

1. CE: \_\_\_\_\_

2. SCHOOL: \_\_\_\_\_

3. MEAL PREPARATION SITE: \_\_\_\_\_

4. MEAL SERVICE:  BREAKFAST  LUNCH  SNACK

5. Monday

6. STUDENTS SERVED: \_\_\_\_\_

ADULTS SERVED: \_\_\_\_\_

TOTAL SERVED: \_\_\_\_\_

7. DATE: \_\_\_\_\_

8. OFFER VS. SERVE:  YES  NO

### Daily Food Production Record for Food-Based - On-Site Production

2023-2024 Grab-n-Go Cold Lunch Menu

PLANNING SECTION												DAY OF SERVICE					
Food Item	15. Recipe #	Meal Pattern contribution, # servings, & serving size									Total Servings Planned	20. Total Amount Planned (lbs., #10 cans, ea., cases, etc.)	21. Actual Amount Prepared (lbs., #10 cans, ea., cases, etc.)	Actual Servings Prepared	HACCP Temp	22. Leftover Servings	23. COMMENTS
		16. PK Meal Pattern Contribution	17. PK		16. K-8/9-12 Meal Pattern Contribution		17. K - 8th		17. 9th - 12th								
		18. # Servings	19. Serving Size		18. # Servings	19. Serving Size	18. # Servings	19. Serving Size	18. # Servings	19. Serving Size							
<b>9. Meat/Meat Alternate</b>																	
Nacho Dippers	CM-452		1 M/MA	1 each	1 M/MA	1 each		1 each		1 each		_____ cups cheese sauce @ 3 oz each	_____ cups cheese sauce @ 3 oz each				
			2 M/MA	1/2 cup <b>OR</b> 1 each	2 M/MA	1/2 cup <b>OR</b> 1 each		1/2 cup <b>OR</b> 1 each		1/2 cup <b>OR</b> 1 each		_____ bags dehydrated beans @ _____ servings/bag <b>OR</b> _____ pc cups bean dip @ 4.5 oz each	_____ bags dehydrated beans @ _____ servings/bag _____ pc cups bean dip @ 4.5 oz each				Recipe CM-405 may be used for Bean Dip.
			1 WGR	1 oz	2 WGR	2 oz		2 oz		2 oz		_____ lbs. tortilla chips, WGR	_____ lbs. tortilla chips, WGR				
<b>10. Vegetable</b>																	
Cucumbers			1/4 c. <b>VO</b>	1/4 cup	1/2 c. <b>VO</b>	1/2 cup		1/2 cup		1/2 cup		_____ lbs. cucumbers, peeled <b>OR</b> unpeeled	_____ lbs. cucumbers, peeled <b>OR</b> unpeeled				
Baby Carrots					1/2 c. <b>VR</b>	1/2 cup		1/2 cup		1/2 cup		_____ lbs. baby carrots or pkg baby carrots @ _____ each	_____ lbs. baby carrots or pkg baby carrots @ _____ each				
Salsa					1/4 c. <b>VR</b>	1/4 cup		1/4 cup		1/4 cup		#10 cans salsa <b>OR</b> _____ pc cups salsa @ _____ oz ea	#10 cans salsa <b>OR</b> _____ pc cups salsa @ _____ oz ea				May use recipe CM-482. Serving size is 3/8 cup.
						1 each		1 each		1 each							
<b>11. Fruit</b>																	
Fresh Fruit		1/4 c. F	1 each	1/2 c. F	1 each	1 each	1 each	1 each	1 each	1 each		_____ ea. whole apples (125-138 ct.)	_____ ea. whole apples (125-138 ct.)				Provide a minimum of 1/4 c. fruit for PreK, 1/2 c. fruit for K-8, and 1 c. fruit for 9-12. Dice or slice fruit for PreK.
												_____ ea. whole oranges (113-138 ct.)	_____ ea. whole oranges (113-138 ct.)				
												_____ ea. whole bananas (100-120 ct.)	_____ ea. whole bananas (100-120 ct.)				
												_____ cups, lbs, each _____	_____ cups, lbs, each _____				
Individual Fruit Cups/Pkg.		1/2 c. F	1 each	1/2 c. F	1 each	1 each	1 each	1 each	1 each	1 each		individual _____ cups or pkg @ _____ oz each	individual _____ cups or pkg @ _____ oz each				
Canned Fruit		1/4 c. F	1/4 c.	1/2 c. F	1/2 c.	1/2 c.	1/2 c.	1/2 c.	1/2 c.	1/2 c.		_____ # 10 cans _____	_____ # 10 cans _____				
Fruit Juice, Assorted (Grades 9-12 Only)				1/2 c. F				4 fl. oz.		4 fl. oz.		_____ 4 oz. fruit juice, assorted	_____ 4 oz. fruit juice, assorted				
<b>12. Grain</b>																	
<b>13. Milk</b>																	
FF <b>OR</b> 1% Unflavored		1/2 pint	1 each	1/2 pint	1 each	1 each	1 each	1 each	1 each	1 each		_____ 1/2 pints _____ unflavored milk	_____ 1/2 pints _____ unflavored milk				
FF <b>OR</b> 1% Chocolate				1/2 pint	1 each	1 each	1 each	1 each	1 each	1 each		_____ 1/2 pints _____ chocolate milk	_____ 1/2 pints _____ chocolate milk				
FF <b>OR</b> 1% Strawberry				1/2 pint	1 each	1 each	1 each	1 each	1 each	1 each		_____ 1/2 pints _____ strawberry milk	_____ 1/2 pints _____ strawberry milk				
<b>14. Other/Condiments</b>																	
Ranch dressing, lowfat	CM-472	NC	1 oz	NC	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz		_____ gallons ranch dressing	_____ gallons ranch dressing				Offered with cucumbers and carrots
			1 each		1 each	1 each	1 each	1 each		_____ pkts ranch dressing ( _____ oz ea)	_____ pkts ranch dressing ( _____ oz ea)						

