ARMY 21-DAY CONOPS MENU

ARMY CENTER OF EXCELLENCE, SUBSISTENCE

FORT LEE, VA 23801

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The Army 21 Day CONOPS
Menu

ORIENTATION STATEMENT

ATSM-CES-QA

TO: Food Service and Subsistence Operations Personnel

SUBJECT: Contingency Operations 21 DAY Menu

CONCEPT: The Army Center of Excellence, Subsistence developed menu guides for food service support in stabilized base camp settings to address Commanders' demands for greater menu variety and freshly prepared food products during prolonged operations in deployed sites. The intent of the Contingency Operations (CONOPS) menu concepts is to establish a standardized menu platform for sustained deployments. There are two packages to support different maturities in the phases of food service operations.

1. In the transition from fast paced, turbulent build up and conflict laden operations to a more predictable operating environment, the Army may use the Supplemental Menus to the UGR-A (Unitized Group Rations-A). These will be used as a function of permissive METT-TC (mission, enemy, terrain, troops, time, civilians), climate and food service labor, refrigeration, sanitary storage and food preparation equipment being in place. These menus are dominated by convenience foods and contain 2 cyclic breakfast menus, 4 short order lunch/dinner menus with desserts, vegetables and condiments to provide greater variety and "fresher" products in a quick-to-prepare food concept.

2. This handbook focuses on the menu guide for more advanced, stabilized operations. Approaching garrison standards, the CONOPS 21 Day Line Item A (LIA) Menu, is intended for use **ONLY** in a well protected, very well resourced setting such as is typically found in contract operated Force Provider style systems. There are 3 cyclic breakfast menus, 4 robust cyclic short order menu with hot and cold entrees, and 42 main meal options. Each of the 21 lunch, 21 dinner menus have 2 entrees, 2 starches, 2 hot vegetables, specialty salads and a dessert. The self-serve selections have a broad array of beverages, breads, condiments and a complete daily salad bar.

BACKGROUND:

The Family of Operational Rations includes the Meals Ready to Eat (MRE), UGR-H&S (heat and serve), and UGR-A plus limited authorized supplements and enhancements such as ultra-high temperature pasteurized (UHT) milk, fresh fruit, salad materials and salad dressings, bread and breakfast cereals.

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Prolonged consumption of Operational Rations leads to menu fatigue. Deployed personnel often eat only select portions of the operational rations. With the unbalanced intake, they may have disproportionately high intakes of sodium, fat, protein and cholesterol, and lower levels of calcium, fiber, and other vitamins and minerals than is desirable for both long-term health and near term performance.

Hot, freshly prepared meals are a significant morale booster and can improve the nutritive balance of the foods actually consumed. However, deployed forces have attempted to serve significantly more perishable products without ensuring that the supporting labor, refrigeration, and preparation facilities are in place.

Problems with premature conversion and ad hoc local menus include inadequate requirements' forecasting, limited theater Class I management for the requisition, distribution, and inventory of foods, and increased health risks associated with improper acquisition and handling of perishable foods.

KEY POINTS: The CONOPS menu guides the logical progression of support in deployed locations. The requirements are defined; with troop strength data supplied for **appropriate** sites, the supply provider can acquire the right materials in the right quantities for timely delivery, and the food service manager can deliver high quality meals in a consistent pattern. The initial guidance can be modified over time to better fit the site-specific needs, but the kick-off platform is in place to prevent gross waste, frustration, disappointment, and to greatly enhance the quality of life at the end of the fork.

ACTION DESIRED: Commanders employ these options IAW conditional resourcing standards, after the Service Logistical headquarters concurs that METT-TC and logistical readiness are a "go".

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Very Respectfully,

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Daily Menu

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Menu

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Menu

Contingency Operations (CONOPS) 21 Day Line Item A-rations (LIA) Menus
12 August 2003 update

DAY 1

BREAKFAST

JUICE: ORANGE, APPLE, GRAPE
EGGS: SCRAMBLED / HARD BOILED / FRIED
BREAKFAST BURRITO egg w/ cheese
BACON SLICES /SAUSAGE PATTIES
CREAMED BEEF/ CANADIAN BACON
HASHED BROWN POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
PANCAKES & SYRUP
ENGLISH MUFFIN / DANISH
WHITE/ WHEAT/ RAISIN/ RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, HONEY
FRUITS: BANANA, GRAPEFRUIT, PLUM
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC
ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

DAY 1

SHORT ORDER

Appetizer: BREADED JALAPENOS w/ CHEDDAR CHEESE
HAMBURGERS or CHEESEBURGERS
FRANKFURTERS
CHEESE or SUPREME INDIVIDUAL PIZZA
GYROS POCKET SANDWICH
FRIED CHICKEN TENDERS w/ Dipping Sauces
FRENCH FRIES or POTATO WEDGES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
BOLOGNA SANDWICH w/ CHEESE
SALAMI SANDWICH
TUNA SALAD SANDWICH
ITALIAN PEPPER BEEF SANDWICH
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

