

## Serving Guides Winter 2018

DATES	* MENU	TRAY CAVITY	UTENSIL	HOME DELIVERED PACKING INSTRUCTIONS	✓	RECOMMENDED SUBSTITUTION
<u>Menu 1</u> January 29 February 26 March 26	* Orange Juice	Hand out			✓	Cranberry, tomato or blended juice; Banana, orange or pineapple
	* Brunswick Stew	B Large Squat cup	6 oz. solid spoodle OR #6 Scoop	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. ham, turkey, or roast beef; chicken (breast or 2 drumsticks or wing + thigh)  <b>PLUS</b> Mixed vegetables; carrots; green peas; sweet potatoes; mustard, collard or turnip greens; spinach; green beans or black-eyed peas
	* Buttered Rice	A	#8 scoop	3 compartment tray	✓	Any starch, vegetable, fruit or salad
	* Butter Beans	D	4 oz. slotted spoodle	3 compartment tray	✓	Green peas; spinach; baked beans; lima beans, northern beans; pinto beans or kidney beans
	Saltine Crackers	Handout		Pre-packaged	✓	Cornbread; wheat roll; wheat bread; Texas bread; hamburger or hot dog bun or saltines (4)
	Margarine	Hand out		Pre-packaged		
	Fudge Round	E		Pre-packaged	✓	Any cake, cobbler, cookies (2), plain or fruited gelatin, pudding, brownie or snack cake
	* Milk	Hand out			✓	Milk; chocolate milk; or buttermilk

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Menu 2 January 2 January 30 February 27 March 27	* Sliced Turkey/Gravy	B	Tongs/Solid Spoon	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. roast beef; chicken (breast or 2 drumsticks or wing + thigh)
	* Whipped Sweet Potatoes	A	#8 scoop	3 compartment tray	✓	Mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens; spinach; baked beans; cabbage; green beans; black-eyed peas; lima, pinto, northern or kidney beans
	* Okra and Tomatoes	D	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens; spinach; baked beans; cabbage; green beans; black-eyed peas; lima, pinto, northern or kidney beans
	* Mandarin Oranges/ Pineapple	C	4 oz. slotted spoodle	Small squat cup	✓	Fresh apple, orange or banana; sliced apples; applesauce; pears
	Wheat Bread	E	Glove	Wax bag	✓	Cornbread; wheat roll; wheat bread; Texas bread; hamburger or hot dog bun or saltines (4)
	Margarine	Hand out		Pre-packaged		
	Fig Bar	Hand out		Pre-packaged	✓	Any cake, cobbler, cookies (2), pudding, brownie or snack cake
	* Milk	Hand out			✓	Milk; chocolate milk; or buttermilk

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Menu 3 January 31 February 28 March 28	* Blended Juice	Hand out		Pre-packaged		Any juice, salad, or fruit
	* Macaroni & Cheese	B	#6 scoop or 6 oz. spoodle	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. ham, turkey, or roast beef; chicken (breast or 2 drumsticks or wing + thigh)
	* Black-eyed Peas	A	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens; spinach; baked beans; cabbage; green beans; corn; black-eyed peas; lima, pinto, northern or kidney beans, Cole slaw, applesauce, apple, banana, orange or pear.
	* Collard Greens	D	4 oz. slotted spoodle	3 compartment tray	✓	Sweet potatoes; broccoli; collard or turnip greens; cabbage, mandarin oranges or fresh orange.
	Cornbread	C	Glove/knife/spatula	Wax bag	✓	Any bread, roll, or bun
	Margarine	Hand out		Pre-packaged		
	Pecan Spin	Hand out				Any dessert
	* Milk/Buttermilk	Hand out			✓	Milk; chocolate milk; or buttermilk

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Menu 4 January 4 February 1 March 1	* Chopped Steak/Gravy	B	Tongs/Solid Spoon	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. ham, turkey, or roast beef; chicken (breast or 2 drumsticks or wing + thigh)
	* Whipped Potatoes	A	#8 scoop	3 compartment tray	✓	Mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens; spinach; baked beans; cabbage; green beans; corn; black-eyed peas; lima, pinto, northern or kidney beans
	* Glazed Carrots	C	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; green peas; broccoli; mustard, collard or turnip greens or spinach
	* Fresh Fruit	Hand out	Glove if apple		✓	Fresh apple, orange or banana
	Wheat Bread	E	Glove	Wax bag	✓	Cornbread; wheat bread; whole wheat bread; Texas bread; hamburger or hot dog bun or saltines (4)
	Margarine	Hand out		Pre-packaged		
	* Lime Gelatin	D	#8 scoop	Small squat cup	✓	Any cake, cobbler, cookies (2), plain or fruited gelatin, pudding, brownie or snack cake
	* Milk	Hand out			✓	Milk; chocolate milk; or buttermilk

