

Serving Guides Fall 2024

| DATES | | MENU | TRAY CAVITY | UTENSIL | HOME DELIVERED PACKING INSTRUCTIONS | | RECOMMENDED SUBSTITUTION |
|--|---|----------------------------|-------------|----------------------|-------------------------------------|---|--|
| Menu 1 October 2 October 30 November 27 | * | Orange Juice (4 oz) | Handout | | Pre-packaged | ✓ | Any whole or individually portioned fruit or 100% juice |
| | * | Swedish Meatballs (6 each) | B | Tongs/Solid Spoon | 3 Compartment tray | ✓ | 3 oz Meat |
| | * | Penne Pasta (1/2 cup) | A | 4 oz solid spoodle | 3 Compartment tray | ✓ | Any starchy side of potato, rice or pasta (no french fries) |
| | * | Brussels Sprouts (1/2 cup) | C | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable (no french fries) |
| | | Whole Wheat Bread (1 each) | D | Glove | Wax bag | ✓ | Any bread, roll, or crackers |
| | | Fudge Round (1 each) | E | | Pre-packaged | ✓ | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | | Margarine (1 each) | Handout | | Pre-packaged | | |

A tray cavity diagram may be found in the FY24 ENP Manual on page 85.

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| Menu 2 October 3 October 31 November 28 | * | BBQ Rib Patty (1 each) | B | Tongs, solid spoon | 3 Compartment tray | ✓ | 3 oz Meat |
| | * | Green Lima Beans (1/2 c) | A | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any bean or vegetable |
| | * | Okra and Tomatoes (1/2 c) | C | 4 oz Solid spoodle | 3 Compartment tray | | Any vegetable (no french fries) |
| | * | Mandarin Oranges/Pineapples (1/2 c) | E | 4 oz Slotted spoodle | Small squat cup | ✓ | Any whole or individually portioned fruit, or 4oz 100% juice |
| | | Hamburger Bun (1 each) | D | Glove | Wax bag | ✓ | Any bread, roll, or crackers |
| | | Nutty Buddy (1 each) | Handout | | Pre-packaged | | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | | Margarine (1 each) | Handout | | Pre-packaged | | |

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| Menu 3 October 4 November 1 November 29 | * | Apple Juice (4 oz) | Handout | | Pre-packaged | ✓ | Any whole or individually portioned fruit or 100% juice |
| | * | Meatloaf (1 each)/Tomato Gravy (1 oz) | B | Tongs/Solid Spoon | 3 Compartment tray | ✓ | 3 oz Meat |
| | * | Whipped Potatoes (1/2 c) | A | #8 Scoop | 3 Compartment tray | ✓ | Any starchy side of potato, rice or pasta |
| | * | Green Peas (1/2 c) | C | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable (no french fries) |
| | | Cornbread (1 ea) | D | Glove, knife/spatula | Wax bag | ✓ | Any bread, roll, or crackers |
| | * | Orange Fruited Gelatin (1/2 cup) | E | 4 oz Solid spoodle or #8 Scoop | Small squat cup | ✓ | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk/Buttermilk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | | Margarine (1 ea) | Handout | | Pre-packaged | | |

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| Menu 4 October 5 November 2 November 30 | * | Chicken Broccoli Rice Casserole (6 oz) | B | #6 Scoop or 6 oz Solid | 3 Compartment tray | ✓ | 3 oz Meat |
| | * | Italian Green Beans (1/2 c) | C | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable (no french fries) |
| | * | Tossed Salad (1/2 c) | A | Tongs | Large squat cup | ✓ | Any vegetable or pre-packaged salad |
| | * | Fresh Fruit (1 each) | Handout | Glove | | ✓ | Any whole or individually portioned fruit or 100% juice |
| | | Texas Bread (1 each) | D | Glove | Wax bag | ✓ | Any bread, roll, or crackers |
| | | White Cake (1 each) | E | Handout | Large squat cup | ✓ | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | | Ranch Dressing or Diet Italian Dressing (1 each) | Handout | | Pre-packaged | | |
| | | Margarine (1 each) | Handout | | Pre-packaged | | |