LUNCH

CREAM OF MUSHROOM SOUP
CRACKERS
GRILLED SALISBURY STEAK
BROWN GRAVY
CREOLE FISH PORTION
CREOLE SAUCE
OVEN GLO POTATOES
NOODLES JEFFERSON
GREEN BEANS NICOISE
CAULIFLOWER POLONAISE
MACARONI SALAD
PICKLED GREEN BEAN SALAD
CHILLED CND FRUIT COCKTAIL
ICED CHOCOLATE CAKE
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DINNER

VEGETABLE SOUP
CRACKERS
MEXICAN BAKED CHICKEN
ROAST BEEF
NATURAL PAN GRAVY (AU JUS)
HORSERADISH SAUCE
PARSLEY SEASONED POTATOES
WILD RICE
VEGETABLE STIR FRY
SEASONED SUCCOTASH
POTATO SALAD
ITALIAN STYLE PASTA SALAD w/ VINEGAR & OIL SALAD DRESSING
BLUEBERRY TURNOVER
CHILLED CND PEACHES
BAKING POWDER BISCUITS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

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Menu

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DAY 2

BREAKFAST

JUICE: ORANGE, APPLE, GRAPE
OMELET/ SCRAMBLED / HARD BOILED EGGS
CROISSANT w/ HAM & CHEESE
BACON SLICES /SAUSAGE PATTIES
CREAMED BEEF/ SAUSAGE LINKS
HASHED BROWN POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
WAFFLES & SYRUP
SWEET MUFFIN / BAGEL
WHITE/ WHEAT/ RAISIN/ RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, CREAM CHEESE
FRUITS: BANANA, GRAPES, ORANGE
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC
ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAM, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

LUNCH

BEEF NOODLE SOUP
CRACKERS
GRILLED STEAK w/ STEAK SAUCE
SAUTEED MUSHROOMS & ONIONS
NEW ENGLAND BOILED DINNER
SPICY MUSTARD
BAKED POTATO w/ SOUR CREAM
SEASONED PEAS
CABBAGE, APPLE, AND RAISIN SALAD
GOLDEN GLOW GELATIN SALAD
OATMEAL RAISIN COOKIE
CHILLED CND PEARS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DAY 2

