

LEGEND

*See PWS Appendix A for PAX numbers

*% of PAX = percentage of total meals

**NYARNG 21 DAY MENUS (Catering)
As of 31 MAY 2022**

Breakfast Menu 1	Portion	Breakfast Menu 2	Portion	Breakfast Menu 3	Portion
Hard Boiled Eggs 100% of PAX	2 eggs	Pancakes, Maple Syrup Individual	2 ea.	French Toast, Maple Syrup Individual	2 ea.
Scrambled Eggs 90% of PAX	1/3 cup	Hard Boiled Eggs 10% of PAX	2 eggs	Hard Boiled Eggs 10% of PAX	2 eggs
Grilled Bacon 100% of PAX	2 Slices	Scrambled Eggs 90% of PAX	1/3 cup	Scrambled Eggs 90% of PAX	1/3 cup
Creamed Gravy 100% of PAX	2 oz	Grilled Sausage. 1-1.5 oz ea. Home	2 ea.	Grilled Bacon	2 Slices
Baking Biscuits 100% of PAX	2 oz	Fried Potatoes	4 oz	Home Fried Potatoes	4 oz
Assorted Dry Cereal, 1.25 -992.7 oz co	1 pkg	Assorted Dry Cereal, 1.25 -2.7 oz co	1 pkg	Assorted Dry Cereal, 1.25 -2.7 oz co	1 pkg
Toast, Jam & Jelly & Peanut Butter, Butter 2 Slices, 2 Pc		Toast, Jam & Jelly & Peanut Butter, Butter	2 Slices, 2 Pc	Toast, Jam & Jelly & Peanut Butter, Butter	2 Slices, 2 Pc
Assorted Yogurt 4-5.3 oz, ea.	1 ea.	Blueberry Muffins, 2-4 oz ez	1 ea.	Assorted Yogurt 4-5.3 oz, ea.	1 ea.
Fresh Fruit Apple/Orange/Banana	1 pc	Assorted Yogurt 4-5.3 oz, ea.	1 ea.	Fresh Fruit Apple/Orange/Banana	1 pc
Drink Choices (All)		Fresh Fruit Apple/Orange/Banana	1 pc	Drink Choices (All)	
Apple Juice, 100%	8 oz	Drink Choices (All)		Cranberry Juice, 100%	8 oz
Orange Juice, 100%	8 oz	Grape Juice, 100%	8 oz	Orange Juice, 100%	8 oz
Milk, Chocolate, 1/2 pint	1 ea.	Orange Juice, 100%	8 oz	Milk, Chocolate, 1/2 pint	1 ea.
Milk, 1% 1/2 pint	1 ea.	Milk, Chocolate, 1/2 pint	1 ea.	Milk, 1% 1/2 pint	1 ea.
Coffee	8 oz	Milk, 1% 1/2 pint	1 ea.	Coffee	8 oz
		Coffee	8 oz		