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| Menu 5 October 6 November 3 December 1 | * | Orange/Pineapple Juice (4 oz) | Handout | | Pre-packaged | ✓ | Any whole or individually portioned fruit or 100% juice |
| | * | Beef Hot Dog (1 ea) | B | Tongs | 3 Compartment tray | ✓ | 3 oz Meat |
| | | Hot Dog Bun (1 ea) | B | Glove | Wax bag | ✓ | Any bread, roll, or crackers |
| | * | Baked Beans (1/2 c) | A | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any bean or vegetable (no french fries) |
| | * | Coleslaw (1/2 c) | D | 4 oz Solid spoodle or #8 Scoop | Small squat cup | ✓ | Any Vegetable or pre-packaged salad |
| | * | Apple Cobbler (1/2 c) | E | 4 oz Solid spoodle or #8 Scoop | 3 Compartment tray | | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk/Chocolate Milk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | * | Onion (2 Tbsp) | C | Tablespoon | Wax bag | | |
| | | Mustard/Mayo/Ketchup (1 ea) | Handout | | Pre-packaged | | |

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| <u>Menu 6</u> November 6 December 4 | * | Cranberry Juice | Handout | | Pre-packaged | ✓ | Any 100% juice or whole or pre-portioned fruit |
| | * | Chicken Tetrazzini (6 oz) | B | 6 oz spoodle or #6 scoop | 3 Compartment tray | ✓ | 3 oz Meat |
| | * | Green Peas (1/2 c) | A | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable (no french fries) |
| | * | Glazed Carrots (1/2 c) | C | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable (no french fries) |
| | | Whole Grain White Roll (1 each) | D | Glove | Wax Bag | ✓ | Any bread, roll, or crackers |
| | | Shortbread Cookies (1 pkg) | E | | Pre-packaged | ✓ | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | | Margarine | Handout | | Pre-packaged | | |

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| Menu 7 October 10 November 7 December 5 | * | Orange Juice | Handout | | Pre-packaged | ✓ | Any whole or individually portioned fruit or 100% juice |
| | * | Ham/Pineapple Sauce (3 oz) | B | Tongs/Solid Spoon | 3 Compartment tray | ✓ | 3 oz Meat |
| | * | Au Gratin Potatoes (1/2 c) | A | 4 oz solid spoodle or #8 scoop | 3 Compartment tray | ✓ | Any starchy side of potato, rice or pasta |
| | * | Spinach (1/2 c) | C | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable (no french fries) |
| | | Whole Grain White Roll (1 each) | D | Glove | Wax bag | ✓ | Any bread, roll, or crackers |
| | | Chocolate Cake (1 slice) | E | Glove, knife/spatula | Large squat cup | ✓ | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
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| Menu 8 October 11 November 8 December 6 | * | Seasoned Ground Beef (4 oz) | A | 4 oz Solid spoodle | 3 Compartment tray | ✓ | 3 oz. Meat |
| | * | Shredded Lettuce (1 c) | B | Glove/Tongs; see notes A and B | Large squat cup (fill completely); 3 Compartment tray for any hot, substituted item | ✓ | Any vegetable or pre-packaged salad |
| | * | Shredded Cheese (2 T.) | B | Tablespoon; see note B | Large squat cup (on top of lettuce); see Note B | ✓ | American cheese 2 (1/2 oz) slices or 1 oz shredded cheese per serving (2 T) |
| | * | Diced Tomato (2 oz) | B | Glove/Tongs; see note A | Large squat cup - see Note A; 3 Compartment tray (if hot, substituted item and if it will fit in tray) | ✓ | Any vegetable or pre-packaged salad |
| | | Corn Chips (1 pkg) | Handout | | Pre-packaged | ✓ | Any individually portioned chips |
| | * | Pinto Beans (1/2 c) | D | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any bean or vegetable (no french fries) |
| | * | Lime Fruited Gelatin (1/2 c) | E | #8 Scoop or 4oz solid spoodle | Small squat cup | ✓ | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk/Chocolate Milk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | | Taco Sauce (1 ea) | Handout or C | | Pre-packaged | | |
| | * | Sour Cream (1 ea) | Handout or C | See note C | Pre-packaged | | |