VDG = Veg. Dark Green; VR = Veg. Red/Orange; VL = Veg. Legumes; VS = Veg. Starchy; VO = Veg. Other; VA = Veg. Additional. NC = No Contribution.

**Daily Food Production Record for Food-Based - On-Site Production**

1. CE: \_\_\_\_\_

2. SCHOOL: \_\_\_\_\_

3. MEAL PREPARATION SITE: \_\_\_\_\_

4. MEAL SERVICE:  BREAKFAST  LUNCH  SNACK

2023-2024 Grab-n-Go Cold Lunch Menu  
5. Tuesday

6. STUDENTS SERVED: \_\_\_\_\_

ADULTS SERVED: \_\_\_\_\_

TOTAL SERVED: \_\_\_\_\_

7. DATE: \_\_\_\_\_

8. OFFER VS. SERVE:  YES  NO

PLANNING SECTION												DAY OF SERVICE						
Food Item	15. Recipe #	Meal Pattern contribution, # servings, & serving size									Total Servings Planned	20. Total Amount Planned (lbs., #10 cans, ea., cases, etc.)	21. Actual Amount Prepared (lbs., #10 cans, ea., cases, etc.)	Actual Servings Prepared	HACCP Temp	22. Leftover Servings	23. COMMENTS	
		16. PK Meal Pattern Contribution	17. PK		16. K-8 / 9-12 Meal Pattern Contribution		17. K - 8th		17. 9th - 12th									17. Adults/ A La Carte
		18. # Servings	19. Serving Size	16. K-8 / 9-12 Meal Pattern Contribution	18. # Servings	19. Serving Size	18. # Servings	19. Serving Size	18. # Servings	19. Serving Size								
<b>9. Meat/Meat Alternate</b>																		
Cold Sandwich / Wrap Choice	CM -	___ M/MA	___ ea	___ M/MA	___ ea	___ ea	___ ea	___ ea	___ ea	___ ea	___ ea	___ (M/MA)	___ (M/MA)				Recipes CM-484, CM-498, CM-499, CM-4120, CM-4121, or CM-4100 may be used.	
		___ M/MA	___ ea	___ M/MA	___ ea	___ ea	___ ea	___ ea	___ ea	___ ea	___ ea	___ (M/MA)	___ (M/MA)					
		___ WGR	___ ea	___ WGR	___ ea	___ ea	___ ea	___ ea	___ ea	___ ea	___ ea	___ (WGR)	___ (WGR)					
		2 M/MA / 2 WGR	___ ea	2 M/MA / 2 WGR	___ ea	___ ea	___ ea	___ ea	___ ea	___ ea	___ ea	___ sandwiches, IW (___)	___ sandwiches, IW (___)					
<b>10. Vegetable</b>																		
Fresh Veggie Cup	CM-433	1/4 c. VA	1/4 cup	1/2 c. VA		1/2 cup		1/2 cup		1/2 cup		___ lbs. fresh	___ lbs. fresh				Slice or dice fresh vegetables for PreK to minimize choking hazard.	
Corn Salad	CM-422			1/2 c. VS		1/2 cup		1/2 cup		1/2 cup		___ lbs. corn, frz <b>OR</b> #10 cans	___ lbs. corn, frz <b>OR</b> #10 cans					
<b>11. Fruit</b>																		