Breakfast Menu 4	Portion	Breakfast Menu 5	Portion	Breakfast Menu 6 Hard	Portion
Waffles, Maple Syrup Individual	2 ea.	Hard Boiled Eggs 10% of PAX	2 eggs	Boiled Eggs 10% of PAX	2 eggs
Hard Boiled Eggs 10% of PAX	2 Eggs	Scrambled Eggs 90% of PAX	1/3 CUP	Scrambled Eggs 90% of PAX	1/3 CUP
Scrambled Eggs 90% of PAX	1/3 CUP	Grilled Bacon 100% of PAX	2 Slices	Grilled Canadian Bacon, 1 oz ea. 50% of PAX	2 Slices
Grilled Bacon	2 Slices	Creamed Gravy 100% of PAX	2 oz	Grilled Sausage 50% of PAX	2 oz
Home Fried Potatoes	4 oz	Baking Biscuits 100% of PAX	2 oz	Home Fried Potatoes	4 oz
Assorted Dry Cereal, 1.25 -2.7 oz co	1 pkg	Assorted Dry Cereal, 1.25 -2.7 oz co	1 pkg	Assorted Dry Cereal, 1.25 -2.7 oz co	1 pkg
Toast, Jam & Jelly & Peanut Butter, Butter	2 Slices, 2 Pc	Toast, Jam & Jelly & Peanut Butter, Butter	2 Slices, 2 Pc	Toast, Jam & Jelly & Peanut Butter, Butter	2 Slices, 2 Pc
Assorted Yogurt 4-5.3 oz, ea.	1 ea.	Assorted Yogurt 4-5.3 oz, ea.	1 ea.	Assorted Yogurt 4-5.3 oz, ea.	1 ea.
Fresh Fruit Apple/Orange/Banana	1 pc	Fresh Fruit Apple/Orange/Banana	1 pc	Fresh Fruit Apple/Orange/Banana	1 pc
Drink Choices (All)		Drink Choices (All)		Drink Choices (All)	
Grape Juice, 100%	8 oz	Apple Juice, 100%	8 oz	Apple Juice, 100%	8 oz
Orange Juice, 100%	8 oz	Orange Juice, 100%	8 oz	Orange Juice, 100%	8 oz
Milk, Chocolate, 1/2 pint	1 ea.	Milk, Chocolate, 1/2 pint	1 ea.	Milk, Chocolate, 1/2 pint	1 ea.
Milk, 1% 1/2 pint	1 ea.	Milk, 1% 1/2 pint	1 ea.	Milk, 1% 1/2 pint	1 ea.
Coffee	8 oz	Coffee	8 oz	Coffee	8 oz

Breakfast Menu 18 Hard	Portion
Boiled Eggs 100% of PAX	2 eggs
Assorted Dry Cereal, 1.25 -2.7 oz pkg	1 pkg
Plain Bagel, with Cream Cheese, pc	1 ea., 2 Pc
Assorted Yogurt 4-5.3 oz, ea.	1 ea.
Fresh Fruit Apple/Orange/Banana	1 pc
Granola Bar	1 ea.

Drink Choices (All)

Apple Juice, 100%	8 oz
Orange Juice, 100%	8 oz
Milk, 1%	2 ea.
Coffee	8 oz

Lunch Menu 1	Portion	Lunch Menu 2	Portion	Lunch Menu 3	Portion
Beef Stew	1 1/4 cup	Sweet & Sour Chicken	8 oz + Sauce	Salisbury Steak, with Brown Gravy	6 oz + 1/4 cup gravy
Steamed Rice	3/4 cup	Rice Pilaf	3/4 cup	Mashed Potatoes	1/2 cup
Broccoli	2-3 Spears	Mixed Vegetables	3/4 cup	Green Peas	3/4 cup
Tossed Green Salad	1 cup	Country Style Tomato Salad	1/2 cup	Spring Salad	1 cup
Fresh Fruit Apple/Orange/Banana	1 ea.	Fresh Fruit Apple/Orange/Banana	1/2 cup	Fresh Fruit Apple/Orange/Banana	1 ea.
Chocolate Chip Cookies	2 ea.	Assorted Salad Dressings, Pc	1 ea.	Yellow Cake, with Chocolate Frosting	1 piece
Assorted Salad Dressings, Pc	1 pc	Bread, Butter, Pc	2 sl, 2 pc	Assorted Salad Dressings, Pc	1 pc
Dinner Rolls, Butter, Pc	1 ea., 2 pc	DRINK CHOICES (Provide 50% of each)		Dinner Rolls, Butter, Pc	1 ea., 2 pc
DRINK CHOICES (Provide 50% of each)		Milk, 1%, 1/2 pint	1 ea.	DRINK CHOICES (Provide 50% of each)	
Milk, 1%, 1/2 pint	1 ea.	Milk, Choc, 1/2 pint	1 ea.	Milk, 1%, 1/2 pint	1 ea.
Milk, Choc, 1/2 pint	1 ea.	Sports Drink	12 oz	Milk, Choc, 1/2 pint	1 ea.
Sports Drink	12 oz	Iced Tea	12 oz	Sports Drink	12 oz
Iced Tea	12 oz			Iced Tea	12 oz