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Menu 5 January 5 February 2 March 2	* Cranberry Juice	Hand out				Any juice, fruit, vegetable or salad
	* Mesquite Chicken Drumstick (2)	B	Tongs	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. ham, turkey, or roast beef; chicken (breast or 2 small drumsticks or wing + thigh) or one large drumstick.
	* Mixed Beans	A	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; green peas; spinach; baked beans; black eye peas; lima beans; northern beans; pinto beans or kidney beans
	* Green Beans/Red Peppers	D	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens or spinach; mandarin oranges; tossed salad or Cole slaw with carrots.
	Texas Bread	C	Glove	Wax bag	✓	Cornbread; wheat bread; whole wheat bread; Texas bread; hamburger or hot dog bun or saltines (4)
	Margarine	Hand out		Pre-packaged		
	Chocolate Cake	E	Glove/knife/spatula	Large squat cup		Any dessert
	* Whipped Topping	E- <i>See note A</i>	Plastic Spoon	Large squat cup – <i>See Note B</i>		
	* Milk	Hand out			✓	Milk; chocolate milk; or buttermilk

- A. For Congregate: Place cake on tray. Serve ONE dollop of whipped topping on top of each piece of cake using 2 plastic spoons. *Only serve ONE dollop on each piece.*
- B. For Homebound: Place cake in squat cup. Serve ONE dollop of whipped topping on the side of each piece of cake using 2 plastic spoons. Place lid on squat cup. *Hold in container as usual for cold items until time for delivery. Only serve ONE dollop on each piece.*

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Menu 6 January 8 February 5 March 5	*	Orange Juice	Hand out			✓	Cranberry, tomato or blended juice; oranges or pineapple; fresh orange, mandarin oranges, pineapple tidbits.
	*	Ham and Potato Casserole	B	#6 scoop or 6 oz. spoodle	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. roast beef; chicken (breast or 2 drumsticks or wing + thigh)
	*	Mixed Vegetables	A	4 oz slotted spoodle	3 compartment tray	✓	Green peas; turnip greens or spinach
	*	Applesauce	D	#8 scoop or 4 oz. solid spoodle	Small squat cup	✓	Fresh banana, apple or orange; sliced apples; mandarin oranges; pineapple tidbits or canned pears
		Wheat Roll	C	Glove	Wax bag	✓	Cornbread; wheat bread; whole wheat bread; hamburger or hot dog bun or saltine crackers (4)
		Margarine	Hand out		Pre-packaged		
		Marshmallow Treat	Hand out		Pre-packaged	✓	Any cake, cobbler, cookies (2), fruited gelatin, pudding, brownie or snack cake
	*	Milk	Hand out			✓	Milk; chocolate milk; or buttermilk

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Menu 7 January 9 February 6 March 6	*	Hamburger Patty	B	Tongs	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. ham, turkey, or roast beef; chicken (breast or 2 drumsticks or wing + thigh)
		Hamburger Bun	B	Glove	Wax bag	✓	Cornbread; wheat or whole wheat bread; wheat roll; Texas bread; hot dog bun or saltines (4)
	*	Baked Beans	A	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; green peas; spinach; cabbage; black-eye peas; lima, pinto, northern or kidney beans
	*	Coleslaw	C	#8 scoop or 4 oz. spoodle	Small squat cup	✓	Fresh orange; mandarin oranges; tomato juice; broccoli; sweet potatoes; collard or turnip greens
	*	Lettuce (1/4 cup) <i>See note A</i>	D	Glove/tongs	Large squat cup <i>See note A</i>		Any salad, fruit, juice or vegetable
	*	Onion (2 tablespoons) <i>See note B</i>	D	Tablespoon	Wax bag <i>See note B</i>		1 oz. diced onions per serving
	*	Tomato (1 slice) <i>See note A</i>	D	Glove/tongs	Large squat cup <i>See note A</i>	✓	Orange; mandarin oranges; tomato or orange juice; mixed vegetables; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens; spinach; cabbage; green beans or corn
		Ketchup/Mustard/ Mayonnaise	Hand out		Pre-packaged		
	*	Hot Peach Cobbler	E	4 oz. solid spoodle or #8 scoop	3 compartment tray		Any dessert
*	Milk/Chocolate Milk	Hand out			✓	Milk; chocolate milk; or buttermilk	