Fresh Fruit		1/4 c. F	1 each	1/2 c. F		1 each		1 each		1 each		___ ea. whole apples (125-138 ct.)	___ ea. whole apples (125-138 ct.)				Provide a minimum of 1/4 c. fruit for PreK, 1/2 c. fruit for K-8, and 1 c. fruit for 9-12. Dice or slice fruit for PreK.	
										___ ea. whole oranges (113-138 ct.)		___ ea. whole oranges (113-138 ct.)						
										___ ea. whole bananas (100-120 ct.)		___ ea. whole bananas (100-120 ct.)						
			___ c/ea			___ c/ea		___ c/ea		___ cups, lbs, each		___ cups, lbs, each						
Individual Fruit Cups/Pkg.		1/2 c. F	1 each	1/2 c. F		1 each		1 each		1 each	individual ___ cups or pkg @ ___ oz each	individual ___ cups or pkg @ ___ oz each						
Canned Fruit		1/4 c. F	1/4 c.	1/2 c. F		1/2 c.		1/2 c.		1/2 c.	___ # 10 cans	___ # 10 cans						
<i>Fruit Juice, Assorted (Grades 9-12 Only)</i>				1/2 c. F				4 fl. oz.		4 fl. oz.	___ 4 oz. fruit juice, assorted	___ 4 oz. fruit juice, assorted						
<b>12. Grain</b>																		
Multigrain Chips				1 WGR		1 pkg.		1 pkg.		1 pkg.		___ pkg. chips @ 1 WGR each	___ pkg. chips @ 1 WGR each					
<b>13. Milk</b>																		
FF <b>OR</b> 1% Unflavored		1/2 pint	1 each	1/2 pint		1 each		1 each		1 each		___ 1/2 pints ___ unflavored milk	___ 1/2 pints ___ unflavored milk					
FF <b>OR</b> 1% Chocolate				1/2 pint		1 each		1 each		1 each		___ 1/2 pints ___ chocolate milk	___ 1/2 pints ___ chocolate milk					
FF <b>OR</b> 1% Strawberry				1/2 pint		1 each		1 each		1 each		___ 1/2 pints ___ strawberry milk	___ 1/2 pints ___ strawberry milk					
<b>14. Other/Condiments</b>																		
Ranch dressing, lowfat	CM-472	NC	1 each	NC	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	___ gallons ranch dressing	___ gallons ranch dressing						
		NC	1 each		1 each	1 each	1 each	1 each	___ pkts ranch dressing ( ___ oz ea)	___ pkts ranch dressing ( ___ oz ea)								
Mustard		NC	1 each	NC		1 each		1 each		1 each	___ pc packets mustard	___ pc packets mustard						
Mayonnaise		NC	1 each	NC		1 each		1 each		1 each	___ pc packets mayonnaise	___ pc packets mayonnaise						

VDG = Veg. Dark Green; VR = Veg. Red/Orange; VL = Veg. Legumes; VS = Veg. Starchy; VO = Veg. Other; VA = Veg. Additional. NC = No Contribution.