Notes:

A. Diced tomatoes will be packed separately from lettuce. Add tomatoes evenly on top of panned lettuce before serving.

B. Cheese will be packed separately from lettuce. Sprinkle 2 tablespoons of cheese over each salad before serving.

C. To temp sour cream packets, you will use same method as described in the FY24 ENP manual p.79.

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| <u>Menu 9</u> October 12 November 9 December 7 | * | Apple Juice (4 oz) | Handout | | Pre-packaged | ✓ | Any whole or individually portioned fruit or 100% juice |
| | * | Smothered Chicken (1 each) | B | Tongs, solid spoon | 3 Compartment tray | ✓ | 3 oz Meat |
| | * | Delmonico Potatoes (1/2 c) | A | #8 Scoop or 4 oz Solid spoodle | 3 Compartment tray | ✓ | Any vegetable or bean (no french fries) |
| | * | Turnip Greens (1/2 c) | C | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable (no french fries) |
| | | Cornbread (1 ea) | D | Glove, knife/spatula | Wax bag | ✓ | Any bread, roll, or crackers |
| | * | Mixed Fruit (1/2 c) | E | 4 oz Slotted spoodle | Small squat cup | ✓ | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk/Buttermilk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | | Margarine (1 each) | Handout | | Pre-packaged | | |

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| Menu 10 October 13 December 8 | * | Italian Macaroni Casserole (6 oz) | B | #6 Scoop or 6 oz Solid spoodle | 3 Compartment tray | ✓ | 3 oz Meat |
| | * | Italian Vegetables (1/2 c) | C | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable (no french fries) |
| | * | Tossed Salad (1/2 c) | A | Tongs | Large squat cup | | Any vegetable or pre-packaged salad |
| | * | Fresh Fruit (1 each) | Handout | Glove | | ✓ | Any whole or individually portioned fruit or 100% juice |
| | | Whole Wheat Bread (1 each) | D | Glove | Wax bag | ✓ | Any bread, roll, or crackers |
| | * | Marble Pudding (1/2 c) | E | #8 Scoop or 4 oz solid spoodle | Small squat cup | ✓ | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | | Ranch Dressing or Diet Italian Dressing (1 each) | Handout | | Pre-packaged | | |
| | | Margarine (1 each) | Handout | | Pre-packaged | | |

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| Menu 11 October 16 November 13 December 11 | * | Chopped Steak/Gravy (1 each) | B | Tongs/Solid Spoon | 3 Compartment tray | ✓ | 3 oz. Meat |
| | * | Country Potatoes (1/2 c) | A | #8 Scoop or 4 oz Solid spoodle | 3 Compartment tray | ✓ | Any starchy side of potato, rice or pasta |
| | * | California Vegetables (1/2 c) | C | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable (no french fries) |
| | * | Pineapple Tidbits (1/2 c) | E | 4 oz Slotted spoodle | Small squat cup | ✓ | Any whole or individually portioned fruit, or 4oz 100% juice |
| | | Whole Grain White Roll (1 each) | D | Glove | Wax bag | ✓ | Any bread, roll, crackers or corn chips |
| | | Fig Bar (1 each) | Handout | | Pre-packaged | ✓ | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | | Margarine (1 each) | Handout | | Pre-packaged | | |

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| Menu 12 October 17 November 14 December 12 | * | Apple Juice (4 oz) | Handout | | Pre-packaged | ✓ | Any whole or individually portioned fruit or 100% juice |
| | * | BBQ Chicken Breast (1 ea) | B | Tongs, solid spoon | 3 Compartment tray | ✓ | 3 oz Meat |
| | * | Ranch Beans (1/2 c) | A | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable or bean |
| | * | Country Corn (1/2 c) | C | 4 oz Solid spoodle | 3 Compartment tray | ✓ | Any vegetable (no french fries) |
| | | Texas Bread (1 ea) | D | Glove | Wax bag | ✓ | Any bread, roll, or crackers |
| | * | Cherry Fruited Gelatin (1/2 c) | E | #8 Scoop or 4 oz solid spoodle | Small squat cup | ✓ | Any whole or individually portioned fruit or 100% juice |
| | * | Milk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | | Margarine (1 each) | Handout | | Pre-packaged | | |