Lunch Menu 4	Portion	Lunch Menu 5	Portion	Lunch Menu 6	Portion
Caribbean Chicken	6 oz	Stuffed Green Peppers, Large	1 ea. + sauce	Roast Turkey, with Turkey Gravy	6 oz + 1/4 cup gravy
Rice Pilaf	3/4 cup	Spanish Rice	3/4 cup	Mashed Potatoes	1/2 cup
Lyonnais Carrots	1/2 cup	Green Beans	1/2 cup	Corn Bread Dressing	1 piece
Tossed Green Salad	1 cup	Tossed Green Salad	1 cup	Broccoli	2-3 spears
Fresh Fruit Apple/Orange/Banana	1 ea.	Fresh Fruit Apple/Orange/Banana	1 ea.	Cranberry Jelly	1/4 cup
Brownies	1 pc	German Chocolate Cake	1 piece	Lettuce & Tomato Salad	1 cup
Assorted Salad Dressings, Pc	1 pc	Bread, Butter, Pc	2 sl, 2 pc	Fresh Fruit Apple/Orange/Banana	1 ea.
Dinner Rolls, Butter, Pc	1 ea., 2 pc	DRINK CHOICES (Provide 50% of each)		Assorted Salad Dressings, Pc	1 pc
DRINK CHOICES (Provide 50% of each)		Milk, 1%, 1/2 pint	1 ea.	Bread, Butter, Pc	2 sl, 2 pc
Milk, 1%, 1/2 pint	1 ea.	Milk, Choc, 1/2 pint	1 ea.	DRINK CHOICES (Provide 50% of each)	
Milk, Choc, 1/2 pint	1 ea.	Sports Drink	12 oz	Milk, 1%, 1/2 pint	1 ea.
Sports Drink	12 oz	Iced Tea	12 oz	Milk, Choc, 1/2 pint	1 ea.
Iced Tea	12 oz			Sports Drink	12 oz
				Iced Tea	12 oz

Lunch Menu 7	Portion	Lunch Menu 8	Portion	Lunch Menu 9	Portion
Baked Chicken	8 oz	Spaghetti W/Meat Sauce	1 1/2 cup	Spinach Lasagna	5 oz
Oven Brown Potatoes	1/2 cup	Grated Parmesan Cheese	1 Tbsp	Stuffed Shells w. Cheese, with Marinara Sauce	4 ea. + sauce
Simmered Corn	3/4 cup	Broccoli	2-3 spears	Broccoli	2-3 spears
Lettuce, Tomato & Cucumber Salad	1/2 cup	Spring Salad	1 cup	Tossed Green Salad	1 cup
Fresh Fruit Apple/Orange/Banana	1 ea.	Fresh Fruit Apple/Orange/Banana	1 ea.	Fresh Fruit Apple/Orange/Banana	1 ea.
Snickerdoodle Cookies	2 ea.	Assorted Salad Dressings, Pc	1 pc	Apple Pie	1 sl
Assorted Salad Dressings, Pc	1 pc	Toasted Garlic Bread	1 sl	Assorted Salad Dressings, Pc	1 pc
Bread, Butter, Pc	2 sl, 2 pc	Spice Cake, with White Frosting	1 piece	Bread, Butter, Pc	2 sl, 2 pc
DRINK CHOICES (Provide 50% of each)		DRINK CHOICES (Provide 50% of each)		DRINK CHOICES (Provide 50% of each)	
Milk, 1%, 1/2 pint	1 ea.	Milk, 1%, 1/2 pint	1 ea.	Milk, 1%, 1/2 pint	1 ea.
Milk, Choc, 1/2 pint	1 ea.	Milk, Choc, 1/2 pint	1 ea.	Milk, Choc, 1/2 pint	1 ea.
Sports Drink	12 oz	Sports Drink	12 oz	Sports Drink	12 oz
Iced Tea	12 oz	Iced Tea	12 oz	Iced Tea	12 oz