**Note:** A. Place bagged lettuce in provided pan before serving. Fill cup 1/3 full with lettuce and place tomato slice on top.

B. Place 2 level tablespoonfuls of onion (approximately 1 ounce of onions) in wax bag

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Menu 8 January 10 February 7 March 7	* Cranberry Juice	Hand out				Any juice, fruit, salad or vegetable
	* Chicken and Rice Casserole	B	6 oz. solid spoodle or #6 scoop	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. roast beef; chicken (breast or 2 drumsticks or wing + thigh)
	* Green Peas	A	4 oz. slotted spoodle	3 compartment tray	✓	Spinach; baked beans; black-eye peas; lima, northern, pinto or kidney beans
	* Garden Vegetables	D	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens; spinach; baked beans; cabbage; green beans; corn; black-eyed peas; lima, pinto, northern or kidney beans; fresh apple, banana or orange
	Wheat Bread	C	Glove	Wax bag	✓	Cornbread; wheat bread; whole wheat bread; wheat roll; hamburger or hot dog bun; Texas bread or saltine crackers (4)
	Margarine	Hand out		Pre-packaged		
	White Cake	E	Glove/knife/spatula	Large squat cup		Any iced cake, cobbler, cookies (2), plain or fruited gelatin, pudding, brownie or cream filled/iced snack cake
	* Milk	Hand out			✓	Milk; chocolate milk; or buttermilk

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Menu 9 January 11 February 8 March 8	*	Tomato Juice	Hand out			✓	Mandarin oranges; mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens; spinach; green beans or black-eye peas
	*	Smoked Sausage	B	Tongs	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. ham, turkey, or roast beef; chicken (breast or 2 drumsticks or wing + thigh) <b>-Plus- Any Fruit or Vegetable</b>
		Hot Dog Bun	B	Glove	Wax bag	✓	Cornbread; wheat bread; whole wheat bread; wheat roll; hamburger bun; Texas bread or saltine crackers (4)
	*	Southwest Succotash	A	4 oz. slotted spoodle	3 compartment tray	✓	Baked beans AND mandarin oranges -OR- Green peas or mixed vegetables AND applesauce, apple, banana, orange, pineapple tidbits or pears
	*	Baked Potato Salad	D	4 oz. solid spoodle or #8 scoop	Small squat cup	✓	Mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens; spinach; green beans; corn; cabbage; baked beans; black-eye peas; lima, pinto, northern or kidney beans
	*	Diced Onions (2 tablespoons)	C	Tablespoon	Wax bag		1 oz. diced onions per serving
		Mustard/Ketchup	Hand out		Pre-packaged		
	*	Lemon Pudding	E	#8 scoop	Small squat cup	✓	Any dessert
	*	Milk	Hand out			✓	Milk; chocolate milk; or buttermilk

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Menu 10 January 12 February 9 March 9	* Meatloaf/Tomato Gravy	B	Tongs/Solid Spoon	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. ham, turkey, or roast beef; chicken (breast or 2 drumsticks or wing + thigh)
	* Garlic Whipped Potatoes	A	#8 scoop	3 compartment tray	✓	Any vegetable, fruit, starch or salad
	* Mustard Greens	D	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens; spinach; green beans or black-eyed peas; canned peaches, mandarin oranges, Coleslaw or tossed salad with carrots.
	Fresh Fruit	Hand out	Glove (if apple)			Any starch, fruit, vegetable, or salad
	Cornbread	E	Glove/knife/spatula	Wax bag	✓	Cornbread; wheat bread; whole wheat bread; wheat roll; hamburger bun; Texas bread or saltine crackers (4)
	Margarine	Hand out		Pre-packaged		
	* Cherry Gelatin	C	#8 scoop	Small squat cup	✓	Any dessert
	* Milk/Buttermilk	Hand out			✓	Milk; chocolate milk; or buttermilk