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Serving Guides Fall 2024

| DATES | | MENU | TRAY CAVITY | UTENSIL | HOME DELIVERED PACKING INSTRUCTIONS | | RECOMMENDED SUBSTITUTION |
|---|---|----------------------------------|------------------------|--------------------------------|-------------------------------------|---|--|
| Menu 13 October 18 November 15 December 13 | * | Orange Juice (4 oz) | Handout | | Pre-packaged | ✓ | Any whole or individually portioned fruit or 100% juice |
| | * | Chili with Beef and Beans (6 oz) | B; 8 oz Squat (Note A) | #6 Scoop or 6 oz Solid spoodle | 3 Compartment tray | ✓ | 3 oz Meat |
| | * | Buttered Rice (1/2 c) | A | 4 oz Solid spoodle or #8 scoop | 3 Compartment tray | ✓ | Any starchy side of potato, rice or pasta (no french fries) |
| | * | Sliced Peaches (1/2 c) | D | 4 oz Slotted spoodle | Small squat cup | ✓ | Any whole or individually portioned fruit |
| | | Saltine Crackers (2 packs) | C | | Pre-packaged | ✓ | Any bread, roll, or crackers |
| | | Yellow Cake (1 slice) | E | Glove, knife/spatula | Large squat cup | ✓ | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | | Margarine (1 each) | Handout | | Pre-packaged | | |

Note:

A. Portion 6 oz of chili into 8 oz squat cup and serve on tray cavity B.

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|---|---|----------------------------------|----------------|--------------------------------|--|---|--|
| Menu 14 October 19 November 16 December 14 | * | Smoked Sausage (1 each) | B | Tongs | 3 Compartment tray | ✓ | 3 oz Meat |
| | | Hot Dog Bun (1 each) | B | Glove | Wax bag | ✓ | Any bread, roll, or crackers |
| | * | Scalloped Potatoes (1/2 c) | A | 4 oz Solid spoodle or #8 scoop | 3 Compartment tray | ✓ | Any bean or vegetable (no french fries) |
| | * | Green Beans/Red Peppers (1/2 c) | C | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable (no french fries) |
| | | Fresh Fruit (1 each) | D | Glove | | ✓ | Any whole or individually portioned fruit, or 4oz 100% juice |
| | * | Strawberry Swirl Pudding (1/2 c) | E | #8 Scoop or 4 oz solid spoodle | Small Squat Cup | | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk/Chocolate Milk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | * | Diced Onions (2 Tbsp) | B | Tablespoon | Wax bag | | |
| | | Ketchup/Mustard/Mayo (1 each) | Handout | | Pre-packaged | | |

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| Menu 15 October 20 November 17 December 15 | * | Tropical Juice (4 oz) | Handout | | Pre-packaged | | Any whole or individually portioned fruit or 100% juice |
| | * | Macaroni and Cheese (6 oz) | B | #6 Scoop or 6 oz Solid spoodle | 3 Compartment tray | ✓ | 3 oz Meat |
| | * | Black-eyed Peas (1/2 c) | C | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable or bean (no french fries) |
| | * | Collard Greens (1/2 c) | A | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable (no french fries) |
| | | Cornbread (1 ea) | D | Glove, knife/spatula | Wax bag | ✓ | Any bread, roll, or crackers |
| | | Oreo Cookie (1 package) | E | | Pre-packaged | | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk/Buttermilk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | | Margarine (1 each) | Handout | | Pre-packaged | | |

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**Serving Guides
Fall 2024**

