DATES		MENU	TRAY CAVITY*	UTENSIL	HOME DELIVERED PACKING INSTRUCTIONS		RECOMMENDED SUBSTITUTION
Menu 1 January 29	*	Grape Juice (4 oz)	Handout		Pre-packaged		Any whole or individually portioned fruit or 100% juice
February 26 March 25	*	Meatloaf (1 each)/Brown Gravy (1 oz)	В	Tongs/Solid Spoon	3 Compartment tray		3 oz Meat
	*	Ranch Potatoes (1/2 c)	А	#8 Scoop	3 Compartment tray		Any starchy side of potato, rice or pasta
	*	Spring Vegetables (1/2 c)	С	4 oz Slotted spoodle	3 Compartment tray	✓	Any vegetable (no french fries)
		Whole Grain White Roll (1 ea)	D	Glove	Wax bag	✓	Any bread, roll, or crackers
	*	Rosey Applesauce (1/2 cup)	E	4 oz Solid spoodle or #8 Scoop	Small squat cup	✓	Any pre-packaged cake, snack cake, cookie, pudding, gelatin, or individually packed fruit.
	*	Milk (8 oz)	Handout		Pre-packaged	✓	Milk, chocolate milk, or buttermilk
		Margarine (1 ea)	Handout		Pre-packaged		

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

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<u>Menu 2</u> January 2	*	Chicken and Rice Casserole (6 oz)	В	#6 Scoop or 6 oz Solid spoodle	3 Compartment tray	✓	3 oz Meat
January 30 February 27	*	Whole Kernel Corn (1/2 c)	С	4 oz Slotted spoodle	3 Compartment tray	✓	Any vegetable (no french fries)
March 26	*	Herbed Green Beans (1/2 c)	A	4 oz Slotted spoodle	3 Compartment tray	✓	Any vegetable (no french fries)
	*	Mixed Fruit (1/2 c)	Е	4 oz Solid spoodle or #8 Scoop	Small squat cup	v	Any whole or individually portioned fruit or 100% juice
		Whole Grain White Roll (1 each)	D	Glove	Wax bag	\	Any bread, roll, or crackers
		Oreo Cookies (1 pack)	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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<u>Menu 3</u> January 3	*	Orange Juice (4 oz)	Handout		Pre-packaged	✓	Any whole or individually portioned fruit or 100% juice
January 31 February 28	*	Smoked Sausage (1 each)	В	Tongs	3 Compartment tray	1	3 oz Meat
March 27		Hot Dog Bun (1 each)	В	Glove	Wax bag	✓	Any bread, roll, or crackers
	*	White Lima Beans (1/2 c)	A	4 oz Slotted spoodle	3 Compartment tray	✓	Any bean or vegetable (no french fries)
	*	Okra and Tomatoes (1/2 c)	С	4 oz Slotted spoodle	3 Compartment tray	✓	Any vegetable (no french fries)
	*	Orange Fruited Gelatin (1/2 c)	E	#8 Scoop or 4 oz solid spoodle	Small Squat Cup		Any pre-packaged cake, snack cake, cookie, pudding, gelatin, or fruit
	*	Milk/Chocolate Milk (8 oz)	Handout		Pre-packaged	✓	Milk, chocolate milk, or buttermilk
	*	Diced Onions (2 Tbsp)	В	Tablespoon	Wax bag		
		Ketchup/Mustard/Mayo (1 each)	Handout		Pre-packaged		