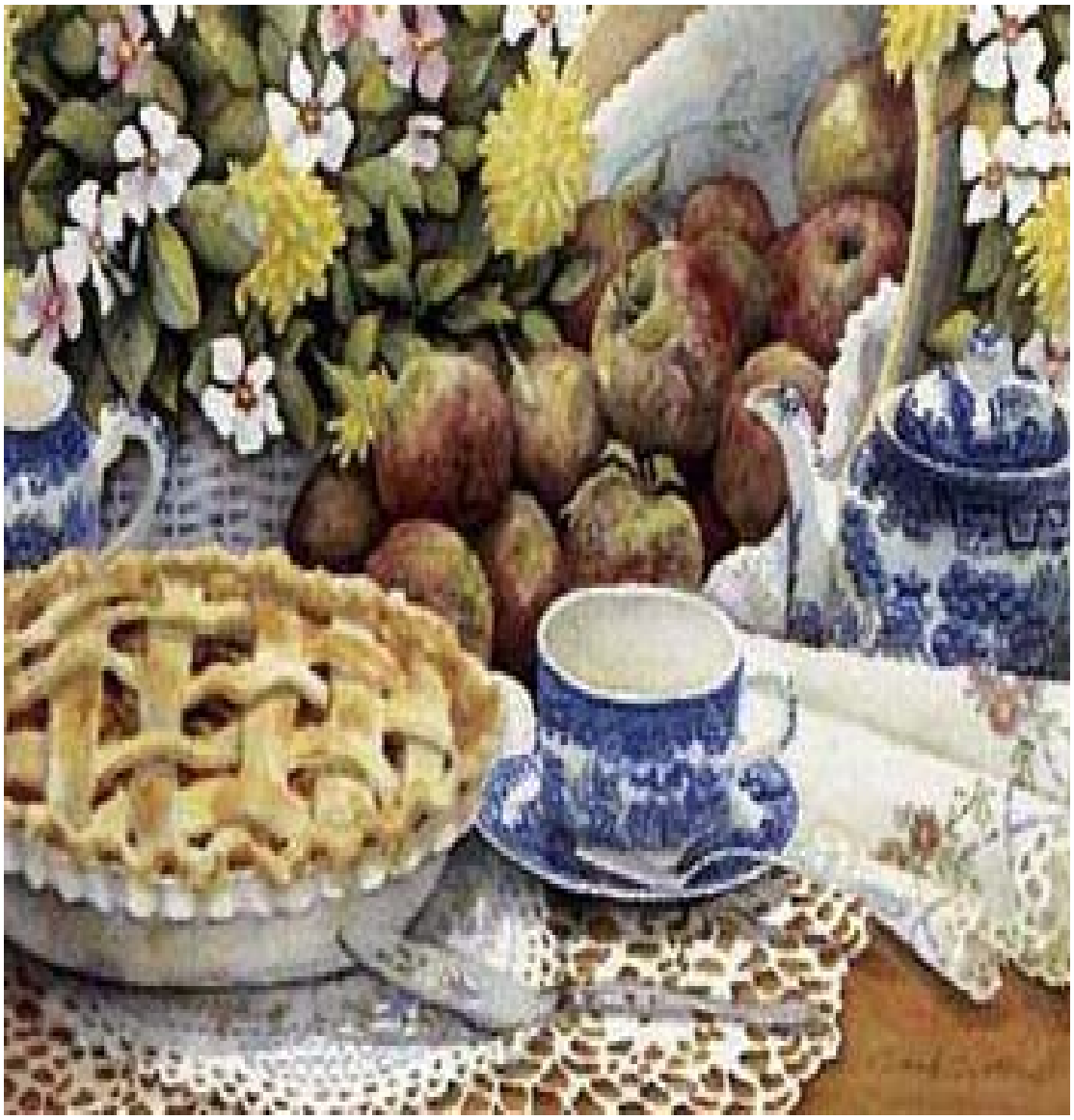
SHORT ORDER

Appetizer: HOT WINGS
HAMBURGERS or CHEESEBURGERS
FRANKFURTERS
CHEESE or PEPPERONI INDIVIDUAL PIZZA
MEATBALL & CHEESE POCKET SANDWICH
CHICKEN FILLET w/ CHEESE SANDWICH
FRENCH FRIES or POTATO WEDGES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
HAM & CHEESE WRAP
CHICKEN SALAD PITA
CHEESE FISHWICH w / TARTAR SAUCE
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

DINNER

CREAM of CHICKEN SOUP
CRACKERS
JAEGERSCHNITZEL w/ BROWN GRAVY
SWEET & SOUR PORK
O'BRIEN POTATOES
STEAMED RICE
SEASONED CARROTS
HERBED BROCCOLI
WALDORF SALAD
SPINACH SALAD
CHERRY CRISP
CHILLED CND APPLESAUCE
TOASTED GARLIC BREAD
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

The Army 21 Day CONOPS
Menu



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Menu

Contingency Operations (CONOPS) 21 Day Line Item A-rations (LIA) Menus
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DAY 3

BREAKFAST

JUICE: ORANGE, APPLE, GRAPE
EGGS: SCRAMBLED / HARD BOILED / FRIED
ENGLISH MUFFIN SANDWICH (with EGG, CHEESE, CANADIAN BACON)
BACON SLICES/ SAUSAGE PATTIES
CREAMED BEEF/CORNED BEEF HASH
HASHED BROWN POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
FRENCH TOAST STICKS & SYRUP
CROISSANT / CINNAMON ROLL
WHITE/ WHEAT/ RAISIN / RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, BERRY JAM
FRUITS: BANANA, PEAR, CUT-UP MELON
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC
ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

LUNCH

TOMATO SOUP w/ CRACKERS
SOUTHERN FRIED CATFISH FILLETS, w/ LEMON WEDGES & TARTAR SAUCE
MEAT LOAF
BAKED MACARONI & CHEESE
MASHED POTATOES
BROWN GRAVY
CALICO CORN
OKRA & TOMATO GUMBO
COLE SLAW W/ CREAMY DRESSING
CUCUMBER & ONION SALAD
APPLE PIE
CHILLED CND APRICOTS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
HOT CORNBREAD

DAY 3

SHORT ORDER

Appetizer: MOZZARELLA CHEESE STICKS
HAMBURGERS or CHEESEBURGERS
FRANKFURTERS OR CORNDOGS
CHEESE or SUPREME INDIVIDUAL PIZZA
CHINESE PORK EGGROLL w/ SOY SAUCE
FRIED CHICKEN NUGGETS w/ DIPPING SAUCES
FRENCH FRIES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
TURKEY & MOZZARELLA SANDWICH
HAM SALAD SANDWICH
PHILLY CHEESESTEAK
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