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Menu 11 February 12 March 12	*	Cranberry Juice	Hand out			✓	Orange, tomato or blended juice; Fresh orange or mandarin oranges
	*	Breaded Chicken/ Mushroom Gravy	B	Tongs/Solid Spoon	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. roast beef; chicken (breast or 2 drumsticks or wing + thigh)
	*	Field Peas/Snaps	A	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; carrots; green peas; broccoli; mustard, collard or turnip greens; spinach; cabbage; baked beans; green beans; lima, northern, pinto or kidney beans; apple sauce, fresh apple, orange or banana
	*	Parslied Carrots	D	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens or spinach; mandarin oranges
		Wheat Bread	C	Glove	Wax bag	✓	Cornbread; wheat bread; whole wheat bread; wheat roll; hamburger or hot dog bun; Texas bread or saltine crackers (4)
		Margarine	Hand out		Pre-packaged		
		Raisin Crème Pie	Hand out		Pre-packaged		Any dessert
	*	Milk	Hand out			✓	Milk; chocolate milk; or buttermilk

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<u>Menu 12</u> January 16 February 13 March 13	*	Orange Juice	Hand out			✓	Cranberry, blended or tomato juice, Fresh orange, pineapple or mandarin oranges
	*	Sausage Patty – 3	A	Tongs/Solid Spoon	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. ham, turkey, or roast beef; chicken (breast or 2 drumsticks or wing + thigh)
	*	Cheese Grits	B	#8 scoop OR 4 oz. spoodle	3 compartment tray	✓	Any vegetable or fruit or mac-n-cheese
	*	Hot Spiced Apples	D	4 oz. slotted spoodle	3 compartment tray	✓	Fresh apple, orange; banana; applesauce; pears; mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens; spinach; cabbage; baked beans; green beans or black-eye peas
		Biscuit	C	Glove	Wax bag	✓	Whole wheat bread; wheat bread or cornbread
		Margarine	Hand out		Pre-packaged		
		Jelly	Hand out		Pre-packaged		
		Whole Grain Bran Flakes	Hand out		Pre-packaged	✓	Mixed vegetables; green peas or spinach
	*	Milk	Hand out			✓	Milk; chocolate milk; or buttermilk

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<u>Menu 13</u> January 17 March 14	* Baked Ham	B	Tongs/Solid Spoon	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. roast beef; chicken (breast or 2 drumsticks or wing + thigh)
	* Delmonico Potatoes	A	#8 scoop	3 compartment tray	✓	Any starch, vegetable or fruit
	* Turnip Greens	D	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; green peas; sweet potatoes; broccoli; mustard or collard greens; lima beans or spinach; mandarin oranges
	Fresh Fruit	Hand out	Glove if apple			Any fruit, juice, salad or vegetable
	Cornbread	C	Glove/knife/spatula	Wax bag	✓	Cornbread; wheat bread; whole wheat bread; wheat roll; hamburger or hot dog bun; Texas bread or saltine crackers (4)
	Margarine	Hand out		Pre-packaged		
	Marble Cake	E	Glove/knife/spatula	Large squat cup	✓	Any dessert
	* Milk/Buttermilk	Hand out			✓	Milk; chocolate milk; or buttermilk

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## Serving Guides Winter 2018

DATES	* MENU	TRAY CAVITY	UTENSIL	HOME DELIVERED PACKING INSTRUCTIONS	✓	RECOMMENDED SUBSTITUTION
Menu 14 January 18 February 15 March 15	* Pineapple Juice	Hand out			✓	Any juice or fruit
	* Zesty Meatballs (3)	B	Tongs/Solid Spoon	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. ham, turkey, or roast beef; chicken (breast or 2 drumsticks or wing + thigh)  <b>PLUS</b> Mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens; spinach; green beans; black-eye peas; peaches or mandarin oranges
	* Whole Grain Penne/Tomatoes	A	4 oz. solid spoodle	3 compartment tray	✓	Mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens; spinach; cabbage; green beans or black-eye peas;
	* Italian Green Beans	D	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens; spinach; green beans or black-eyed peas, mandarin oranges
	Wheat Roll	C	Glove	Wax bag	✓	Cornbread; wheat bread; whole wheat bread; wheat roll; hamburger or hot dog bun; Texas bread or saltine crackers (4)
	Margarine	Hand out		Pre-packaged		
	* Strawberry Swirl Pudding	E	#8 scoop	Small squat cup	✓	Any cake, cookie, pudding or snack cake
	* Milk	Hand out			✓	Milk; chocolate milk; or buttermilk