Lunch Menu 10	Portion	Lunch Menu 11	Portion	Lunch Menu 12	Portion
Hungarian Goulash	1 cup	Barbecue Chicken, Quartered	1 piece	Chicken Cacciatore	8 oz + sauce
Buttered Egg Noodles	1 cup	Cole Slaw	2/3 cup	Rice Pilaf	1 cup
Simmered Corn	3/4 cup	Potato Salad	2/3 cup	Broccoli Parmesan	1 cup
Spring Salad	1 cup	Fruit Salad	1/2 cup	Spring Salad	1 cup
Fresh Fruit Apple/Orange/Banana	1 ea.	Assorted Salad Dressings, Pc	1 pc	Fresh Fruit Apple/Orange/Banana	1 ea.
Pineapple Upside-down Cake	1 piece	Dinner Roll, Butter, Pc	1 ea., 2 pc	Lemon Pound Cake	1 piece
Assorted Salad Dressings, Pc	1 pc	DRINK CHOICES (Provide 50% of each)		Assorted Salad Dressings, Pc	1 pc
Bread, Butter, Pc	2 sl, 2 pc	Milk, 1%, 1/2 pint	1 ea.	Bread, Butter, Pc	2 sl, 2 pc
DRINK CHOICES (Provide 50% of each)		Milk, Choc, 1/2 pint	1 ea.	DRINK CHOICES (Provide 50% of each)	
Milk, 1%, 1/2 pint	1 ea.	Sports Drink	12 oz	Milk, 1%, 1/2 pint	1 ea.
Milk, Choc, 1/2 pint	1 ea.	Iced Tea	12 oz	Milk, Choc, 1/2 pint	1 ea.
Sports Drink	12 oz			Sports Drink	12 oz
Iced Tea	12 oz			Iced Tea	12 oz

Lunch Menu 13	Portion	Lunch Menu 14	Portion	Lunch Menu 15	Portion
Parmesan Crusted Cod Fish	5 oz	Hot Roast Turkey Sandwich	1 sandwich	Reuben Sandwich	1 sandwich
Baked Macaroni & Cheese	1 cup	Turkey, Gravy	1/ cup	French Fried Potatoes, Oven Baked	1 cup
Lyonnais Carrots	1/2 cup	Mash Potatoes	1/2 cup	Three Bean Salad	1/2 cup
Broccoli Slaw	1/2 cup	Corn on the Cobb (half size)	1 ea.	Fruit Salad	
Banana Cake	1 piece	Fresh Fruit Apple/Orange/Banana	1/2 cup	Vegetable Soup	1 cup
Assorted Salad Dressings, Pc	1 pc	Chocolate Cookies	2 ea.	Assorted Salad Dressings, Pc	1 pc
Corn Bread, Butter, Pc	1 piece, 2 pc	Assorted Salad Dressings, Pc	1 pc	Bread, Butter, Pc	2 sl, 2 pc
DRINK CHOICES (Provide 50% of each)		Bread, Butter, Pc	2 sl, 2 pc	DRINK CHOICES (Provide 50% of each)	
Milk, 1%, 1/2 pint	1 ea.	DRINK CHOICES (Provide 50% of each)		Milk, 1%, 1/2 pint	1 ea.
Milk, Choc, 1/2 pint	1 ea.	Milk, 1%, 1/2 pint	1 ea.	Milk, Choc, 1/2 pint	1 ea.
Sports Drink	12 oz	Milk, Choc, 1/2 pint	1 ea.	Sports Drink	12 oz
Iced Tea	12 oz	Sports Drink	12 oz	Iced Tea	12 oz
		Iced Tea	12 oz		

