*** Menu item requirements are based on a percentage of headcount. Provide 100% of each item unless noted otherwise.**

NYARNG 21 DAY CATERING MENUS

Breakfast Menu 1 (% of headcount)	**Portion**	**Breakfast Menu 2**	**Portion**	**Breakfast Menu 3**	**Portion**
Hard Boiled Eggs **25%**	2 eggs	Pancakes, Maple Syrup Individual	2 ea.	Hard Boiled Eggs **25%**	2 eggs
Scrambled Eggs	1/3 cup	Hard Boiled Eggs **25%**	2 eggs	Scrambled Eggs	1/3 cup
Pork Bacon **75%,** Turkey Bacon **25%**	2 Slices	Scrambled Eggs	1/3 cup	Grilled Canadian Bacon, 1.5 oz ea. **50%**	2 Slices
Creamed Gravy **75%**	2 oz	Pork Sausage Link **75%.** Turkey Sausage Link **25%,** 1.5 oz ea.	2 ea.	Turkey Sausage **50%**	2-3 oz
Baking Biscuits **75%**	2 oz	Home Fried Potatoes	3/4 cup	Hash Browned Potatoes	3/4 cup
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	1 pkg
Hot Oatmeal **75%**	3/4 cup			Hot Farina **75%**	3/4 cup
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
Yogurt, Assorted 4-6 oz, ea.	1 ea.	Blueberry Muffins, 2-4 oz fez	1 ea.	Yogurt 4-6 oz, ea.	1 ea.
Fresh Fruit, Seasonal	1 pc	Yogurt, Assorted 4-6 oz, ea.	1 ea.	Fresh Fruit, Seasonal	1 pc
Drink Choices (% of headcount)		Fresh Fruit, Seasonal	1 pc	**Drink Choices (% of headcount)**	
Apple Juice, **50%**	8 oz	**Drink Choices ((% of headcount)**		Apple Juice, **50%**	8 oz
Orange Juice, **50%**	8 oz	Grape Juice, **50%**	8 oz	Orange Juice, **50%**	8 oz
Milk, Chocolate, 1/2-pint **25%**	1 ea.	Orange Juice, **50%**	8 oz	Milk, Chocolate, 1/2-pint **25%**	1 ea.
Milk, 1% 1/2-pint **75%**	1 ea.	Milk, Chocolate, 1/2-pint **25%**	1 ea.	Milk, 1% 1/2-pint **75%**	1 ea.
Coffee **100%**	10 oz	Milk, 1% 1/2-pint **75%**	1 ea.	Coffee **100%**	10 oz
		Coffee **100%**	10 oz		

*** Menu item requirements are based on a percentage of headcount. Provide 100% of each item unless noted otherwise.**

Breakfast Menu 4	**Portion**	**Breakfast Menu 5**	**Portion**	**Breakfast Menu 6**	**Portion**
Waffles, Maple Syrup Individual	2 ea.	Hard Boiled Eggs **25%**	2 eggs	French Toast, Maple Syrup Individual	2 ea.
Hard Boiled Eggs **25%**	2 Eggs	Scrambled Eggs	1/3 cup	Hard Boiled Eggs **25%**	2 eggs
Scrambled Eggs	1/3 cup	Pork Bacon **75%,** Turkey Bacon **25%**	2 Slices	Scrambled Eggs	1/3 cup
Pork Bacon **75%,** Turkey Bacon **25%**	2 Slices	Creamed Gravy **75%**	2 oz	Pork Bacon **75%,** Turkey Bacon **25%**	2 Slices
Home Fried Potatoes	4 oz	Hot Oatmeal **75%**	3/4 cup	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	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
Yogurt, Assorted 4-6 oz, ea.	1 ea.	Yogurt, Assorted 4-6 oz, ea.	1 ea.	Yogurt, Assorted 4-6 oz, ea.	1 ea.
Fresh Fruit, Seasonal	1 pc	Fresh Fruit, Seasonal	1 pc	Fresh Fruit, Seasonal	1 pc
Drink Choices (% of headcount)		**Drink Choices (% of headcount)**		**Drink Choices ((% of headcount)**	
Grape Juice, **50%**	8 oz	Apple Juice, **50%**	8 oz	Cranberry Juice, **50%**	8 oz
Orange Juice, **50%**	8 oz	Orange Juice, **50%**	8 oz	Orange Juice, **50%**	8 oz
Milk, Chocolate, 1/2-pint **25%**	1 ea.	Milk, Chocolate, 1/2-pint **25%**	1 ea.	Milk, Chocolate, 1/2-pint **25%**	1 ea.
Milk, 1% 1/2-pint **75%**	1 ea.	Milk, 1% 1/2-pint **75%**	1 ea.	Milk, 1% 1/2-pint **75%**	1 ea.
Coffee **100%**	10 oz	Coffee **100%**	10 oz	Coffee **100%**	10 oz