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## Serving Guides Winter 2018

DATES	*	MENU	TRAY CAVITY	UTENSIL	HOME DELIVERED PACKING INSTRUCTIONS	✓	RECOMMENDED SUBSTITUTION
Menu 15 January 19 February 16 March 16	*	Taco Meat	A	#8 scoop or 4 oz. slotted spoodle	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. ham, turkey, or roast beef; chicken (breast or 2 drumsticks or wing + thigh)
	*	Lettuce (1 cup serving)	B	Tongs <i>See notes A &amp; B</i>	Large squat cup <i>Fill completely</i>	✓	Any tossed salad mix; Any vegetable or fruit
	*	Tomatoes	B	<i>See note A</i>		✓	Tomato or orange juice; mandarin oranges; apple; banana; pineapple; green peas; mixed vegetables; sweet potatoes; broccoli; green beans; mustard, collard or turnip greens; corn
	*	Cheese (2 Tablespoons)	B	Tablespoon	On top of salad in large squat cup		American cheese 2 (1/2 oz.) slices or 1 oz shredded cheese per serving.
	*	Pinto Beans	D	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; green peas; spinach; baked beans; black-eyed peas; lima beans; northern beans or kidney beans
		Corn Chips	Hand out		Pre-packaged	✓	Cornbread; chips; wheat or whole wheat bread; wheat roll; Texas bread; hamburger or hot dog bun or saltines (4)
		Taco Sauce	Hand out		Pre-packaged		
	*	Sour Cream	Hand out		Pre-packaged		
	*	Orange Gelatin	C	#8 scoop or 4 oz. spoodle	Small squat cup	✓	Banana; orange; mandarin oranges; pineapple; cranberry, orange, tomato or blended juice
	*	Milk	Hand out			✓	Milk; chocolate milk; or buttermilk

**A. Diced tomatoes will be packed separately from salad. Pour lettuce from bag into provided pan. Add tomatoes evenly on top of panned lettuce before serving.**

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

**C. To temp sour cream packets, you will use the same method used for milk cartons.**

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Menu 16 January 22 March 19	* Blended Juice	Hand out		Pre-packaged		Any juice, fruit, vegetable or salad	
	* Chicken Taco Soup	B or large squat cup	#6 scoop or 6 oz. spoodle	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. ham, turkey, or roast beef; chicken (breast or 2 drumsticks or wing + thigh)  <b>PLUS</b> Baked beans	
	* Mexican Rice	A	#8 scoop or 4 oz. spoodle	3 compartment tray	✓	Any vegetable, starch or fruit	
	* Mixed Fruit	D	4 oz. slotted spoodle	Small squat cup	✓	Mandarin oranges; coleslaw/carrots; Mixed vegetables; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens or green beans	
		Saltine Crackers	Hand out		Pre-packaged	✓	Any bread, roll, or bun
		Margarine	Hand out		Pre-packaged		
		Fudge Brownie	Hand out		Pre-packaged	✓	Any snack cake
	* Milk	Hand out				✓	Milk; chocolate milk; or buttermilk

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## Serving Guides Winter 2018

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Menu 17 January 23 February 20 March 20	*	BBQ Rib Patty	B	Tongs/Solid Spoon	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. ham, turkey, or roast beef; chicken (breast or 2 drumsticks or wing + thigh <b>PLUS</b> Mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens; spinach; cabbage; baked beans; green beans; corn; black-eye peas; pinto, kidney, northern or lima beans; apple; banana or orange
	*	Country Corn	A	4 oz. solid spoodle	3 compartment tray	✓	Mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens; spinach; cabbage; baked beans; green beans; black-eye peas; pinto, kidney, northern or lima beans; apple; banana or orange
	*	Broccoli Casserole	D	#8 scoop	3 compartment tray	✓	Sweet potatoes; broccoli; collard or turnip greens; cabbage; fresh orange
	*	Sliced Peaches	E	4 oz. slotted spoodle	Small squat cup		Any fruit, juice, vegetable or salad
		Whole Wheat Bread	Wax bag	Glove	Wax bag	✓	Cornbread or 2 slices wheat bread
		Margarine	Hand out		Pre-packaged		
		Yellow Cake	C	Glove/knife/spatula	Large squat cup	✓	Any cake, cobbler, cookies (2), brownie or snack cake
	*	Milk	Hand out			✓	Milk; chocolate milk; or buttermilk