1. CE: \_\_\_\_\_

### Daily Food Production Record for Food-Based - On-Site Production

6. STUDENTS SERVED: \_\_\_\_\_

2. SCHOOL: \_\_\_\_\_

2023-2024 Grab-n-Go Cold Lunch Menu

ADULTS SERVED: \_\_\_\_\_

3. MEAL PREPARATION SITE: \_\_\_\_\_

5. Wednesday

TOTAL SERVED: \_\_\_\_\_

4. MEAL SERVICE:  BREAKFAST

LUNCH

SNACK

8. OFFER VS. SERVE:  YES  NO

PLANNING SECTION												DAY OF SERVICE						
Food Item	15. Recipe #	Meal Pattern contribution, # servings, & serving size										Total Servings Planned	20. Total Amount Planned (lbs., #10 cans, ea., cases, etc.)	21. Actual Amount Prepared (lbs., #10 cans, ea., cases, etc.)	Actual Servings Prepared	HACCP Temp	22. Leftover Servings	23. COMMENTS
		16. PK Meal Pattern Contribution	17. PK		16. K-8 / 9-12 Meal Pattern Contribution	17. K - 8th		17. 9th - 12th		17. Adults/ A La Carte								
9. Meat/Meat Alternate		18. # Servings	19. Serving Size		18. # Servings	19. Serving Size	18. # Servings	19. Serving Size	18. # Servings	19. Serving Size								
PBJ Sandwich	CM-493	1 M/MA 2 WGR	2 Tbsp 2 each	1 M/MA 2 WGR	2 Tbsp 2 each	2 Tbsp 2 each	2 Tbsp 2 each	2 Tbsp 2 each	2 Tbsp 2 each	2 Tbsp 2 each		_____ cups peanut butter _____ slices bread @ 1 WGR each	_____ cups peanut butter _____ slices bread @ 1 WGR each					
		1 M/MA / 1 WGR	1 each	1 M/MA / 1 WGR	1 each	1 each	1 each	1 each	1 each	1 each		_____ WGR PBJ sandwiches	_____ WGR PBJ sandwiches					
Cheese Stick or Cubes		1 M/MA	1 each	1 M/MA	1 each	1 each	1 each	1 each	1 each	1 each		_____ cheese sticks or cubes, RF, @ 1 oz ea	_____ cheese sticks or cubes, RF, @ 1 oz ea					Slice cheese sticks lengthwise if served to PreK.
<b>10. Vegetable</b>																		
Vegetable Choice		1/4 c. VA	1/4 cup	N/A		N/A		N/A		N/A		_____ lbs. OR #10 cans _____	_____ lbs. or #10 cans _____					
Baby Carrots				1/2 c. VR	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup		_____ lbs. carrots OR pkg. @ ____ oz ea	_____ lbs. carrots OR pkg. @ ____ oz ea					
Celery Sticks				1/2 c. VO	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup		_____ lbs. celery, fresh, trimmed	_____ lbs. celery, fresh, trimmed					
<b>11. Fruit</b>																		
Fresh Fruit		1/4 c. F	1 each ____ c/ea	1/2 c. F	1 each ____ c/ea	1 each ____ c/ea	1 each ____ c/ea	1 each ____ c/ea	1 each ____ c/ea	1 each ____ c/ea		_____ ea. whole apples (125-138 ct.) _____ ea. whole oranges (113-138 ct.) _____ ea. whole bananas (100-120 ct.) _____ cups, lbs, each _____	_____ ea. whole apples (125-138 ct.) _____ ea. whole oranges (113-138 ct.) _____ ea. whole bananas (100-120 ct.) _____ cups, lbs, each _____					Provide a minimum of 1/4 c. fruit for PreK, 1/2 c. fruit for K-8, and 1 c. fruit for 9-12. Dice or slice fruit for PreK.
Individual Fruit Cups/Pkg.		1/2 c. F	1 each	1/2 c. F	1 each	1 each	1 each	1 each	1 each	1 each		_____ individual _____ cups or pkg @ ____ oz each	_____ individual _____ cups or pkg @ ____ oz each					
Canned Fruit		1/4 c. F	1/4 c.	1/2 c. F	1/2 c.	1/2 c.	1/2 c.	1/2 c.	1/2 c.	1/2 c.		_____ # 10 cans _____	_____ # 10 cans _____					
Fruit Juice, Assorted (Grades 9-12 Only)				1/2 c. F			4 fl. oz.		4 fl. oz.			_____ 4 oz. fruit juice, assorted	_____ 4 oz. fruit juice, assorted					
<b>12. Grain</b>																		
Goldfish Crackers				1 WGR		1 pkg.		1 pkg.		1 pkg.		_____ pkgs. WGR goldfish crackers @ ____ oz ea	_____ pkgs. WGR goldfish crackers @ ____ oz ea					
<b>13. Milk</b>																		
FF OR 1% Unflavored		1/2 pint	1 each	1/2 pint	1 each	1 each	1 each	1 each	1 each	1 each		_____ 1/2 pints _____ unflavored milk	_____ 1/2 pints _____ unflavored milk					
FF OR 1% Chocolate				1/2 pint	1 each	1 each	1 each	1 each	1 each	1 each		_____ 1/2 pints _____ chocolate milk	_____ 1/2 pints _____ chocolate milk					
FF OR 1% Strawberry				1/2 pint	1 each	1 each	1 each	1 each	1 each	1 each		_____ 1/2 pints _____ strawberry milk	_____ 1/2 pints _____ strawberry milk					
<b>14. Other/Condiments</b>																		
Ranch dressing, lowfat	CM-472	NC	1 oz 1 each	NC	1 oz 1 each	1 oz 1 each	1 oz 1 each	1 oz 1 each	1 oz 1 each	1 oz 1 each		_____ gallons ranch dressing _____ pkts ranch dressing ( _____ oz ea)	_____ gallons ranch dressing _____ pkts ranch dressing ( _____ oz ea)					Offered with fresh vegetable items