*** Menu item requirements are based on a percentage of headcount. Provide 100% of each item unless noted otherwise.**

Breakfast Menu 18	**Portion**
Hard Boiled Eggs	2 eggs
Assorted Dry Cereal, 1.25 -2.7 oz pkg	1 pkg
Plain Bagel, with Cream Cheese, pc	1 ea., 2 Pc
Yogurt 4-6 oz, ea.	1 ea.
Fresh Fruit Apple/Orange/Banana	1 pc
Breakfast Pastry	3-5 oz
Drink Choices (% of headcount)	
Apple Juice, Indiv. **50%**	8 oz
Orange Juice, Indiv. **50%**	8 oz
Milk, 1%, Indiv. **100%**	2 ea.
Coffee **100%**	10 oz

*** Menu item requirements are based on a percentage of headcount. Provide 100% of each item unless noted otherwise.**

Lunch Menu 1 (% of headcount)	**Portion**	**Lunch Menu 2**	**Portion**	**Lunch Menu 3**	**Portion**
Beef Stew	1 1/4 cup	Chicken Stir Fry	1 cup + 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	1 cup	Green Peas	1 cup
Tossed Vegetable Salad	1 cup	Country Style Tomato Salad	1/2 cup	Spring Salad	1 cup
Fresh Fruit, Seasonal **50%**	1 ea.	Fresh Fruit, Seasonal **50%**	1/2 cup	Fresh Fruit, Seasonal **50%**	1 ea.
Chocolate Chip Cookies	2 ea.	Assorted Salad Dressings, Pc	1 ea.	Yellow Cake, with 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 (% of headcount)**		Dinner Rolls, Butter, Pc	1 ea., 2 pc
DRINK CHOICES (% of headcount)		Milk, 1%, 1/2-pint **25%**	1 ea.	**DRINK CHOICES (% of headcount)**	
Milk, 1%, 1/2-pint **25%**	1 ea.	Milk, Choc, 1/2-pint **25%**	1 ea.	Milk, 1%, 1/2-pint **25%**	1 ea.
Milk, Choc, 1/2-pint **25%**	1 ea.	Sports Drink **50%**	12 oz	Milk, Choc, 1/2-pint **25%**	1 ea.
Sports Drink **50%**	12 oz	Lemonade **50%**	12 oz	Sports Drink **50%**	12 oz
Iced Tea **50%**	12 oz	Coffee **50%**	10 oz	Iced Tea **50%**	12 oz
Coffee **50%**	10 oz			Coffee **50%**	10 oz