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## Serving Guides Winter 2018

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Menu 18 January 24 February 21 March 21	*	Grape Juice	Hand out				Any juice, fruit, vegetable or salad
	*	Baked Chicken Thigh	B	Tongs/Solid Spoon	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. roast beef; chicken (breast or 2 drumsticks or wing + small thigh) or one large chicken thigh.
	*	Lima Beans	A	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens; spinach; cabbage; baked beans; green beans; black-eye peas; lima, northern, pinto or kidney beans; apple; banana or orange
	*	Mixed Greens	D	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; sweet potatoes; broccoli; mustard, collard or turnip greens; mandarin oranges
		Cornbread	C	Glove/knife/spatula	Wax bag	✓	Cornbread; wheat bread; whole wheat bread; wheat roll; hamburger or hot dog bun; Texas bread or saltine crackers (4)
		Margarine	Hand out		Pre-packaged		
	*	Raspberry Gelatin	E	#8 scoop	small squat cup	✓	Banana; orange; mandarin oranges; pineapple tidbits
	*	Milk/Buttermilk	Hand out			✓	Milk; chocolate milk; or buttermilk

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## Serving Guides Winter 2018

DATES	*	MENU	TRAY CAVITY	UTENSIL	HOME DELIVERED PACKING INSTRUCTIONS	✓	RECOMMENDED SUBSTITUTION
Menu 19 January 25 February 22 March 22	*	Spaghetti Casserole	B	6 oz. solid spoodle or #6 scoop	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. roast beef; chicken (breast or 2 drumsticks or wing + thigh)
	*	Peas and Carrots	A	4 oz. slotted spoodle	3 compartment tray	✓	Any vegetable, fruit or salad
	*	Tossed Salad	D	Tongs(1/2 cup)	Large squat cup <i>Fill 1/2 full</i>		Any salad, fruit or vegetable
	*	Tomatoes (Diced) <i>See note A</i>	D	Tongs			Any salad, fruit or vegetable
		Ranch Dressing	Hand out		Pre-packaged		
		Fresh Fruit	Hand out	Glove if apple			Any salad, fruit or vegetable
		Texas Bread	C	Glove	Wax bag	✓	Cornbread; wheat bread; whole wheat bread; wheat roll; hamburger or hot dog bun; Texas bread or saltine crackers (4)
		Margarine	Hand out		Pre-packaged		
		Assorted Snack Cake	E		Pre-packaged	✓	Any cake, cobbler, cookies (2), plain or fruited gelatin, pudding, brownie or snack cake
*	Milk	Hand out			✓	Milk; chocolate milk; or buttermilk	

**A. Pour bagged lettuce/salad mix into provided pan. Diced tomatoes will be packed separately from salad. Add tomatoes evenly on top of panned lettuce before serving.**

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## Serving Guides Winter 2018

DATES	*	MENU	TRAY CAVITY	UTENSIL	HOME DELIVERED PACKING INSTRUCTIONS	✓	RECOMMENDED SUBSTITUTION
Menu 20 January 26 February 23 March 23	*	Apple Cherry Juice	Hand out				Any juice, fruit, vegetable, or salad
	*	Frankfurter	B	Tongs	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. ham, turkey, or roast beef; chicken (breast or 2 drumsticks or wing + thigh)
		Hot Dog Bun	B	Glove	Wax Bag	✓	Any bread, roll, bun, cornbread, or crackers
	*	Baked Beans	A	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; carrots; green peas; broccoli; mustard, collard or turnip greens; spinach; cabbage; black-eyed peas; lima beans; northern beans; pinto beans, kidney beans; black beans; apple or banana
	*	Coleslaw	D	#8 scoop	Small squat cup	✓	Tossed salad/carrots; mandarin oranges; mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens or spinach
	*	Diced Onions (2 tablespoons)	C	Tablespoon	Wax bag		1 oz. diced onions per serving
		Ketchup/Mustard/Mayonnaise	Hand out		Pre-packaged		
	*	Hot Apple Cobbler	E	#8 scoop or 4 oz. solid spoodle	3 compartment tray		Any dessert
	*	Milk/Chocolate Milk	Hand out			✓	Milk; chocolate milk; or buttermilk