VDG = Veg. Dark Green; VR = Veg. Red/Orange; VL = Veg. Legumes; VS = Veg. Starchy; VO = Veg. Other; VA = Veg. Additional. NC = No Contribution.

1. CE: \_\_\_\_\_

2. SCHOOL: \_\_\_\_\_

3. MEAL PREPARATION SITE: \_\_\_\_\_

4. MEAL SERVICE:  BREAKFAST  LUNCH  SNACK

5. Thursday

6. STUDENTS SERVED: \_\_\_\_\_

7. DATE: \_\_\_\_\_

8. OFFER VS. SERVE:  YES  NO

2023-2024 Grab-n-Go Cold Lunch Menu

PLANNING SECTION													DAY OF SERVICE						
Food Item	15. Recipe #	Meal Pattern contribution, # servings, & serving size										Total Servings Planned	20. Total Amount Planned (lbs., #10 cans, ea., cases, etc.)	21. Actual Amount Prepared (lbs., #10 cans, ea., cases, etc.)	Actual Servings Prepared	HACCP Temp	22. Leftover Servings	23. COMMENTS	
		16. PK Meal Pattern Contribution	17. PK		16. K-8/9-12 Meal Pattern Contribution		17. K - 8th		17. 9th - 12th		17. Adults/ A La Carte								
9. Meat/Meat Alternate		18. # Servings	19. Serving Size	18. # Servings	19. Serving Size	18. # Servings	19. Serving Size	18. # Servings	19. Serving Size	18. # Servings	19. Serving Size								
Build Your Own Pizza	CM-407	2 M/MA	__ slices	2 M/MA	__ slices								_____ slices Canadian Turkey Ham or slices Turkey Pepperoni	_____ slices Canadian Turkey Ham or slices Turkey Pepperoni					
		2 WGR	__ each	2 WGR	__ each								_____ Ciabatta bread, WGR sliced or English muffins, WGR sliced or mini flatbread, WGR	_____ Ciabatta bread, WGR sliced or English muffins, WGR sliced or mini flatbread, WGR					
		1 M/MA	1 oz	1 M/MA	1 oz								_____ lbs. Mozzarella cheese, RF, shredded	_____ lbs. Mozzarella cheese, RF, shredded					
		1/2 c. VR	1 each	1/2 c. VR	1 each								_____ pc cups marinara sauce @ ____ oz ea	_____ pc cups marinara sauce @ ____ oz ea					
Cheese Stick or Cubes				1 M/MA	1 each							_____ cheese sticks or cubes, RF, @ 1 oz ea	_____ cheese sticks or cubes, RF, @ 1 oz ea						
<b>10. Vegetable</b>																			
Broccoli		1/4 c. VDG	1/4 cup	1/2 c. VDG	1/2 cup							_____ lbs. broccoli florets, fresh	_____ lbs. broccoli florets, fresh						
Corn Salad	CM-422			1/2 c. VS	1/2 cup							_____ lbs. corn, frz OR #10 cans	_____ lbs. corn, frz OR #10 cans						
<b>11. Fruit</b>																			
Fresh Fruit		1/4 c. F	1 each	1/2 c. F	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	_____ ea. whole apples (125-138 ct.)	_____ ea. whole apples (125-138 ct.)					Provide a minimum of 1/4 c. fruit for PreK, 1/2 c. fruit for K-8, and 1 c. fruit for 9-12. Dice or slice fruit for PreK.
													_____ ea. whole oranges (113-138 ct.)	_____ ea. whole oranges (113-138 ct.)					
													_____ ea. whole bananas (100-120 ct.)	_____ ea. whole bananas (100-120 ct.)					
													_____ cups, lbs, each _____	_____ cups, lbs, each _____					
Individual Fruit Cups/Pkg.		1/2 c. F	1 each	1/2 c. F	1 each							_____ individual _____ cups or pkg @ ____ oz each	_____ individual _____ cups or pkg @ ____ oz each						
Canned Fruit		1/4 c. F	1/4 c.	1/2 c. F	1/2 c.							_____ # 10 cans _____	_____ # 10 cans _____						
Fruit Juice, Assorted (Grades 9-12 Only)				1/2 c. F				4 fl. oz.	4 fl. oz.			_____ 4 oz. fruit juice, assorted	_____ 4 oz. fruit juice, assorted						
<b>12. Grain</b>																			
<b>13. Milk</b>																			
FF OR 1% Unflavored		1/2 pint	1 each	1/2 pint	1 each							_____ 1/2 pints _____ unflavored milk	_____ 1/2 pints _____ unflavored milk						
FF OR 1% Chocolate				1/2 pint	1 each							_____ 1/2 pints _____ chocolate milk	_____ 1/2 pints _____ chocolate milk						
FF OR 1% Strawberry				1/2 pint	1 each							_____ 1/2 pints _____ strawberry milk	_____ 1/2 pints _____ strawberry milk						
<b>14. Other/Condiments</b>																			
Ranch dressing, lowfat	CM-472	NC	1 oz	NC	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	_____ gallons ranch dressing	_____ gallons ranch dressing					Offered with fresh broccoli
			1 each		1 each								1 each	1 each					
Pudding Cup				NC	1 each							1 each	_____ pudding cups	_____ pudding cups					