Lunch Menu 16	Portion	Lunch Menu 17	Portion	Lunch Menu 18 Bagged or boxed TRAVEL	Portion
Cheese Tortellini, with Marinara Sauce	1 cup	Caribbean Catfish	5 oz	ENTREE: (Provide a percent of each type of sandwich) Italian Sub, Prov. Cheese; 30% Turkey Sub, Amer. Cheese; 60% Veggie Wraps; 10%	1 ea.
Grated Parmesan Cheese	1 Tbsp	Baked Macaroni & Cheese	1 cup		
Peas with Sliced Mushrooms	3/4 cup	Lettuce, Tomato & Cucumber	1/2 cup		
Country Style Tomato Salad	1/2 cup	Fruit Salad	1/2 cup		
Fresh Fruit Apple/Orange/Banana	1 ea.	Assorted Salad Dressings, Pc	1 pc		1 pc
Strawberry Shortcake	1 piece	Corn Bread, Butter Pc	1 piece, 2 pc		1 ea.
Assorted Salad Dressings, Pc	1 pc	DRINK CHOICES (Provide 50% of each)		Cookies, 2pk-4pk	1 ea.
Bread, Butter, Pc	2 sl, 2 pc			Potato Chips, Bag, Assorted	1 ea.
DRINK CHOICES (Provide 50% of each)		Milk, 1%, 1/2 pint	1 ea.	Mustard and Mayo, Pc	1 ea.
Milk, 1%, 1/2 pint	1 ea.	Milk, Choc, 1/2 pint	1 ea.	DRINK: Provide 50% of each:	
Milk, Choc, 1/2 pint	1 ea.	Sports Drink	12 oz	Sports Drink	20 oz
Sports Drink	12 oz	Iced Tea	12 oz	Iced Tea	20 oz
Iced Tea	12 oz				

Lunch Menu 19 (Short Order)	Portion	Lunch Menu 20 (Family Day Picnic)	Portion	Lunch Menu 21 (Holiday Meal)	Portion
Hamburger on a Bun w/ Cheese	1 ea.	Hamburger on a Bun w/ Cheese	1 ea.	Baked Ham w/ Pineapple	4 oz
Turkey burger on a Bun w/wo Cheese	1 ea.	Turkey burger on a Bun w/wo Cheese	1 ea.	Roast Turkey	4 oz
Sweet Italian on Bun	1 ea.	Sweet Italian on Bun	1 ea.	Turkey Gravy	1/4 cup
Grilled Beef Hot Dog on Bun	1 ea.	Grilled Beef Hot Dog on Bun	1 ea.	Savory Bread Dressing	3 oz
				Mashed Potatoes	1/2 cup
Toppings: Lettuce, Sliced Tomato, Sliced Onion	1 piece, 1 sl, 1 sl	Toppings: Lettuce, Sliced Tomato, Sliced Onion	1 piece, 1 sl, 1 sl		
Corn on the Cobb	1 ea.	Corn on the Cobb	1 ea.	Candied Sweet Potatoes	1/2 cup
French Fried Potatoes, Oven Baked	1 cup	Barbecue Baked Beans	1/2 cup	Cranberry Jelly	1/4 cup
Barbecue Baked Beans	1/2 cup	Potato Salad	2/3 cup	French Style Green Beans	3/4 cup
Fruit Salad	1/2 cup	Macaroni Salad	2/3 cup	Garden Salad	3/ cup
Ketchup, Mustard, Mayo, Relish, Condiments Pc	1 pc	Ketchup, Mustard, Mayo, Relish, Condiments Pc	1 pc	Apple Pie	1 sl
Sports Drink	12 oz	Sports Drink	12 oz	Pumpkin Pie	1 sl
Iced Tea	12 oz	Iced Tea	12 oz	Assorted Salad Dressings, Pc	1 pc
				Dinner Rolls, Butter, Pc	1 ea., 2 pc
				DRINK CHOICES (Provide 50% of each)	
				Milk, 1%, 1/2 pint	1 ea.
				Milk, Choc, 1/2 pint	1 ea.
				Sports Drink	12 oz
				Iced Tea	12 oz