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## Serving Guides Winter 2018

**Cornbread may be held in warmer or on top of warmer until serving time (if not in plastic bag).**

DATES	* MENU	TRAY CAVITY	UTENSIL	HOME DELIVERED PACKING INSTRUCTIONS	✓	RECOMMENDED SUBSTITUTION
New Year's Day Meal January 3	* Blended Juice	Hand out			✓	Any juice, fruit, vegetable, or salad
	* Baked Ham	B	Tongs/Solid Spoon	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. roast beef; chicken (breast or 2 drumsticks or wing + thigh)
	* Black-eyed Peas	A	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; carrots; green peas; broccoli; mustard, collard or turnip greens; spinach; baked beans; cabbage; green beans; corn; black-eyed peas; lima, pinto, northern or kidney beans
	* Cabbage and Collard Greens	D	4 oz. slotted spoodle	3 compartment tray	✓	Sweet potatoes; broccoli; collard or turnip greens; mandarin oranges
	Cornbread	C	Glove/knife/spatula	Wax bag	✓	Wheat bread or whole wheat bread
	Margarine	Hand out		Pre-packaged		
	Pecan Spin	Hand out		Pre-packaged	✓	Any cake, cobbler, cookies (2), plain or fruited gelatin, pudding, brownie or snack cake
	* Milk/Buttermilk	Hand out			✓	Milk; chocolate milk; or buttermilk

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## Serving Guides Winter 2018

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<u>Valentine's Day Meal</u> February 14	* Chicken Alfredo	B	#6 scoop	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. roast beef; chicken (breast or 2 drumsticks or wing + thigh) <b>PLUS</b> Any vegetable
	* Italian Vegetables	A	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens; spinach; cabbage; baked beans; green beans; corn; black-eyed peas; lima , kidney, northern or pinto beans; apple, orange or banana
	* Tossed Salad	D	Tongs(1/2 cup)	Large squat cup <i>Fill ½ full</i>		Any salad, fruit or vegetable
	* Tomatoes (Diced) <i>See note A</i>	D	Tongs			Any salad, fruit or vegetable
	Ranch Dressing	Hand out		Pre-packaged		
	Fresh Fruit	Hand out	Glove if apple		✓	Apple; banana; orange; applesauce or sliced apples
	Wheat Roll	C	Glove	Wax bag	✓	Cornbread; wheat roll; wheat bread; Texas bread; hamburger or hot dog bun
	Margarine	Hand out		Pre-packaged		
	Red Velvet Cake	E	Glove/knife/spatula	Large squat cup	✓	Any dessert
	* Milk	Hand out			✓	Milk; chocolate milk; or buttermilk

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<u>Easter Meal</u> March 29	* Orange Juice	Hand out			✓	Cranberry or tomato juice; orange or mandarin oranges; Sweet potatoes; broccoli; collard or turnip greens; or cabbage
	* Glazed Ham	B	Tongs/Solid Spoon	3 compartment tray (largest compartment)	✓	Hamburger; 3 oz. roast beef; chicken (breast or 2 drumsticks or wing + thigh)
	* Au Gratin Potatoes	A	#8 scoop	3 compartment tray	✓	Mixed vegetables; carrots; green peas; sweet potatoes; broccoli; mustard, collard or turnip greens; spinach; baked beans; cabbage; green beans; black-eyed peas; lima, pinto, northern or kidney beans
	* Peas and Carrots	D	4 oz. slotted spoodle	3 compartment tray	✓	Mixed vegetables; green peas; black-eye peas or spinach
	Wheat Roll	C	Glove	Wax bag	✓	Cornbread; wheat roll; wheat bread; Texas bread; hamburger or hot dog bun or saltines (4)
	Margarine	Hand out		Pre-packaged		
	German Chocolate Cake	E	Glove/knife/spatula	Large squat cup	✓	Any cake, cobbler, cookies (2), brownie or snack cake
	* Milk	Hand out			✓	Milk; chocolate milk; or buttermilk

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