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DATES		MENU	TRAY CAVITY	UTENSIL	HOME DELIVERED PACKING INSTRUCTIONS		RECOMMENDED SUBSTITUTION
Menu 4	*	Smothered Chicken (1 each)	В	Tongs, solid spoon	3 Compartment tray	✓	3 oz Meat
January 4 February 1	*	Au Gratin Potatoes (1/2 c)	A	#8 Scoop or 4 oz Solid spoodle	3 Compartment tray	✓	Any starchy side of potato, rice or pasta
February 29	*	Mixed Greens (1/2 c)	С	4 oz Slotted spoodle	3 Compartment tray	1	Any vegetable (no french fries)
		Fresh Fruit (1 each)	Handout	Glove		1	Any whole or individually portioned fruit or 100% juice
		Cornbread (1 slice) (See note A)	D	Glove, knife/spatula	Wax bag	✓	Any bread, roll, or crackers
	*	Strawberry Swirl Pudding (1/2 c)	Е	4 oz Solid spoodle	Small squat cup	1	Any pre-packaged cake, snack cake, cookie, pudding, or gelatin
	*	Milk/Buttermilk (8 oz)	Handout		Pre-packaged	1	Milk, chocolate milk, or buttermilk
		Margarine (1 each)	Handout		Pre-packaged		

Note:

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<u>Menu 5</u> January 5	*	Orange/Pineapple Juice (4 oz)	Handout		Pre-packaged		Any whole or individually portioned fruit or 100% juice
February 2 March 1	*	Lasagna Casserole (6 oz)	В	#6 Scoop or 6 oz Solid spoodle	3 Compartment tray	1	3 oz Meat
	*	Green Peas (1/2 c)	С	4 oz Slotted spoodle	3 Compartment tray	✓	Any vegetable (no french fries)
	*	Tossed Salad (1/2 c)	Α	Tongs	Large squat cup		Any vegetable or pre-packaged salad
		Texas Bread (1 ea)	D	Glove	Wax bag	✓	Any bread, roll, or crackers
		White Cake (1 slice) (see Note A)	Е	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
		Ranch Dressing or Diet Italian Dressing (1 each)	Handout		Pre-packaged		
		Margarine (1 ea)	Handout		Pre-packaged		

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<u>Menu 6</u> January 8	*	Orange Juice (4 oz)	Handout		Pre-packaged	\	Any whole or individually portioned fruit or 100% juice
February 5	*	BBQ Chicken Breast (1 ea)	В	Tongs, solid spoon	3 Compartment tray	✓	3 oz Meat
March 4	*	Glazed Carrots (1/2 c)	Α	4 oz Slotted spoodle	3 Compartment tray	\	Any vegetable (no french fries)
	*	Italian Green Beans (1/2 c)	С	4 oz Slotted spoodle	3 Compartment tray	✓	Any vegetable (no french fries)
		Whole Grain White Roll (1 ea)	D	Glove	Wax bag	✓	Any bread, roll, or crackers
		Fig Bar (1 ea)	Е		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 ea)	Handout		Pre-packaged		

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Menu 7 January 9	*	Orange Pineapple Juice (4 oz)	Handout		Pre-packaged	✓	Any whole or individually portioned fruit or 100% juice
February 6 March 5	*	Meatballs/Marinara (5 ea) and Sliced Cheese (1 slice)	B (see note A)	Tongs, gloves	3 Compartment tray (see note B)	1	Any 3 oz meat or 2 oz meat and 1 oz cheese
		Whole Grain White Hot Dog Bun (1 each)	В	Glove	Wax bag	1	Any bread, roll, or crackers
	*	Alfredo Pasta (1/2 cup)	А	4 oz solid spoodle	3 Compartment tray	✓	Any starchy side of potato, rice or pasta (no french fries)
	*	Garden Vegetables (1/2 cup)	С	4 oz Slotted spoodle	3 Compartment tray	✓	Any vegetable (no french fries)
		Chocolate Cake (1 slice)	D	Glove/knife/ spatula	Large squat cup	1	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		

Notes:

A. Place hotdog bun on tray cavity B and add 5 meatballs to make meatball sub. Put 1 slice of cheese over meatballs.

B. In 3-compartment tray, add meatballs first. Put 1 slice of cheese over meatballs.

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Menu 8 January 10	*	Tropical Juice (4 oz)	Handout		Pre-packaged		Any whole or individually portioned fruit or 100% juice
February 7 March 6	*	Pork Carnitas (1/2 cup)	B (see note A)	#8 Scoop or 4 oz solid spoodle	3 Compartment tray	✓	3 oz Meat
	*	Ranch Beans (1/2 c)	А	4 oz Slotted spoodle	3 Compartment tray	✓	Any bean or vegetable (no french fries)
	*	Mexican Corn (1/2 c)	С	4 oz Slotted spoodle	3 Compartment tray	✓	Any vegetable (no french fries)
		Flour Tortilla (1 ea)	D	Glove	Wax bag	✓	Any bread, roll, or crackers
	*	Lime Fruited Gelatin (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
		Taco Sauce (1 each)	Handout		Pre-packaged		

Note:

A. Clients may add pork on top of flour tortilla and top with taco sauce to create a taco.

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Menu 9 January 11	*	Cranberry Juice (4 oz)	Handout		Pre-packaged		Any whole or individually portioned fruit or 100% juice
February 8	*	Beef Hot Dog (1 ea)	В	Tongs	3 Compartment tray	✓	3 oz Meat
March 7		Hot Dog Bun (1 ea)	В	Glove	Wax bag	✓	Any bread, roll, or crackers
	*	Meatless Chili (1/2 c)	A; 6 oz Squat (Note A)	4 oz Solid spoodle	3 Compartment tray	✓	Any bean or vegetable
	*	Coleslaw (1/2 c)	D	4 oz Solid spoodle or #8 Scoop	Small squat cup	✓	Any Vegetable or pre-packaged salad (no french fries)
	*	Peach Cobbler (1/2 c)	Е	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)	С	Tablespoon	Wax bag		
		Mustard/Ketchup (1 ea)	Handout		Pre-packaged		

Note:

A. Portion 4 oz of chili into 6 oz squat cup and serve on tray cavity A. Clients may use chili on hotdog if desired.

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<u>Menu 10</u> January 12	*	Sliced Turkey/Gravy (1 slice)	В	Tongs/Solid Spoon	3 Compartment tray	✓	3 oz Meat
February 9 March 8	*	Whipped Potatoes (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)
	*	Turnip Greens (1/2 c)	С	4 oz Slotted spoodle	3 Compartment tray	✓	Any vegetable (no french fries)
		Fresh Fruit (1 each)	Handout	Glove		✓	Any whole or individually portioned fruit or 100% juice
		Cornbread (1 slice)	D	Glove, knife/spatula	Wax bag	✓	Any bread, roll, or crackers
	*	Marble Pudding (1/2 c)	Е	#8 Scoop or 4 oz 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 each)	Handout		Pre-packaged		