Dinner Menu 1	Portion	Dinner Menu 2	Portion	Dinner Menu 3	Portion
Swedish Meat Balls	3 EA + Gravy	Braised Pork Chop, with Brown Gravy	6 oz ea.	Roast Beef W/Gravy	2 Slices 3.5 oz
Buttered Egg Noodles	1 Cup	Mashed Potatoes	1/2 cup	Baked Potatoes	1 ea.
Simmered Corn	3/4 Cup	French Style Green Beans	3/4 cup	Mixed Vegetables	3 oz
Spring Salad	3/4 Cup	Tossed Green Salad	3/4 cup	Lettuce, Tomato, Cucumber Salad	1/2 cup
Fresh Fruit Apple/Orange/Banana	1 ea.	Fresh Fruit Apple/Orange/Banana	1 ea.	Fresh Fruit Apple/Orange/Banana	1oz
Marble Cake, with Vanilla Frosting	2 SL	Apple Pie	1 sl	Gingerbread, with Vanilla Frosting	1 pc
Assorted Salad Dressings, Pc	1 PC	Assorted Salad Dressings, Pc	1 ea.	Assorted Salad Dressings, Pc	1 PC
French Bread, Butter, Pc	1 sl, 2 pc	Dinner Rolls, Butter, Pc	1 ea., 2 pc	French Bread, Butter, Pc	1 sl, 2 pc
DRINK CHOICES (Provide 50% of each)		DRINK CHOICES (Provide 50% of each)		DRINK CHOICES (Provide 50% of each)	
Milk, 2%, 1/2 pint	1 ea.	Milk, 2%, 1/2 pint	1 ea.	Milk, 2%, 1/2 pint	1 ea.
Milk, Choc, 1/2 pint	1 ea.	Milk, Choc, 1/2 pint	1 ea.	Milk, Choc, 1/2 pint	1 ea.
Sports Drink	12 oz	Sports Drink	12 oz	Sports Drink	12 oz
Iced Tea	12 oz	Iced Tea	12 oz	Iced Tea	12 oz
Coffee	8 oz	Coffee	8 oz	Coffee	8 oz

Dinner Menu 4	Portion	Dinner Menu 5	Portion	Dinner Menu 6	Portion
Lasagna	10 oz	Roast Pork, with brown gravy	2 Slices, 4 oz	Baked Chicken, quartered	8 oz
Grated Parmesan Cheese	1 Tbsp .5 oz	Steamed Cauliflower	3/4 cup,	Chicken Gravy	1/4 cup, 2 oz
Buttered Broccoli	2-3 pc	Mashed Potatoes	1/2 cup	Simmered Corn	1/2 cup
Garden Salad	3/4 cup	Lettuce & Tomato Salad	3/4 cup	Mashed Potatoes	1/2 cup, 3 oz
Fresh Fruit Apple/Orange/Banana	1 ea.	Fresh Fruit Apple/Orange/Banana	1 ea.	Tossed Green Salad	1 cup
Sugar Cookies	2 ea.	Peanut Butter Cake	1 pc	Butterscotch Brownies	1 ea.
Assorted Salad Dressings, Pc	1 PC	Assorted Salad Dressings, Pc	1 PC	Assorted Salad Dressings, Pc	1 PC
Bread, Butter, Pc	1 sl, 2 pc	Bread, Butter, Pc	1 sl, 2 pc	Bread, Butter, Pc	1 sl, 2 pc
DRINK CHOICES (Provide 50% of each)		DRINK CHOICES (Provide 50% of each)		DRINK CHOICES (Provide 50% of each)	
Milk, 2%, 1/2 pint	1 ea.	Milk, 2%, 1/2 pint	1 ea.	Milk, 2%, 1/2 pint	1 ea.
Milk, Choc, 1/2 pint	1 ea.	Milk, Choc, 1/2 pint	1 ea.	Milk, Choc, 1/2 pint	1 ea.
Sports Drink	12 oz	Sports Drink	12 oz	Sports Drink	12 oz
Iced Tea	12 oz	Iced Tea	12 oz	Iced Tea	12 oz
Coffee	8 oz	Coffee	8 oz	Coffee	8 oz