DINNER

VEGETABLE BEEF SOUP
CRACKERS
CHICKEN FAJITAS & BEEF FAJITAS w/ SALSA, SOUR CREAM
BEEF & CHEESE ENCHILADAS
BEEF ‘n BEAN BURRITO
BEEF & CHICKEN TAMALES
MEXICAN RICE
OVEN BROWNED POTATOES
REFRIED BEANS
SEASONED MIXED VEGETABLES
TACO SAUCE
JALAPENOS PEPPERS
MACARONI SALAD
CHEF’S SALAD
YELLOW CAKE w/ CHOCOLATE ICING
CHILLED CND PINEAPPLE
NACHOS w/ CHEESE SAUCE
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

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Menu

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Menu

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DAY 4

BREAKFAST

JUICE: ORANGE, APPLE, GRAPE
EGGS: SCRAMBLED / HARD BOILED / FRIED
BISCUIT w/ SAUSAGE & EGG
BACON SLICES/ SAUSAGE PATTIES
CREAMED BEEF/GRILLED HAM SLICE
HASHED BROWN POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
PANCAKES & SYRUP
ENGLISH MUFFIN / DANISH
WHITE/ WHEAT/ RAISIN/ RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, HONEY
FRUITS: BANANA, GRAPEFRUIT, PLUM
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC
ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

LUNCH

CHICKEN NOODLE SOUP
CRACKERS
SUKIYAKI
HONEY GLAZED CORNISH HENS
PORK FRIED RICE
FRANCONIA POTATOES
TANGY SPINACH
GLAZED CARROTS
GERMAN STYLE TOMATO SALAD
TACO SALAD
APPLE CRUNCH
CHILLED CND MANDARIN ORANGES
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DAY 4

SHORT ORDER

Appetizer: BREADED JALAPENOS w/ CHEDDAR CHEESE
HAMBURGERS or CHEESEBURGERS
FRANKFURTERS
CHEESE OR PEPPERONI INDIVIDUAL PIZZA
CHICKEN & BROCCOLI POCKET SANDWICH
FRIED CHICKEN
RAVIOLI
FRENCH FRIES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
BLT SANDWICH
EGG SALAD SANDWICH
ROAST TURKEY SANDWICH / SUB
HOT PASTRAMI SANDWICH
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

DINNER

MINESTRONE SOUP
CRACKERS
GRILLED HAM STEAK
SPAGHETTI w/ MEAT BALLS w/
GRATED PARMESAN CHEESE
LYONNAISE POTATOES
HERBED BROCCOLI
SEASONED PEAS
PINEAPPLE COLE SLAW
PASTA SALAD
CHOCOLATE BROWNIES
CHILLED CND PEARS
TOASTED GARLIC BREAD
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

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DAY 5

BREAKFAST

JUICE: ORANGE, APPLE, GRAPE
OMELET/ SCRAMBLED / HARD BOILED EGGS
BURRITO w/ EGG, BACON, & CHEESE
BACON SLICES/ SAUSAGE PATTIES
CREAMED BEEF/ CANADIAN BACON
HASHED BROWN POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
WAFFLES & SYRUP
SWEET MUFFIN / BAGEL
WHITE/ WHEAT/ RAISIN/ RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, CREAM CHEESE
FRUITS: BANANA, GRAPES, ORANGE
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC
ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

LUNCH

TOMATO SOUP
CRACKERS
ITALIAN STYLE VEAL STEAK
GRILLED SALISBURY STEAK
BROWN GRAVY
MASHED POTATOES
ITALIAN BROCCOLI PASTA (hot)
SEASONED STEAMED ASPARAGUS
SEASONED MIXED VEGETABLES
POTATO SALAD
KIDNEY BEAN SALAD
PEACH CRUNCH
CHILLED CND FRUIT COCKTAIL
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DAY 5

SHORT ORDER

Appetizer: HOT WINGS
HAMBURGERS or CHEESEBURGERS
FRANKFURTERS
CHEESE or SUPREME INDIVIDUAL PIZZA
PEPPERONI CALZONE
FRIED CHICKEN TENDERS
FRENCH FRIES or POTATO WEDGES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
BOLOGNA SANDWICH W/ CHEESE
SALAMI SANDWICH
TUNA SALAD SANDWICH
ITALIAN PEPPER BEEF SANDWICH
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

DINNER

BEAN & BACON SOUP
CRACKERS
CHINESE FIVE SPICE CHICKEN
BRAISED BEEF & NOODLES
STEAMED RICE
SEASONED GREEN BEANS
BUTTERED CAULIFLOWER
MACARONI SALAD
COLE SLAW W/ VINEGAR DRESSING
CARROT CAKE w/
CREAM CHEESE FROSTING
CHILLED CND PEACHES
DINNER ROLLS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