*** Menu item requirements are based on a percentage of headcount. Provide 100% of each item unless noted otherwise.**

Lunch Menu 4	Portion	Lunch Menu 5	Portion	Lunch Menu 6	Portion
Cajun Chicken Breast, Boneless	5-6 oz	Stuffed Green Peppers, Large, Ground Beef and Rice	1 ea. + sauce	Roast Turkey	6 oz
				Turkey Gravy	1/4 cup gravy
Rice Pilaf	3/4 cup	Spanish Rice	3/4 cup	Mashed Potatoes	1/2 cup
Steamed Carrots	1 cup	Green Beans	1 cup	Corn Bread Dressing **75%**	1 piece
Tossed Garden Salad	1 cup	Tossed Vegetable Salad	1 cup	Herbed Broccoli	2-3 spears
Fresh Fruit, Seasonal **50%**	1 ea.	Fresh Fruit, Seasonal **50%**	1 ea.	Cranberry Jelly	1/4 cup
Brownies	1 pc	German Chocolate Cake	1 piece	Tossed Garden Salad	1 cup
Assorted Salad Dressings, Pc	1 pc	Bread, Butter, Pc	2 sl, 2 pc	Fresh Fruit, Seasonal **50%**	1 ea.
Dinner Rolls, Butter, Pc	1 ea., 2 pc	**DRINK CHOICES (% of headcount)**		Assorted Salad Dressings, Pc	1 pc
DRINK CHOICES (% of headcount)		Milk, 1%, 1/2-pint **25%**	1 ea.	Bread, Butter, Pc	2 sl, 2 pc
Milk, 1%, 1/2-pint **25%**	1 ea.	Milk, Choc, 1/2-pint **25%**	1 ea.	**DRINK CHOICES (% of headcount)**	
Milk, Choc, 1/2-pint **25%**	1 ea.	Sports Drink **50%**	12 oz	Milk, 1%, 1/2-pint **25%**	1 ea.
Sports Drink **50%**	12 oz	Iced Tea **50%**	12 oz	Milk, Choc, 1/2-pint **25%**	1 ea.
Lemonade **50%**	12 oz	Coffee **50%**	10 oz	Sports Drink **50%**	12 oz
Coffee **50%**	10 oz			Lemonade **50%**	12 oz
				Coffee **50%**	10 oz

*** Menu item requirements are based on a percentage of headcount. Provide 100% of each item unless noted otherwise.**

Lunch Menu 7	**Portion**	**Lunch Menu 8**	**Portion**	**Lunch Menu 9**	**Portion**
Savory Baked Chicken, 8-cut	2 pc (5-8 oz)	Spaghetti W/Meat Sauce	1 1/2 cup	Baked Ziti	2 cup
Oven Brown Potatoes	1/2 cup	Grated Parmesan Cheese	1 Tbsp	Cheese Ravioli with Marinara Sauce **25%**	4 ea. + sauce
		Marina Sauce **25%**	3/4 cup		
Simmered Corn	3/4 cup	California Blend	3/4 cup	Broccoli	2-3 spears
Lettuce, Tomato & Cucumber Salad	1/2 cup	Caesar Salad	1 cup	Tossed Garden Salad	1 cup
Fresh Fruit, Seasonal **50%**	1 ea.	Fresh Fruit, Seasonal **50%**	1 ea.	Fresh Fruit, Seasonal **50%**	1 ea.
Sugar Cookies	2 ea.	Assorted Salad Dressings, Pc	1 pc	Pie, with Fruit Filling	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 Frosting	1 piece	Bread, Butter, Pc	2 sl, 2 pc
DRINK CHOICES (% of headcount)		**DRINK CHOICES (% of headcount)**		**DRINK CHOICES (% of headcount)**	
Milk, 1%, 1/2-pint **25%**	1 ea.	Milk, 1%, 1/2-pint **25%**	1 ea.	Milk, 1%, 1/2-pint **25%**	1 ea.
Milk, Choc, 1/2-pint **25%**	1 ea.	Milk, Choc, 1/2-pint **25%**	1 ea.	Milk, Choc, 1/2-pint **25%**	1 ea.
Sports Drink **50%**	12 oz	Sports Drink **50%**	12 oz	Sports Drink **50%**	12 oz
Iced Tea **50%**	12 oz	Lemonade **50%**	12 oz	Iced Tea **50%**	12 oz
Coffee **50%**	10 oz	Coffee **50%**	10 oz	Coffee **50%**	10 oz