VDG = Veg. Dark Green; VR = Veg. Red/Orange; VL = Veg. Legumes; VS = Veg. Starchy; VO = Veg. Other; VA = Veg. Additional. NC = No Contribution.

**Daily Food Production Record for Food-Based - On-Site Production**

1. CE: \_\_\_\_\_  
 2. SCHOOL: \_\_\_\_\_  
 3. MEAL PREPARATION SITE: \_\_\_\_\_

2023-2024 Grab-n-Go Cold Lunch Menu  
 5. Friday

6. STUDENTS SERVED: \_\_\_\_\_  
 ADULTS SERVED: \_\_\_\_\_  
 TOTAL SERVED: \_\_\_\_\_  
 7. DATE: \_\_\_\_\_

4. MEAL SERVICE:  BREAKFAST  LUNCH  SNACK 8. OFFER VS. SERVE:  YES  NO

PLANNING SECTION													DAY OF SERVICE					
Food Item	15. Recipe #	Meal Pattern contribution, # servings, & serving size										Total Servings Planned	20. Total Amount Planned (lbs., #10 cans, ea., cases, etc.)	21. Actual Amount Prepared (lbs., #10 cans, ea., cases, etc.)	Actual Servings Prepared	HACCP Temp	22. Leftover Servings	23. COMMENTS
		16. PK Meal Pattern Contribution	17. PK		16. K-8 / 9-12 Meal Pattern Contribution		17. K - 8th		17. 9th - 12th		17. Adults/ A La Carte							
		18. # Servings	19. Serving Size	18. # Servings	19. Serving Size	18. # Servings	19. Serving Size	18. # Servings	19. Serving Size	18. # Servings	19. Serving Size							
<b>9. Meat/Meat Alternate</b>																		
Ham / Turkey & Cheese Stack	CM-438	1.5 M/MA	4 each	1.5 M/MA	4 each					4 each			_____ slices Canadian Turkey Ham, sliced and / or Turkey Breast slices	_____ slices Canadian Turkey Ham, sliced and / or Turkey Breast slices			Use enough meat from deli meat combination to provide a total of 1.5 M/MA.	
		.5 M/MA	1 each	.5 M/MA	1 each					1 each			_____ slices yellow American cheese @ .5 oz per slice	_____ slices American cheese @ .5 oz per slice				
		.5 M/MA	1 each	.5 M/MA	1 each					1 each			_____ slices white American cheese @ .5 oz per slice	_____ slices American cheese @ .5 oz per slice				
		2 WGR	4 each	2 WGR	4 each					4 each			_____ pkg WGR crackers @ ____ oz ea	_____ pkg WGR crackers @ ____ oz ea				
<b>10. Vegetable</b>																		
Red Bell Pepper or Tomato Cup		1/4 c. <b>VR</b>	1/4 cup	1/2 c. <b>VR</b>	1/2 cup					1/2 cup			_____ lbs. red pepper strips <b>OR</b> cherry tomatoes	_____ lbs. red pepper strips <b>OR</b> cherry tomatoes			Dice red bell peppers or slice tomatoes lengthwise for PreK.	
Pinto Bean Salad <b>OR</b>	CM-459			1/2 c. <b>VL</b>	1/2 cup					1/2 cup			_____ #10 cans pinto beans, unheated, drained	_____ #10 cans pinto beans, unheated, drained				