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DAY 6

BREAKFAST

JUICE: ORANGE, GRAPE, APPLE,
EGGS: SCRAMBLED / HARD BOILED / FRIED
BAGEL SANDWICH w/ HAM & CHEESE
BACON SLICES /SAUSAGE PATTIES
CREAMED BEEF/ TURKEY SAUSAGE
HASHED BROWN POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
FRENCH TOAST & SYRUP
CROISSANT / CINNAMON ROLL
WHITE/ WHEAT/ RAISIN / RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, BERRY JAM
FRUITS: BANANA, PEAR, CUT-UP MELON
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC
ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

LUNCH

CREAM OF MUSHROOM SOUP
CRACKERS
LIVER & ONION
ONION & MUSHROOM GRAVY
CHICKEN CORDON BLEU
O'BRIEN POTATOES
LYONNAISE RICE
SEASONED CORN
SEASONED STEAMED BROCCOLI w/
CHEESE SAUCE
WALDORF SALAD
POTATO SALAD w/ VINEGAR DRESSING
BLUEBERRY CRUNCH
CHILLED CND PEARS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DAY 6

SHORT ORDER

Appetizer: MOZZARELLA CHEESE STICKS
HAMBURGERS OR CHEESEBURGERS
FRANKFURTERS OR CORNDOGS
CHEESE OR PEPPERONI INDIVIDUAL PIZZA
CHINESE CHICKEN EGGROLL w/ SOY SAUCE
CHICKEN FILLET w/ CHEESE SANDWICH
FRENCH FRIES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
HAM & CHEESE WRAP
CHICKEN SALAD PITA
CHEESE FISHWICH w / TARTAR SAUCE
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

DINNER

VEGETABLE SOUP
CRACKERS
BEEF RIB ROAST (PRIME RIB)
HORSERADISH SAUCE
NATURAL PAN GRAVY (AU JUS)
PARMESAN FISH w/
LEMON WEDGES
TARTAR SAUCE
OVEN GLO POTATOES
BAKED MACARONI & CHEESE
SEASONED LIMA BEANS
SEASONED MIXED VEGETABLES
COLE SLAW W/ CREAMY DRESSING
COUNTRY STYLE TOMATO SALAD
PEANUT BUTTER COOKIES
CHILLED CND APPLESAUCE
DINNER ROLLS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

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DAY 7

BREAKFAST

JUICE: ORANGE, APPLE, GRAPE
EGGS: SCRAMBLED / HARD BOILED / FRIED
BISCUIT w/ SAUSAGE & EGG
BACON SLICES/ SAUSAGE PATTIES
CREAMED BEEF/CORNED BEEF HASH
COTTAGE FRIED POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
PANCAKES & SYRUP
DANISH / ENGLISH MUFFIN
WHITE/ WHEAT/ RAISIN/ RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, CREAM CHEESE
FRUITS: BANANA, GRAPEFRUIT, PLUM
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC
ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

LUNCH

BEEF NOODLE SOUP
CRACKERS
SHRIMP JAMBALAYA w/ Rice, Ham
ROAST TURKEY
MASHED POTATOES
TURKEY GRAVY
CRANBERRY SAUCE
FRIED CABBAGE
GLAZED CARROTS
MACARONI SALAD
PICKLED GREEN BEAN SALAD
PINEAPPLE UPSIDE DOWN CAKE
WHIPPED TOPPING
CHILLED CND APRICOTS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DAY 7

SHORT ORDER

Appetizer: BREADED JALAPENOS w/ CHEDDAR CHEESE
HAMBURGERS or CHEESEBURGERS
FRANKFURTERS
CHEESE or SUPREME INDIVIDUAL PIZZA
GYROS POCKET SANDWICH
FRIED CHICKEN NUGGETS w/ DIPPING SAUCES
FRENCH FRIES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
TURKEY & MOZZARELLA SANDWICH
HAM SALAD SANDWICH
PHILLY CHEESESTEAK
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

DINNER

CREAM OF CHICKEN SOUP
CRACKERS
MEAT LOAF
BROWN GRAVY
BAKED STUFFED PORK CHOPS
SPANISH RICE
POTATO WEDGES
VEGETABLE STIR FRY
CORN ON THE COB
CABBAGE, APPLE, AND RAISIN SALAD
CHEF'S SALAD
WHITE CAKE W/ CHOCOLATE ICING
CHILLED CND FRUIT COCKTAIL
HOT CORNBREAD
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

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Menu

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DAY 8

BREAKFAST

JUICE: ORANGE, APPLE, GRAPE
OMELET/ SCRAMBLED / HARD BOILED EGGS
BAGEL SANDWICH w/ SAUSAGE
BACON SLICES/ SAUSAGE PATTIES
CREAMED BEEF/ GRILLED HAM SLICE
HASHED BROWN POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
WAFFLES & SYRUP
SWEET MUFFIN / CROISSANT
WHITE/ WHEAT/ RAISIN/ RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, HONEY
FRUITS: BANANA, GRAPES, ORANGE
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