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| Menu 16 October 23 November 20 December 18 | * | Apple Juice (4 oz) | Handout | | Pre-packaged | ✓ | Any whole or individually portioned fruit or 100% juice |
| | * | Chicken Taco Soup (6 oz) | B; 8 oz Squat (Note A) | 6 oz Spoodle or #6 scoop | 3 Compartment tray | ✓ | 3 oz. Meat |
| | * | Mexican Rice (1/2 c) | A | #8 Scoop or 4 oz Solid spoodle | 3 Compartment tray | ✓ | Any starchy side of potato, rice or pasta (no french fries) |
| | * | Mixed Fruit (1/2 c) | C | 4 oz Slotted spoodle | Small squat cup | ✓ | Any whole or individually portioned fruit |
| | | Saltine Crackers (2 packs) | D | Glove | Pre-packaged | ✓ | Any bread, roll, or crackers |
| | | Oatmeal Crème Pie (1 ea) | E | | Pre-packaged | ✓ | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | | Margarine (1 each) | Handout | | Pre-packaged | | |

Note:

A. Portion 6 oz of taco soup into 8 oz squat cup and serve on tray cavity B.

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|---|---|-----------------------------------|----------------|--------------------------------|--|---|---|
| Menu 17 October 24 November 21 December 19 | * | All Beef Hamburger Patty (1 each) | B | Tongs | 3 Compartment Tray | ✓ | 3 oz Meat |
| | | Hamburger Bun (1 ea) | B | Glove | Wax bag | ✓ | Any bread, roll, or crackers |
| | * | Baked Beans (1/2 c) | A | 4 oz Slotted spoodle | 3 Compartment Tray | ✓ | Any bean or vegetable |
| | * | Potato Salad (1/2 c) | C | 4 oz Solid spoodle or #8 scoop | Small squat cup | | Any vegetable or pre-packaged salad; or whole or individually portioned fruit |
| | * | Shredded Lettuce (1/4 c) | D | Glove, tongs | Large squat cup - see Note A | | Any vegetable or pre-packaged salad; or whole or individually portioned fruit |
| | * | Tomato (1 sl) | D | Glove, tongs | Large squat cup - see Note A | | Any vegetable or pre-packaged salad; or whole or individually portioned fruit |
| | * | Onion (2 Tbsp) | D | Tablespoon | Wax bag - see Note B | | |
| | * | Fruit Medley Crisp (1/2 cup) | E | 4 oz Solid spoodle or #8 scoop | 3 Compartment Tray | ✓ | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk/Chocolate Milk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | | Mustard/Mayo/Ketchup (1 ea) | Handout | | Pre-packaged | | |

Notes:

A. Fill 1/4 full of lettuce to make a 1/2 cup and place tomato slice on top.

B. Place 2 tablespoons of onion in wax bag .

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| Menu 18 October 25 December 20 | * | Grape Juice (4 oz) | Handout | | Pre-packaged | | Any whole or individually portioned fruit or 100% juice |
| | * | Beef and Rice Casserole (6 oz) | B | 6 oz spoodle or #6 scoop | 3 Compartment tray | ✓ | 3 oz. Meat |
| | * | Capri Vegetables (1/2 c) | A | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable (no french fries) |
| | * | Cabbage (1/2 c) | C | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable (no french fries) |
| | | Whole Wheat Bread (1 ea) | D | Glove | Wax Bag | ✓ | Any bread, roll, or crackers |
| | | Chocolate Cake (1 ea) | E | Glove/knife/ spatula | Large squat cup | ✓ | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | | Margarine (1 each) | Handout | | Pre-packaged | | |

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|--------------------------------------|---|--------------------------------------|----------------|-------------------------------|--|---|--|
| Menu 19 October 26 December 21 | * | Orange Pineapple Juice (4 oz) | Handout | | Pre-packaged | | Any whole or individually portioned fruit or 100% juice |
| | * | Chicken Breast/Mushroom Gravy (1 ea) | B | Tongs/Solid Spoon | 3 Compartment tray | ✓ | 3 oz Meat |
| | * | White Lima Beans (1/2 c) | A | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable or bean (no french fries) |
| | * | Mixed Greens (1/2 c) | C | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable (no french fries) |
| | | Cornbread (1 ea) | D | Glove, knife/spatula | Wax bag | ✓ | Any bread, roll, or crackers |
| | * | Strawberry Gelatin (1/2 c) | E | #8 Scoop or 4oz solid spoodle | Small squat cup | | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk/Buttermilk (8 oz) | Handout | | Pre-packaged | | Milk, chocolate milk, or buttermilk |
| | | Margarine (1 ea) | Handout | | Pre-packaged | | |