Hummus				1/2 c. <b>VL</b>	1 each					1 each			_____ pc cups hummus @ ____ oz ea	_____ pc cups hummus @ ____ oz ea				
<b>11. Fruit</b>																		
Fresh Fruit		1/4 c. F	1 each	1/2 c. F	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	_____ ea. whole apples (125-138 ct.)	_____ ea. whole apples (125-138 ct.)			Provide a minimum of 1/4 c. fruit for PreK, 1/2 c. fruit for K-8, and 1 c. fruit for 9-12. Dice or slice fruit for PreK.	
			_____ ea. whole oranges (113-138 ct.)		_____ ea. whole oranges (113-138 ct.)													
			_____ ea. whole bananas (100-120 ct.)		_____ ea. whole bananas (100-120 ct.)													
			_____ cups, lbs, each _____		_____ cups, lbs, each _____													
Individual Fruit Cups/Pkg.		1/2 c. F	1 each	1/2 c. F	1 each					1 each			_____ individual _____ cups or pkg @ ____ oz each	_____ individual _____ cups or pkg @ ____ oz each				
Canned Fruit		1/4 c. F	1/4 c.	1/2 c. F	1/2 c.					1/2 c.			_____ # 10 cans _____	_____ # 10 cans _____				
Fruit Juice, Assorted (Grades 9-12 Only)				1/2 c. F						4 fl. oz.			_____ 4 oz. fruit juice, assorted	_____ 4 oz. fruit juice, assorted				
<b>12. Grain</b>																		
Grain-Based Dessert				_____ WGR <b>OR</b> EG	1 each					1 each			_____ each _____	_____ each _____			See Recipe List for optional recipes. No more than 2oz eq. grain-based dessert may be offered each week.	
<b>13. Milk</b>																		
FF <b>OR</b> 1% Unflavored		1/2 pint	1 each	1/2 pint	1 each					1 each			_____ 1/2 pints _____ unflavored milk	_____ 1/2 pints _____ unflavored milk				
FF <b>OR</b> 1% Chocolate				1/2 pint	1 each					1 each			_____ 1/2 pints _____ chocolate milk	_____ 1/2 pints _____ chocolate milk				
FF <b>OR</b> 1% Strawberry				1/2 pint	1 each					1 each			_____ 1/2 pints _____ strawberry milk	_____ 1/2 pints _____ strawberry milk				
<b>14. Other/Condiments</b>																		
Ranch dressing, lowfat	CM-472	NC	1 oz	NC	1 oz					1 oz			_____ gallons ranch dressing	_____ gallons ranch dressing			Offered with Red Bell Peppers or Tomato Cup.	
			1 each		1 each	1 each	1 each	1 each	1 each	_____ pkts ranch dressing ( _____ oz ea)	_____ pkts ranch dressing ( _____ oz ea)							

VDG = Veg. Dark Green; VR = Veg. Red/Orange; VL = Veg. Legumes; VS = Veg. Starchy; VO = Veg. Other; VA = Veg. Additional. NC = No Contribution.