*** Menu item requirements are based on a percentage of headcount. Provide 100% of each item unless noted otherwise.**

Lunch Menu 10	Portion	Lunch Menu 11	Portion	Lunch Menu 12	Portion
Beef Stroganoff	3/4 cup	Barbecue Chicken, Quartered	1 piece	Chicken Cordon Blue	5-7 oz
Buttered Egg Noodles	1 cup	Cole Slaw **50%**	2/3 cup	Rice Pilaf	1 cup
Simmered Corn	1 cup	Potato Salad **50%**	2/3 cup	Broccoli Parmesan	1 cup
Spring Salad	1 cup	Fruit Salad **50%**	1/2 cup	Tossed Green Salad	1 cup
Fresh Fruit, Seasonal **50%**	1 ea.	Assorted Salad Dressings, Pc	1 pc	Fresh Fruit, Seasonal **50%**	1 ea.
Pineapple Upside-down Cake	1 piece	Dinner Roll, Butter, Pc	1 ea., 2 pc	Lemon Cake, with Frosting	1 piece
Assorted Salad Dressings, Pc	1 pc	**DRINK CHOICES (% of headcount)**		Assorted Salad Dressings, Pc	1 pc
Bread, Butter, Pc	2 sl, 2 pc	Milk, 1%, 1/2-pint **25%**	1 ea.	Bread, Butter, Pc	2 sl, 2 pc
DRINK CHOICES (% of headcount)		Milk, Choc, 1/2-pint **25%**	1 ea.	**DRINK CHOICES (% of headcount)**	
Milk, 1%, 1/2-pint **25%**	1 ea.	Sports Drink **50%**	12 oz	Milk, 1%, 1/2-pint **25%**	1 ea.
Milk, Choc, 1/2-pint **25%**	1 ea.	Iced Tea **50%**	12 oz	Milk, Choc, 1/2-pint **25%**	1 ea.
Sports Drink **50%**	12 oz	Coffee **50%**	10 oz	Sports Drink **50%**	12 oz
Lemonade **50%**	12 oz			Lemonade **50%**	12 oz
Coffee **50%**	10 oz			Coffee **50%**	10 oz

*** Menu item requirements are based on a percentage of headcount. Provide 100% of each item unless noted otherwise.**

Lunch Menu 13	Portion	Lunch Menu 14	Portion	Lunch Menu 15	Portion
Parmesan Crusted Cod Fish	5 oz	Hot Roast Turkey Sandwich, Hoagie Roll	1 sandwich	Reuben Sandwich, Rye Bread, sliced	1 sandwich
Baked Macaroni & Cheese	1 cup	Turkey, Gravy	1/ cup	French Fried Potatoes, Oven Baked	1 cup
Lyonnaise Carrots	1 cup	Mash Potatoes	1/2 cup	Three Bean Salad **50%**	1/2 cup
Broccoli Slaw	1/2 cup	Corn on the Cobb (half size)	1 ea.	Fruit Salad **50%**	1/2 cup
Banana Cake, with Frosting	1 piece	Fresh Fruit, Seasonal**50%**	1/2 cup	Vegetable Soup **75%**	1 cup
Assorted Salad Dressings, Pc	1 pc	Chocolate Cookies	2 ea.	Assorted Salad Dressings, Pc	1 pc
Corn Bread, Butter, Pc	I piece, 2 pc	Assorted Salad Dressings, Pc	1 pc	Bread, Butter, Pc	2 sl, 2 pc
DRINK CHOICES (% of headcount)		Bread, Butter, Pc	2 sl, 2 pc	**DRINK CHOICES (% of headcount)**	
Milk, 1%, 1/2-pint **25%**	1 ea.	**DRINK CHOICES (% of headcount)**		Milk, 1%, 1/2-pint **25%**	1 ea.
Milk, Choc, 1/2-pint **25%**	1 ea.	Milk, 1%, 1/2-pint **25%**	1 ea.	Milk, Choc, 1/2-pint **25%**	1 ea.
Sports Drink **50%**	12 oz	Milk, Choc, 1/2-pint **25%**	1 ea.	Sports Drink **50%**	12 oz
Iced Tea **50%**	12 oz	Sports Drink **50%**	12 oz	Iced Tea **50%**	12 oz
Coffee **50%**	10 oz	Lemonade **50%**	12 oz	Coffee **50%**	10 oz
		Coffee **50%**	10 oz		