LUNCH

TOMATO SOUP
CRACKERS
BBQ CHICKEN
HUNGARIAN GOULASH
STEAMED NOODLES
POTATOES AU GRATIN
FRENCH FRIED CAULIFLOWER
LYONNAISE GREEN BEANS
PINEAPPLE COLE SLAW
PASTA SALAD
CHEESE CAKE w/ FRUIT TOPPINGS or CHOCOLATE SAUCE
CHILLED CND MANDARIN ORANGES
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DAY 8

SHORT ORDER

Appetizer: HOT WINGS
HAMBURGERS or CHEESEBURGERS
FRANKFURTERS
CHEESE OR PEPPERONI INDIVIDUAL PIZZA
MEATBALL & CHEESE POCKET SANDWICH
FRIED CHICKEN
RAVIOLI
FRENCH FRIES or POTATO WEDGES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
BLT SANDWICH
EGG SALAD SANDWICH
ROAST TURKEY SANDWICH / SUB
HOT PASTRAMI SANDWICH
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

DINNER

CREAM OF BROCCOLI SOUP
CRACKERS
SHRIMP CREOLE
GRILLED STEAK w/ STEAK SAUCE
SAUTEED MUSHROOMS & ONIONS
BAKED POTATOES w/ SOUR CREAM
WILD RICE
HOT SPICED BEETS
PEAS W/ ONIONS
GERMAN STYLE TOMATO SALAD
CUCUMBER & ONION SALAD
CHOCOLATE CHIP COOKIES
CHILLED CND PEARS
DINNER ROLLS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

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Menu

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DAY 9

BREAKFAST

JUICE: ORANGE, GRAPE, APPLE
EGGS: SCRAMBLED / HARD BOILED / FRIED
CROISSANT w/ HAM & CHEESE
BACON SLICES/ SAUSAGE PATTIES
CREAMED BEEF/ CANADIAN BACON
HASHED BROWN POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
FRENCH TOAST & SYRUP
BAGEL / CINNAMON ROLL
WHITE/ WHEAT/ RAISIN / RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, CREAM CHEESE
FRUITS: BANANA, PEAR, CUT-UP MELON
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC
ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

LUNCH

CREAM OF MUSHROOM SOUP
CRACKERS
BAKED HAM
LASAGNA w/
GRATED PARMESAN CHEESE
GRILLED POTATO CAKES
SEASONED BRUSSELS SPROUTS
SEASONED MIXED VEGETABLES
MIXED FRUIT SALAD
THREE BEAN SALAD
CHOCOLATE BROWNIES
CHILLED CND FRUIT COCKTAIL
TOASTED GARLIC BREAD
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DAY 9

SHORT ORDER

Appetizer: MOZZARELLA CHEESE STICKS
HAMBURGERS or CHEESEBURGERS
FRANKFURTERS OR CORNDOGS
CHEESE or SUPREME INDIVIDUAL PIZZA
FRIED CHICKEN TENDERS
CHICKEN & BROCCOLI POCKET SANDWICH
FRENCH FRIES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
BOLOGNA SANDWICH W/ CHEESE
SALAMI SANDWICH
TUNA SALAD SANDWICH
ITALIAN PEPPER BEEF SANDWICH
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

DINNER

MINESTRONE SOUP, CRACKERS
MUSHROOM QUICHE APPETIZER
FRIED CHICKEN
PORK HAM HOCKS
MASHED POTATOES
RICE PILAF
SEASONED CARROTS
BLACKEYE PEAS
CHICKEN GRAVY
MACARONI SALAD
GERMAN COLE SLAW
CHERRY PIE w/
WHIPPED TOPPING
CHILLED CND PEACHES
HOT CORNBREAD
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

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DAY 10

BREAKFAST

JUICE: ORANGE, APPLE, GRAPE
EGGS: SCRAMBLED / HARD BOILED / FRIED
ENGLISH MUFFIN SANDWICH (with EGG, CHEESE, CANADIAN BACON)
BACON SLICES/ SAUSAGE PATTIES
CREAMED BEEF/ TURKEY SAUSAGE
HASHED BROWN POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
PANCAKES & SYRUP
CROISSANT/ DANISH
WHITE/ WHEAT/ RAISIN/ RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, HONEY
FRUITS: BANANA, GRAPEFRUIT, PLUM
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC
ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

LUNCH

BEEF NOODLE SOUP
CRACKERS
STUFFED GREEN PEPPERS
CHICKEN FRIED STEAK
MUSHROOM GRAVY
FRANCONIA POTATOES
STEAMED NOODLES
HERBED GREEN BEANS
CORN ON THE COB
COLE SLAW W/ CREAMY DRESSING
POTATO SALAD W/ VINEGAR DRESSING
CARROT CAKE w/ FROSTING
CHILLED CND PEARS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DAY 10