Dinner Menu 7	Portion	Dinner Menu 8	Portion	Dinner Menu 9	Portion
Baked Ham Roast	2 slices, 2 oz ea.	Meat Loaf	1 slice, 6 oz	Chicken Parmesan	1 Fillet, 4-5 oz
Green Beans	1/2 cup, 3 oz	Brown Gravy	1/4 cup, 2 oz	Rotelli Pasta, witch sauce	3/4 cup
Potatoes Au Gratin	2/3 cup	Lyonnais Carrots	1/2 cup	Green Beans w/ Mushrooms	1/2 cup
Tossed Green Salad	1 cup	Mashed Potatoes	1/2 cup, 3 oz	Tossed Green Salad	1 cup
Fresh Fruit Apple/Orange/Banana	1 ea.	Spring Salad	1 cup	Fresh Fruit Apple/Orange/Banana	1 ea.
Almond Flavor Cake	1 pc	Fresh Fruit Apple/Orange/Banana	1 ea.	Strawberry Short Cake	1 pc
Assorted Salad Dressings, Pc	1 PC	Chocolate Food Cake, with Choco. Frosting	1 pc	Assorted Salad Dressings, Pc	1 pc
Dinner Roll, Butter, Pc	1 ea., 2 pc	Assorted Salad Dressings, Pc	1 pc	Toasted Garlic Bread	1 sl, 2 pc
DRINK CHOICES (Provide 50% of each)		Bread, Butter, Pc	1 sl, 2 pc	DRINK CHOICES (Provide 50% of each)	
Milk, 2%, 1/2 pint	1 ea.	DRINK CHOICES (Provide 50% of each)		Milk, 2%, 1/2 pint	1 ea.
Milk, Choc, 1/2 pint	1 ea.	Milk, 2%, 1/2 pint	1 ea.	Milk, Choc, 1/2 pint	1 ea.
Sports Drink	12 oz	Milk, Choc, 1/2 pint	1 ea.	Sports Drink	12 oz
Iced Tea	12 oz	Sports Drink	12 oz	Iced Tea	12 oz
Coffee	8 oz	Iced Tea	12 oz	Coffee	8 oz
		Coffee	8 oz		

Dinner Menu 10	Portion	Dinner Menu 11	Portion	Dinner Menu 12	Portion
Pot Roast, with Gravy	5 oz, 1/4 cup	Grilled Striploin Steak	8 oz	Turkey Chili (W. Beans)	1 1/4 cup
Glazed Carrots	1/2 cup	Green Beans w/ Mushrooms	1/2 cup	Steam Rice	3/4 cup
Baked Potato	1 ea.	Baked Potato	1 ea.	Green Beans w/ Mushrooms	1/2 cup
Lettuce, Tomato, Cucumber Salad	1/2 Cup	Tossed Green Salad	1 cup	Lettuce, Tomato, Cucumber Salad	1/2 Cup
Fresh Fruit Apple/Orange/Banana	1 ea.	Fresh Fruit Apple/Orange/Banana	1 ea.	Fresh Fruit Apple/Orange/Banana	1 ea.
Chocolate Cookies	2 ea.	Brownies	1 ea.	Strawberry Shortcake	1 pc
Assorted Salad Dressings, Pc	1 PC	Assorted Salad Dressings, Pc	1 PC	Assorted Salad Dressings, Pc	1 pc
Dinner Roll, Butter, Pc	1 ea., 2 pc	Dinner Roll, Butter, Pc	1 ea., 2 pc	Corn Bread, Butter, Pc	1 sl, 2 pc
DRINK CHOICES (Provide 50% of each)		DRINK CHOICES (Provide 50% of each)		DRINK CHOICES (Provide 50% of each)	
Milk, 2%, 1/2 pint	1 ea.	Milk, 2%, 1/2 pint	1 ea.	Milk, 2%, 1/2 pint	1 ea.
Milk, Choc, 1/2 pint	1 ea.	Milk, Choc, 1/2 pint	1 ea.	Milk, Choc, 1/2 pint	1 ea.
Sports Drink	12 oz	Sports Drink	12 oz	Sports Drink	12 oz
Iced Tea	12 oz	Iced Tea	12 oz	Iced Tea	12 oz
Coffee	8 oz	Coffee	8 oz	Coffee	8 oz

