

Total meal system - 7 day home delivered meals

Menu cycle 2 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	Salisbury Steak	Serving Size	Italian Tuna Casserole	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	Steamed Carrots	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	3/4 cup	Whole Wheat Tortillas
2 oz	Whole Grain Dinner Roll	1 cup	Pesto Rotini	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	Parmesan Basil Creamed Tuna	2 oz	Ground Beef	2 oz	Chicken Breast	4 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				

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	BBQ Pulled Pork	Serving Size	Black Beans & Yellow Rice	Serving Size	Turkey Chili	Serving Size	Lemon Chicken with Rice	Serving Size	Sunflower & Cinnamon Oatmeal	Serving Size	Mojo Citrus Chicken
		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	Raisins	1 ea	Applesauce	1 ea	Raisins	1 ea	Papaya & Mango Cup	1 ea	Pineapple Cup
3/4 cup	Steamed Carrots	3/4 cup	Collard Greens	3/4 cup	Peppers & Onions	3/4 cup	Cauliflower	3/4 cup	Green Peas & Carrots	3/4 cup	Cinnamon Apples	3/4 cup	Citrus Infused Green Pea	3/4 cup	Citrus Infused Green Pea
1 cup	Whole Grain Spaghetti	2.1 oz	Cornbread	1 cup	Yellow Rice	1 cup	Steamed Barley	1 cup	Brown Rice	3 oz	Overnight Oatmeal	1 cup	Brown Rice Pilaf		
2 oz	Beef Meatballs	3 oz	BBQ Pork	1/2 cup	Black Bean Stew	4 oz	Turkey Chili	3oz	Lemon-Dill Chicken Breast	1/2 oz	Sunflower Seeds	3oz	Mojo Infused Chicken		
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	Chicken Pot Pie	Serving Size	Tex-Mex Tuna Casserole	Serving Size	Roast Pork & Teriyaki Soba	Serving Size	Chicken & Broccoli	Serving Size	Italian Beef & Eggplant Pasta	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	Peach Cup	1 ea	Pineapple Cup	1 ea	Pineapple Cup	1 ea	Peach Cup
3/4 cup	Green Bean Medley	3/4 cup	Peppers & Onions	3/4 cup	Snow Pea & Bell Pepper	3/4 cup	Broccoli	1/2 cup	Berry Compote	3/4 cup	Roasted Potato	3/4 cup	Roasted Potato	3/4 cup	Roasted Potato
2 oz	Whole Grain Biscuit	1 cup	Mexican Rice	1 cup	Teriyaki Soba Noodles	1 cup	Brown Rice Pilaf	1 cup	Whole Grain Macaroni	2 oz	Whole Wheat Waffle	2 oz	Whole Wheat Tortillas		
3 oz	Chicken Breast in Gravy	3 oz	Tomato & Cumin Tuna	2 oz	Roast Pork Loin	2 oz	Chicken Breast	2 oz	Italian Ground Beef	2 oz	Turkey Sausage	3 oz	Turkey Picadillo		

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	Red Beans & Dirty Rice	Serving Size	Lentil Sloppy Joe	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	Orange Cup	1 ea	Pineapple Cup	1 ea	Pineapple Cup	1 ea	Raisins	1 ea	Orange Cup
3/4 cup	Steamed Spinach	3/4 cup	Mustard Chow Chow	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	3/4 cup	Herb Braised Mushrooms
1 cup	Dirty Rice	2 oz	Whole Grain Bun	1 cup	Whole Grain Spaghetti	1 cup	Mashed Potatoes	1 cup	White Rice with Peppers	1 cup	Grits	1 cup	Steamed Barley	1 cup	Steamed Barley
1/2 cup	Red Bean Stew	3/4 cup	Lentils & Turkey in Tomato sauce	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):	Anita Frankhauser, MS, RDN, LDN <i>Anita Frankhauser</i>
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Cycle implementation date:	4/14/2025
Project title:	Total meal system cycle 2 2025
Project director:	Anita Frankhauser, MS, RDN, LDN

Chef2Home Frozen SUMMER Menu - Summer 2025

	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 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 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	4 oz. Tropical Fruit Chicken a La Bleu 3.15 oz. Breaded Chicken 1 oz. Cream Sauce 0.5 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	4 oz. Applesauce Penne Pasta & Meatballs with Marinara Sauce 3 oz. Chicken/Beef 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	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	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	April 7-April 13 May 5-May 11 June 2-June 8 June 30-July 6 July 28-August 3 August 25-August 31 September 22-September 28
WEEK 2	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	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 1 Butter Spreads 8 oz. 1% Milk	4 oz. Applesauce Shrimp Scampi 3 oz. Shrimp 3 oz. Scampi Sauce 1/2 cup Whole Grain Penne 1/2 cup Succotash 1/2 cup Peas and Peppers 1 slice Whole Grain Bread 2 Butter Spreads 8 oz. 1% Milk	4 oz. Pears Korean Meatballs 2 oz. Beef and Chicken Korean Meatballs 1 oz. Korean BBQ Sauce 3 ea. Chicken Dumplings (1 grain, 1 protein) 3/4 cup *Brown rice pilaf 3/4 cup Broccoli 8 oz. 1% Milk	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	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	April 14-20 May 12-May 18 June 9-June 15 July 7-July 13 August 4-August 10 September 1-September 7
WEEK 3	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	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	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	Caribbean Chicken 3oz Chicken 1.5oz Caribbean Sauce 1/2 C Brown Rice and 1/4 C Black Beans 3/4 C Caribbean Vegetable Blend 4 oz. Pineapple 2 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) 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	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	April 21-April 27 May 19-May 25 June 16-June 22 July 14-July 20 August 11-August 17 September 8-September 14
WEEK 4	4 oz. Peaches Raspberry BBQ Grilled Chicken 3.1 oz Grilled Chicken Breast 1.5 oz Raspberry BBQ Sauce 1/2 C Spring Vegetable Blend 1/2 Cup (4pc) Oven Roasted Potatoes 2 slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	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	4 oz. Mandarin Oranges Chicken Piccata 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	4 oz. Apple Juice Cheese Pizza (4.55 oz) (2 oz. Protein, 2 oz. Grain) 1 cup Italian Bean Medley (1/2C Wax Beans, 1/4C Chickpeas, 1/4C Tomatoes, 1 tsp. Kale Pesto) 8 oz. 1% Milk 1 Butter Spread	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. 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 1 Butter Spreads 8 oz. 1% Milk	March 31-April 6 April 28-May 4 May 26-June 1 June 23-June 29 July 21-July 27 August 18-August 24 September 15-September 21

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*3/4 C rice pilaf= 1/2 C rice, 1/4 C vegetables

MENU PREPARED BY: DATE: MENU SERVICE DATES: DIETITIAN SIGNATURE:	Metz Culinary Management 1/1/2025 April- September 2025
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Approved by Anita Frankhauser, MS, RDN, LDN 2/10/2025 