*** Menu item requirements are based on a percentage of headcount. Provide 100% of each item unless noted otherwise.**

Lunch Menu 16	Portion
Chicken with Broccoli **75%**	1 cup
Cheese Tortellini, with Marinara Sauce **25%**	1 cup + ¾ cup (sauce)
Peas with Sliced Mushrooms	3/4 cup
Country Style Tomato Salad	1/2 cup
Fresh Fruit, Seasonal **50%**	1 ea.
Strawberry Shortcake	1 piece
Assorted Salad Dressings, Pc	1 pc
Bread, Butter, Pc	2 sl, 2 pc
DRINK CHOICES (% of headcount)	
Milk, 1%, 1/2-pint **25%**	1 ea.
Milk, Choc, 1/2-pint **25%**	1 ea.
Sports Drink **50%**	12 oz
Lemonade **50%**	12 oz
Coffee **50%**	10 oz

Lunch Menu 17	Portion
Blackened Cod Fillet	6 oz
Baked Macaroni & Cheese	1 cup
Lettuce, Tomato & Cucumber	1/2 cup
Fruit Salad	1/2 cup
Assorted Salad Dressings, Pc	1 pc
Corn Bread, Butter Pc **75%**	1 piece, 2 pc
DRINK CHOICES (% of headcount)	
Milk, 1%, 1/2-pint **25%**	1 ea.
Milk, Choc, 1/2-pint **25%**	1 ea.
Sports Drink **50%**	12 oz
Iced Tea **50%**	12 oz
Coffee **50%**	10 oz

Lunch Menu 18	Portion
ENTRÉE: Provide percentage of each:	1 ea.
Italian Sub, Prov. Cheese; 30% Turkey Sub, Amer. Cheese; 60% Veggie Wraps; 10%	
Fresh Fruit, Seasonal	1 pc
Protein Bar, Assorted	1 ea.
Chocolate Chip Cookies,2pk-4pk	1 ea.
Potato Chips, Bag, Assorted	1 ea.
Mustard and Mayo, Pc	1 ea.
Lettuce, Cucumber, and Tomato Salad, Individual packed	1 cup
Salad Dressing, Pc, Assorted	1.5 oz
DRINK:	1 ea.
Sports Drink	20 oz

*** Menu item requirements are based on a percentage of headcount. Provide 100% of each item unless noted otherwise.**

Lunch Menu 19 (Short Order) – Choice of two proteins	**Portion**	**Lunch Menu 20 (Family Day)**	**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 **50%**	1 ea.	Turkey burger on a Bun **50%**	1 ea.	Roast Turkey	4 oz
Sweet Italian Sausage on Bun **25%**	1 ea.	Sweet Italian Sausage on Bun **25%**	1 ea.	Turkey Gravy	1/4 cup
Grilled Hot Dog on Bun **25%**	1 ea.	Grilled Hot Dog on Bun **25%**	1 ea.	Savory Bread Dressing	3 oz
Toppings: Lettuce, Sliced Tomato, Sliced Onion	1 piece, 1 sl, 1 sl	Toppings: Lettuce, Sliced Tomato, Sliced Onion	1 piece, 1 sl, 1 sl	Mashed Potatoes	1/2 cup
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 Sauce	1/4 cup
Barbecue Baked Beans	1/2 cup	Potato Salad **50%**	2/3 cup	French Style Green Beans	3/4 cup
Fruit Salad	1/2 cup	Macaroni Salad **50%**	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 **50%**	1 sl
Sports Drink **50%**	12 oz	Sports Drink **50%**	12 oz	Pumpkin Pie **50%**	1 sl
Lemonade **50%**	12 oz	Iced Tea **50%**	12 oz	Assorted Salad Dressings, Pc	1 pc
				Dinner Rolls, Butter, Pc	1 ea., 2 pc
				DRINK CHOICES (% of headcount	
				Milk, 1%, 1/2-pint **25%**	1 ea.
				Milk, Choc, 1/2-pint **25%**	1 ea.
				Sports Drink **50%**	12 oz
				Lemonade **50%**	12 oz