SHORT ORDER

Appetizer: BREADED JALAPENOS w/ CHEDDAR CHEESE
HAMBURGERS or CHEESEBURGERS
FRANKFURTERS
CHEESE OR PEPPERONI INDIVIDUAL PIZZA
CHINESE PORK EGGROLL W/ SOY SAUCE
CHICKEN FILLET w/CHEESE SANDWICH
FRENCH FRIES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
HAM & CHEESE WRAP
CHICKEN SALAD PITA
CHEESE FISHWICH w / TARTAR SAUCE
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

DINNER

BEAN & BACON SOUP
CRACKERS
BAKED TROUT FILLETS with
LEMON WEDGES & TARTAR SAUCE
PORK CHOP SUEY
SOY SAUCE
CHOW MEIN NOODLES
OVEN GLO POTATOES
STEAMED RICE
SEASONED SUCCOTASH
SEASONED GREENS
WALDORF SALAD
ITALIAN STYLE PASTA SALAD
VINEGAR & OIL SALAD DRESSING
BLUEBERRY TURNOVER
CHILLED CND APPLESAUCE
DINNER ROLLS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

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DAY 11

BREAKFAST

JUICE: ORANGE, APPLE, GRAPE
OMELET/ SCRAMBLED / HARD BOILED EGGS
BAGEL SANDWICH w/ SAUSAGE
BACON SLICES/ SAUSAGE PATTIES
CREAMED BEEF/ CORNED BEEF HASH
HASHED BROWN POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
WAFFLES & SYRUP
SWEET MUFFIN / ENGLISH MUFFIN
WHITE/ WHEAT/ RAISIN/ RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, HONEY
FRUITS: BANANA, GRAPES, ORANGE
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC
ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

DAY 11

SHORT ORDER

Appetizer: HOT WINGS
HAMBURGERS or CHEESEBURGERS
FRANKFURTERS
CHEESE or SUPREME INDIVIDUAL PIZZA
PEPPERONI CALZONE
FRIED CHICKEN NUGGETS w/ DIPPING SAUCES
FRENCH FRIES or POTATO WEDGES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
TURKEY & MOZZARELLA SANDWICH
HAM SALAD SANDWICH
PHILLY CHEESESTEAK
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

LUNCH

VEGETABLE SOUP
CRACKERS
ROAST PORK TENDERLOIN
MEAT LOAF
BROWN GRAVY
MASHED POTATOES
BAKED MACARONI & CHEESE
LOUISIANA STYLE SMOTHERED SQUASH
BEAN COMBO
CABBAGE, APPLE, AND RAISIN SALAD
CUCUMBER & ONION SALAD
OATMEAL RAISIN COOKIES
CHILLED CND APRICOTS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DINNER

TOMATO SOUP
CRACKERS
HONEY GLAZED ROCK CORNISH HENS
VEAL PARMESAN w/
TOMATO SAUCE
PASTA w/
SPAGHETTI SAUCE
POTATOES AU GRATIN
HERBED BROCCOLI
HARVARD BEETS
GERMAN STYLE TOMATO SALAD
SPINACH SALAD
BLUEBERRY CRUNCH
CHILLED CND FRUIT COCKTAIL
TOASTED PARMESAN BREAD
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

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DAY 12

BREAKFAST

JUICE: ORANGE, GRAPE, APPLE
EGGS: SCRAMBLED / HARD BOILED / FRIED
BISCUIT with SUASAGE & EGG
BACON SLICES/ SAUSAGE PATTIES
CREAMED BEEF/ GRILLED HAM SLICE
HASHED BROWN POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
FRENCH TOAST & SYRUP
CROISSANT / CINNAMON ROLL
WHITE/ WHEAT/ RAISIN / RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, BERRY JAM
FRUITS: BANANA, PEAR, CUT-UP MELON
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

DAY 12

SHORT ORDER

Appetizer: MOZZARELLA CHEESE STICKS
HAMBURGERS OR CHEESEBURGERS
FRANKFURTERS OR CORNDOGS
CHEESE OR PEPPERONI INDIVIDUAL PIZZA
CHINESE CHICKEN EGGROLL w/ SOY SAUCE
FRIED CHICKEN
RAVIOLI
FRENCH FRIES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
BLT SANDWICH
EGG SALAD SANDWICH
ROAST TURKEY SANDWICH / SUB
HOT PASTRAMI SANDWICH
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