Dinner Menu 13	Portion	Dinner Menu 14	Portion	Dinner Menu 15	Portion
Pepper Steak	1 cup	Hot Roast Beef	5 oz	Taco Salad (with Ground Turkey)	1 1/2 cup
Steamed Rice	3/4 cup	Gravy	1/4 cup, 2 oz	Spanish Style Beans	1/2 cup
Mixed Vegetables	1/2 Cup	Mashed Potatoes	1/2 cup, 3 oz	Mexican Corn	3/4 cup
Tossed Green Salad	1 cup	Simmered Corn	1/2 cup	Spring Salad	1 cup
Fresh Fruit Apple/Orange/Banana	1 ea.	Tossed Green Salad	1 cup	Fresh Fruit Apple/Orange/Banana	1 ea.
Brownies	1 ea.	Fresh Fruit Apple/Orange/Banana	1 ea.	Assorted Salad Dressings, Pc	1 pc
Assorted Salad Dressings, Pc	1 PC	Chocolate Cake	1 pc	Dinner Roll, Butter, Pc	1 sl, 2 pc
French Bread, Butter, Pc	1 sl, 2 pc	Assorted Salad Dressings, Pc	1 PC	DRINK CHOICES (Provide 50% of each)	
DRINK CHOICES (Provide 50% of each)		Bread, Butter, Pc	2 ea., 2 pc	Milk, 2%, 1/2 pint	1 ea.
Milk, 2%, 1/2 pint	1 ea.	DRINK CHOICES (Provide 50% of each)		Milk, Choc, 1/2 pint	1 ea.
Milk, Choc, 1/2 pint	1 ea.	Milk, 2%, 1/2 pint	1 ea.	Sports Drink	12 oz
Sports Drink	12 oz	Milk, Choc, 1/2 pint	1 ea.	Iced Tea	12 oz
Iced Tea	12 oz	Sports Drink	12 oz	Coffee	8 oz
Coffee	8 oz	Iced Tea	12 oz		
		Coffee	8 oz		

Dinner Menu 16	Portion	Dinner Menu 17	Portion	(Repeat)
Turkey A La King or	4 oz	Baked Knockwurst with Sauerkraut	1 ea.	
Roast Turkey, with Turkey Gravy	6 oz + 1/4 cup gravy	Buttered Egg Noodles	3/4 cup	
Oven Roasted Potatoes	3/4 cup	Lyonnais Carrots	1/2 cup	
Green Beans	1/2 cup	Lettuce & Tomato Salad	3/4 cup	
Garden Salad	1 cup	Fruit Salad	1/2 cup	
Fresh Fruit Apple/Orange/Banana	1 ea.	Assorted Salad Dressings, Pc	1 pc	
Brownies	1 pc	Dinner Roll, Butter, Pc	1 sl, 2 pc	
Assorted Salad Dressings, Pc	1 pc	DRINK CHOICES (Provide 50% of each)		
Dinner Roll, Butter, Pc	1 sl, 2 pc	Milk, 2%, 1/2 pint	1 ea.	
DRINK CHOICES (Provide 50% of ea.ch)		Milk, Choc	1 ea.	
Milk, 2%, 1/2 pint	1 ea.	Sports Drink	12 oz	
Milk, Choc 1	1 ea.	Iced Tea	12 oz	
Sports Drink	12 oz	Coffee	8 oz	
Iced Tea	12 oz			
Coffee	8 oz			

APPENDIX A
FEEDING SCHEDULE

DATE	BREAKFAST # OF MEALS	LUNCH	DINNER
2-07-23	475 PAX 0600 MENU # B2	475 PAX 1200 MENU # L6	475 PAX 1730 MENU # D1
2-08-23	475 PAX 0600 MENU # B4	475 PAX (B) (EARLY WITH BREAKFAST (TRAVEL)0600 MENU # L18	