*** Menu item requirements are based on a percentage of headcount. Provide 100% of each item unless noted otherwise.**

Dinner Menu 1 (% of headcount)	**Portion**	**Dinner Menu 2**	**Portion**	**Dinner Menu 3**	**Portion**
Swedish Meat Balls (1 oz ea.)	4 EA	Braised Pork Chop, Bone-in	6 oz	Roast Beef (2 oz slice)	2 Slices
Brown Gravy	1/4 Cup	Brown Gravy	1/4 cup	Brown Gravy	1/4 Cup
Buttered Egg Noodles	1 Cup	Mashed Potatoes	1/2 cup	Baked Potatoes	1 ea.
Simmered Corn	3/4 Cup	French Style Green Beans	1 cup	Mixed Vegetables	1 cup
Spring Salad	3/4 Cup	Tossed Green Salad	3/4 cup	Lettuce, Tomato, Cucumber Salad	1/2 cup
Fresh Fruit, Seasonal **50%**	1 ea.	Fresh Fruit, Seasonal **50%**	1 ea.	Fresh Fruit, Seasonal **50%**	1oz
Marble Cake, with Frosting	2 pc	Pie, with Fruit Filling	1 sl	Carrot Cake, with 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 (% of headcount)		**DRINK CHOICES (% of headcount)**		**DRINK CHOICES (% of headcount)**	
Milk, 1%, 1/2-pint **25%**	1 ea.	Milk, 1%, 1/2-pint **25%**	1 ea.	Milk, 1%, 1/2-pint **25%**	1 ea.
Milk, Choc, 1/2-pint **25%**	1 ea.	Milk, Choc, 1/2-pint **25%**	1 ea.	Milk, Choc, 1/2-pint **25%**	1 ea.
Sports Drink **50%**	12 oz	Sports Drink **50%**	12 oz	Sports Drink **50%**	12 oz
Iced Tea **50%**	12 oz	Lemonade **50%**	12 oz	Iced Tea **50%**	12 oz
Coffee **50%**	10 oz	Coffee **50%**	10 oz	Coffee **50%**	10 oz

*** Menu item requirements are based on a percentage of headcount. Provide 100% of each item unless noted otherwise.**

Dinner Menu 4	Portion	Dinner Menu 5	Portion	Dinner Menu 6	Portion
Chili Macaroni	1 1/2 cup	Roast Pork (2 oz slice) Brown Gravy	2 Slices, 1/4 Cup	Herbed Baked Chicken, quartered	1 piece
Grated Parmesan Cheese	1 Tbsp .5 oz	Steamed Cauliflower	3/4 cup	Chicken Gravy	1/4 cup
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, Seasonal **50%**	1 ea.	Fresh Fruit, Seasonal **50%**	1 ea.	Tossed Green Salad	1 cup
Sugar Cookies	2 ea.	Chocolate Cake, with Frosting	1 pc	Peanut Butter 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 (% of headcount)		**DRINK CHOICES (% of headcount)**		**DRINK CHOICES (% of headcount)**	
Milk, 1%, 1/2-pint **25%**	1 ea.	Milk, 1%, 1/2-pint **25%**	1 ea.	Milk, 1%, 1/2-pint **25%**	1 ea.
Milk, Choc, 1/2-pint **25%**	1 ea.	Milk, Choc, 1/2-pint **25%**	1 ea.	Milk, Choc, 1/2-pint **25%**	1 ea.
Sports Drink **50%**	12 oz	Sports Drink **50%**	12 oz	Sports Drink **50%**	12 oz
Lemonade **50%**	12 oz	Iced Tea **50%**	12 oz	Lemonade **50%**	12 oz
Coffee **50%**	10 oz	Coffee **50%**	10 oz	Coffee **50%**	10 oz

