, RD, MPA</i>

Approved by Anita Frankhauser, MS, RDN, LDN 11/6/2024

Anita Frankhauser