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|-----------------------|---|-----------------------------|----------------|--------------------------------|--|---|--|
| Menu 20 October 27 | * | Sweet and Sour Pork (1 ea) | B | Tongs/Solid Spoon | 3 Compartment tray | ✓ | 3 oz Meat |
| | * | Fried Rice (1/2 c) | A | #8 Scoop or 4 oz solid spoodle | 3 Compartment tray | ✓ | Any starchy side of potato, rice or pasta (no french fries) |
| | * | Japanese Vegetables (1/2 c) | C | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable (no french fries) |
| | | Fresh Fruit (1 ea) | Handout | Glove | | ✓ | Any whole or individually portioned fruit, or 4oz 100% juice |
| | | Whole Wheat Bread (1 ea) | D | Glove | Wax bag | ✓ | Any bread, roll, or crackers |
| | * | Lemon Pudding (1/2 c) | E | #8 Scoop or 4 oz solid spoodle | Small squat cup | ✓ | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | | Margarine (1 each) | Handout | | Pre-packaged | | |

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|-------------------------------------|---|-------------------------------|----------------|-------------------------|--|---|--|
| Thanksgiving Meal November 22 | * | Orange Juice (4 oz) | Handout | | Pre-packaged | ✓ | Any whole or individually portioned fruit or 100% juice |
| | * | Sliced Turkey/Gravy (3 oz) | B | Tongs/Solid Spoon | 3 Compartment tray | ✓ | 3 oz Meat |
| | * | Cornbread Dressing (1/2 c) | A | 4 oz solid spoodle | 3 Compartment tray | ✓ | Any starchy side of potato, rice or pasta (no french fries) |
| | * | Holiday Green Beans (1/2 c) | C | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable or bean (no french fries) |
| | | Whole Grain White Roll (1 ea) | D | Glove | Wax bag | ✓ | Any bread, roll, or crackers |
| | | Carrot Cake (1 ea) | E | Glove/knife/ spatula | Large squat cup | ✓ | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk (8 oz) | Handout | | Pre-packaged | ✓ | Milk, chocolate milk, or buttermilk |
| | | Margarine (1 each) | Handout | | Pre-packaged | | |
| | | Cranberry Sauce (1 each) | Handout | | Pre-packaged | | |

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|-------------------------------|---|--------------------------------|----------------|----------------------|--|---|--|
| Christmas Meal December 22 | * | Brown Sugar Glazed Ham (3 oz) | B | Tongs/Solid Spoon | 3 Compartment tray | ✓ | 3 oz Meat |
| | * | Whipped Sweet Potatoes (1/2 c) | A | #8 Scoop | 3 Compartment tray | ✓ | Any starchy side of potato, rice or pasta (no french fries) |
| | * | Green Beans/Mushrooms (1/2 c) | C | 4 oz Slotted spoodle | 3 Compartment tray | ✓ | Any vegetable or bean (no french fries) |
| | * | Christmas Fruit Cup (1/2 c) | D | 4 oz Slotted spoodle | Small squat cup | ✓ | Any whole or individually portioned fruit or 100% juice |
| | | Whole Grain White Roll (1 ea) | B | Glove | Wax bag | ✓ | Any bread, roll, or crackers |
| | | Coconut Cake (1 ea) | E | Glove/knife/spatula | Large squat cup | ✓ | Any pre-packaged cake, snack cake, cookie, pudding, or gelatin |
| | * | Milk (8 oz) | Handout | | | ✓ | Milk, chocolate milk, or buttermilk |
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