*** Menu item requirements are based on a percentage of headcount. Provide 100% of each item unless noted otherwise.**

Dinner Menu 7	Portion	Dinner Menu 8	Portion	Dinner Menu 9	Portion
Baked Ham Roast (2 oz slice)	2 slices	Meat Loaf (6 oz slice)	1 slice	Chicken Parmesan	1 Fillet, 4-5 oz
Green Beans	1 cup	Brown Gravy	1/4 cup	Rotella Pasta, with Marina Sauce	3/4 cup
Potatoes Au Gratin	2/3 cup	Glazed Carrots	1 cup	Mixed Vegetables	3/4 cup
Tossed Green Salad	1 cup	Mashed Potatoes	1/2 cup	Tossed Green Salad	1 cup
Fresh Fruit, Seasonal **50%**	1 ea.	Spring Salad	1 cup	Fresh Fruit, Seasonal **50%**	1 ea.
Pound Cake	1 pc	Fresh Fruit, Seasonal **50%**	1 ea.	Short Cake. with Frosting	1 pc
Assorted Salad Dressings, Pc	1 PC	Chocolate Cake, with 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 (% of headcount)		Bread, Butter, Pc	1 sl, 2 pc	**DRINK CHOICES (% of headcount)**	
Milk, 1%, 1/2-pint **25%**	1 ea.	**DRINK CHOICES (% of headcount)**		Milk, 1%, 1/2-pint **25%**	1 ea.
Milk, Choc, 1/2-pint **25%**	1 ea.	Milk, 1%, 1/2-pint **25%**	1 ea.	Milk, Choc, 1/2-pint **25%**	1 ea.
Sports Drink **50%**	12 oz	Milk, Choc, 1/2-pint **25%**	1 ea.	Sports Drink **50%**	12 oz
Iced Tea **50%**	12 oz	Sports Drink **50%**	12 oz	Iced Tea**50%**	12 oz
Coffee **50%**	10 oz	Lemonade **50%**	12 oz	Coffee **50%**	10 oz
		Coffee **50%**	10 oz		

*** Menu item requirements are based on a percentage of headcount. Provide 100% of each item unless noted otherwise.**

Dinner Menu 10	Portion	Dinner Menu 11	Portion	Dinner Menu 12	Portion
Pot Roast,	5 oz	Grilled Striploin Steak	8-10 oz	Turkey Chili (w. Beans)	1 1/4 cup
Brown Gravy	1/4 cup				
Glazed Carrots	1 cup	Green Beans	1 cup	Steam Rice	3/4 cup
Oven Browned Potatoes	3/4 cup	Baked Potato	1 ea.	Green Peas and Mushrooms	1 cup
Lettuce, Tomato, Cucumber Salad	1/2 Cup	Tossed Green Salad	1 cup	Lettuce, Tomato, Cucumber Salad	1/2 Cup
Fresh Fruit, Seasonal **50%**	1 ea.	Fresh Fruit, Seasonal **50%**	1 ea.	Fresh Fruit, Seasonal **50%**	1 ea.
Chocolate Cookies	2 ea.	Brownies	1 ea.	Marble Cake, with Frosting	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 (% of headcount)		**DRINK CHOICES (% of headcount)**		**DRINK CHOICES (% of headcount)**	
Milk, 1%, 1/2-pint **25%**	1 ea.	Milk, 1%, 1/2-pint **25%**	1 ea.	Milk, 1%, 1/2-pint **25%**	1 ea.
Milk, Choc, 1/2-pint **25%**	1 ea.	Milk, Choc, 1/2-pint **25%**	1 ea.	Milk, Choc, 1/2-pint **25%**	1 ea.
Sports Drink **50%**	12 oz	Sports Drink **50%**	12 oz	Sports Drink **50%**	12 oz
Lemonade **50%**	12 oz	Iced Tea **50%**	12 oz	Lemonade **50%**	12 oz
Coffee **50%**	10 oz	Coffee **50%**	10 oz	Coffee **50%**	10 oz