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Menu 11 February 12 March 11	*	Beef and Noodle Casserole (6 oz)	В	6 oz spoodle or #6 scoop	3 Compartment tray	→	3 oz. Meat
Marchin	*	Herbed Green Beans (1/2 c)	А	4 oz Slotted spoodle	3 Compartment tray		Any vegetable (no french fries)
	*	Rutabagas/Red Peppers (1/2 c)	С	4 oz Slotted spoodle	3 Compartment tray		Any vegetable (no french fries)
	*	Sliced Peaches (1/2 c)	D	4 oz Solid spoodle or #8 Scoop	Small squat cup	>	Any whole or individually portioned fruit or 100% juice
		Whole Wheat Bread (1 ea)	Handout	Glove	Wax Bag	✓	Any bread, roll, or crackers
		Yellow Cake (1 slice)	Е	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 12 January 16	*	Orange Juice	Handout		Pre-packaged	✓	Any 100% juice or whole or pre- portioned fruit
February 13 March 12	*	Chicken/Sausage Jambalaya (6 oz)		6 oz spoodle or #6 scoop	3 Compartment tray	√	3 oz Meat
	*	Country Corn (1/2 c)	А	#8 Scoop or 4 oz solid spoodle	3 Compartment tray		Any vegetable (no french fries)
	*	Green Lima Beans (1/2 c)	С	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
		Banana Moon Pie (1 ea)	Е		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 13 January 17	*	Cranberry Juice	Handout		Pre-packaged		Any whole or individually portioned fruit or 100% juice
February 14 March 13	*	Western Omelet (1 ea)	В	Tongs/Solid Spoon	3 Compartment tray	✓	3 oz Meat
	*	Sausage Patty (1 ea)	В	Tongs	3 Compartment tray		
	*	Hashbrown Casserole (1/2 c)	А	4 oz solid spoodle or #8 scoop	3 Compartment tray	✓	Any starchy side of potato, rice or pasta
	*	Cold Sliced Apples (1/2 c) (See Note A)	С	4 oz Solid spoodle or #8 scoop	Small squat cup	✓	Any vegetable or fruit (no french fries)
		Biscuit (1 each) (See Note B)	D	Glove	Wax bag	✓	Any bread, roll, or crackers
		Bran Flakes Cereal (1 ea)	Е		Pre-packaged	✓	Any pre-packaged cake, snack cake, cookie, pudding, or gelatin
	*	Milk (8 oz)	Handout		Pre-packaged	✓	Milk, chocolate milk, or buttermilk
		Margarine/Assorted Jelly (1 ea)	Handout		Pre-packaged		

Notes:

- A. Apple slices will be cold at 41 degrees or below.
- B. Biscuits may be held in warmer or on top of warmer until serving time.

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Menu 14 January 18	*	Grape Juice (4 oz)	Handout		Pre-packaged	✓	Any whole or individually portioned fruit or 100% juice
February 15 March 14	*	Tuscan Chicken Breast (1 ea)	В	Tongs/Solid Spoon	3 Compartment tray	✓	3 oz Meat
	*	Green Peas (1/2 c)	А	4 oz Slotted spoodle	3 Compartment tray	1	Any vegetable (no french fries)
	*	California Vegetables (1/2 c)	С	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
	*	Raspberry Fruited Gelatin (1/2 c)	Е	#8 Scoop or 4oz 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 ea)	Handout		Pre-packaged		

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<u>Menu 15</u> January 19	* All Beef Hamburger Patty (1 each)	В	Tongs	3 Compartment Tray	✓	3 oz Meat
February 16	Hamburger Bun (1 ea)	В	Glove	Wax bag	✓	Any bread, roll, or crackers
March 15	* Baked Beans (1/2 c)	А	4 oz Slotted spoodle	3 Compartment Tray	✓	Any bean or vegetable
	* Potato Salad (1/2 c)	С	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 (no french fries)
	* Tomato (1 sl)	D	Glove, tongs	Large squat cup - see Note A	✓	Any vegetable or pre-packaged salad; or whole or individually portioned fruit (no french fries)
	* Onion (2 Tbsp)	D	Tablespoon	Wax bag - see Note B		
	* Mixed Fruit Cobbler (1/2 cup)	Е	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 16 January 22	*	Apple Juice (4 oz)	Handout		Pre-packaged		Any whole or individually portioned fruit or 100% juice
March 18	*	Chicken Chili (6 oz)	B; 8 oz Squat (Note A)	6 oz Spoodle or #6 scoop	3 Compartment tray	✓	3 oz. Meat
	*	Buttered Rice (1/2 c)	А	#8 Scoop or 4 oz Solid spoodle	3 Compartment tray	✓	Any starchy side of potato, rice or pasta (no french fries)
	*	Broccoli w/Cheese (1/2 c)	С	4 oz Slotted spoodle	3 Compartment tray	✓	Any vegetable (no french fries)
		Saltine Crackers (4 crackers each)	D		Pre-packaged	✓	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	1	Milk, chocolate milk, or buttermilk
1		Margarine (1 each)	Handout		Pre-packaged		

Note:

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

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Menu 17 January 23	*	Cranberry Juice (4 oz)	Handout		Pre-packaged		Any whole or individually portioned fruit or 100% juice
February 20	*	Swiss Steak (1 each)	В	Tongs/Solid Spoon	3 Compartment tray	✓	3 oz. Meat
March 19	*	Country Potatoes (1/2 c)	А	#8 Scoop or 4 oz Solid spoodle	3 Compartment tray	✓	Any starchy side of potato, rice or pasta
	*	Brussels Sprouts (1/2 c)	С	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, crackers or corn chips
		Oatmeal Crème Pie (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 18 January 24	* Mozzarella Chicken (1 ea)	В	Tongs/Solid Spoon	3 Compartment tray	✓	3 oz Meat
February 21 March 20	* Whole Grain Penne/Tomatoes (1/2 c)	A	4 oz Slotted spoodle	3 Compartment tray	√	Any starchy side of potato, rice or pasta
	* Summer Vegetables (1/2 c)	С	4 oz Slotted spoodle	3 Compartment tray	√	Any vegetable (no french fries)
	* Tossed Salad (1/2 c)	Е	Glove (See note A)	Large squat cup	v	Any vegetable or pre-packaged salad (no french fries)
	Texas Bread (1 ea)	D	Glove	Wax bag	✓	Any bread, roll, or crackers
	Shortbread Cookies (1 pack)	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 ea)	Handout		Pre-packaged		
	Ranch Dressing or Diet Italian Dressing (1 each)	Handout		Pre-packaged		

Note:

A. With a gloved hand, portion salad into 8 oz squat cup. May use clean tongs if available.

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Menu 19 January 25	*	BBQ Rib Patty (1 each)	В	Tongs, solid spoon	3 Compartment tray	\	3 oz Meat
February 22		Hamburger Bun (1 each)	В	Glove	Wax bag	✓	Any bread, roll, or crackers
March 21	*	Baked Beans (1/2 c)	А	4 oz Slotted spoodle	3 Compartment tray	~	Any bean or vegetable
	*	Coleslaw (1/2 c)	С	#8 scoop or solid spoodle	Small squat cup	✓	Any vegetable or pre-packaged salad (no french fries)
		Fresh Fruit (1 each)	D	Glove		✓	Any whole or individually portioned fruit or 100% juice
		Fudge Round (1 each)	Е		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 20	*	Seasoned Ground Beef (4 oz)	Α	4 oz Solid spoodle	3 Compartment tray	✓	3 oz. Meat
January 26 February 23 March 22	*	Shredded Lettuce (1 c)	В	notes A and B	Large squat cup (fill completely); 3 Compartment tray for any hot, substituted item	✓	Any vegetable or pre-packaged salad (no french fries)
	*	Shredded Cheese (2 T.)	В		Large squat cup (on top of lettuce); see Note B	✓	American cheese 2 (1/2 oz) slices or 1 oz shredded cheese per serving (2T)
	*	Diced Tomato (2 oz)	В	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 (no french fries)
		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)
	*	Cherry Fruited Gelatin (1/2 c)	E _s	#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
		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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Easter Meal March 28	*	Orange/Pineapple Juice (4 oz)	Handout		Pre-packaged	✓	Any whole or individually portioned fruit or 100% juice
	*	Ham/Pineapple Sauce (1 slice)	В	Tongs/Solid Spoon	3 Compartment tray	✓	3 oz Meat
	*	Au Gratin Potatoes (1/2 c)	А	#8 Scoop	3 Compartment tray	✓	Any starchy side of potato, rice or pasta (no french fries)
	*	Peas and Carrots (1/2 c)	С	4 oz Slotted spoodle	3 Compartment tray	✓	Any vegetable or bean (no french fries)
		Whole Grain White Roll (1 ea)	Е	Glove	Wax bag	✓	Any bread, roll, or crackers
		Iced Chocolate Cake (1 slice)	D	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
		Margarine (1 each)	Handout		Pre-packaged		

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