*** Menu item requirements are based on a percentage of headcount. Provide 100% of each item unless noted otherwise.**

Dinner Menu 13	Portion	Dinner Menu 14	Portion	Dinner Menu 15	Portion
Pepper Steak	1 cup	Chicken Adobo, 8-cut	2 pc (5-8 oz)	Taco Salad (with Ground Turkey)	1 1/2 cup
Steamed Rice	3/4 cup	Chicken Gravy	1/4 cup, 2 oz	Spanish Style Beans	1/2 cup
Mixed Vegetables	1 Cup	Wild Rice	3/4 cup	Mexican Corn	3/4 cup
Tossed Green Salad	1 cup	Simmered Corn	1/2 cup	Spring Salad	1 cup
Fresh Fruit, Seasonal **50%**	1 ea.	Tossed Green Salad	1 cup	Fresh Fruit, Seasonal **50%**	1 ea.
Brownies	1 ea.	Fresh Fruit, Seasonal **50%**	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 (% of headcount)**	
DRINK CHOICES (% of headcount)		Bread, Butter, Pc	2 ea., 2 pc	Milk, 1%, 1/2-pint **25%**	1 ea.
Milk, 1%, 1/2-pint **25%**	1 ea.	**DRINK CHOICES (% of headcount)**		Milk, Choc, 1/2-pint **25%**	1 ea.
Milk, Choc, 1/2-pint **25%**	1 ea.	Milk, 1%, 1/2-pint **25%**	1 ea.	Sports Drink **50%**	12 oz
Sports Drink **50%**	12 oz	Milk, Choc, 1/2-pint **25%**	1 ea.	Iced Tea **50%**	12 oz
Iced Tea **50%**	12 oz	Sports Drink **50%**	12 oz	Coffee **50%**	10 oz
Coffee **50%**	10 oz	Lemonade **50%**	12 oz		
		Coffee **50%**	10 oz		

*** Menu item requirements are based on a percentage of headcount. Provide 100% of each item unless noted otherwise.**

Dinner Menu 16	**Portion**	**Dinner Menu 17**	**Portion**	**(Repeat)**
Roast Turkey	4 oz	Chicken Alfredo	1+ 1/4 cup	
Turkey Gravy	1/4 cup, 2 oz	Buttered Egg Noodles	3/4 cup	
Oven Roasted Potatoes	3/4 cup	Lyonnaise Carrots	1 cup	
Green Beans	1 cup	Lettuce & Tomato Salad	3/4 cup	
Tossed Garden Salad	1 cup	Fruit Salad	1/2 cup	
Fresh Fruit, Seasonal **50%**	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 (% of headcount)**		
Dinner Roll, Butter, Pc	1 sl, 2 pc	Milk, 1%, 1/2-pint **25%**	1 ea.	
DRINK CHOICES (% of headcount)		Milk, Choc, 1/2-pint **25%**	1 ea.	
Milk, 1%, 1/2-pint **25%**	1 ea.	Sports Drink **50%**	12 oz	
Milk, Choc, 1/2-pint **25%**	1 ea.	Iced Tea **50%**	12 oz	
Sports Drink **50%**	12 oz	Coffee **50%**	10 oz	
Lemonade **50%**	12 oz			
Coffee **50%**	10 oz			