LUNCH

CHICKEN NOODLE SOUP
CRACKERS
SHRIMP CURRY
BEEF STROGANOFF w/ Beef Strips
STEAMED NOODLES
STEAMED RICE
SEASONED GREEN BEANS
SEASONED CARROTS
MACARONI SALAD
KIDNEY BEAN SALAD
CHOCOLATE CAKE w/ frosting
CHILLED CND MANDARIN ORANGES
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DINNER

CREAM OF BROCCOLI SOUP
CRACKERS
PEPPER STEAK
HERB BAKED CHICKEN
CHICKEN GRAVY
RICE PILAF
O'BRIEN POTATOES
PEAS w/ MUSHROOMS
SEASONED CORN
POTATO SALAD
COUNTRY STYLE TOMATO SALAD
CHERRY CRUNCH
CHILLED CND PINEAPPLE
DINNER ROLLS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS including SOY SAUCE

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Menu

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DAY 13

BREAKFAST

JUICE: ORANGE, APPLE, GRAPE
EGGS: SCRAMBLED / HARD BOILED / FRIED
BURRITO WITH EGG & CHEESE
BACON SLICES/ SAUSAGE PATTIES
CREAMED BEEF/ CANADIAN BACON
HASHED BROWN POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
PANCAKES & SYRUP
ENGLISH MUFFIN / DANISH
WHITE/ WHEAT/ RAISIN/ RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, HONEY
FRUITS: BANANA, GRAPEFRUIT, PLUM
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC
ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

DAY 13

SHORT ORDER

Appetizer: BREADED JALAPENOS w/ CHEDDAR CHEESE
HAMBURGERS or CHEESEBURGERS
FRANKFURTERS
CHEESE or SUPREME INDIVIDUAL PIZZA
FRIED CHICKEN TENDERS
GYROS POCKET SANDWICH
FRENCH FRIES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
BOLOGNA SANDWICH W/ CHEESE
SALAMI SANDWICH
TUNA SALAD SANDWICH
ITALIAN PEPPER BEEF SANDWICH
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

LUNCH

MINESTRONE SOUP
CRACKERS
CHILI CONQUISTADOR
BAKED STUFFED FISH w/
SEAFOOD COCKTAIL SAUCE &
TARTAR SAUCE , LEMON WEDGES
WILD RICE
BAKED MACARONI & CHEESE
ONION RINGS
SEASONED SPINACH
CARROTS ORANGE AMANDINE
COLE SLAW W/ CREAMY DRESSING
TACO SALAD
BERRY SHORTCAKE w/
WHIPPED TOPPING
CHILLED CND FRUIT COCKTAIL
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DINNER

VEGETABLE BEEF SOUP
CRACKERS
BRAISED BEEF CUBES
CANTONESE SPARERIBS
FILIPINO FRIED RICE
STEAMED NOODLES
ORIENTAL STIR FRIED CABBAGE
SEASONED LIMA BEANS
PINEAPPLE COLE SLAW
PASTA SALAD
APPLE PIE w/
WHIPPED TOPPING
CHILLED CND PEACHES
DINNER ROLLS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS including **SOY SAUCE**

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DAY 14
BREAKFAST

JUICE: ORANGE, APPLE, GRAPE
OMELET/ SCRAMBLED / HARD BOILED EGGS
CROISSANT w/ HAM & CHEESE
BACON SLICES/ SAUSAGE PATTIES
CREAMED BEEF/ TURKEY SAUSAGE
COTTAGE FRIED POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
WAFFLES & SYRUP
SWEET MUFFIN / BAGEL
WHITE/ WHEAT/ RAISIN/ RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, CREAM CHEESE
FRUITS: BANANA, GRAPES, ORANGE
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC
ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

DAY 14
SHORT ORDER

Appetizer: HOT WINGS
HAMBURGERS or CHEESEBURGERS
FRANKFURTERS
CHEESE OR PEPPERONI INDIVIDUAL PIZZA
MEATBALL & CHEESE POCKET SANDWICH
CHICKEN FILLET W/CHEESE SANDWICH
FRENCH FRIES or POTATO WEDGES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
HAM & CHEESE WRAP
CHICKEN SALAD PITA
CHEESE FISHWICH w / TARTAR SAUCE
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

LUNCH

TOMATO SOUP
CRACKERS
BEEF MANICOTTI & CHEESE MANICOTTI
w/ PARMESAN CHEESE
SOUTHERN FRIED CATFISH FILLETS
TARTAR SAUCE
LEMON WEDGES
O'BRIEN POTATOES
HUSHPUPPIES
MEXICAN CORN
PEAS w/ ONIONS
GERMAN COLE SLAW
ITALIAN STYLE PASTA SALAD
VINEGAR & OIL SALAD DRESSING
CHOCOLATE CHIP COOKIES
CHILLED CND PEARS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DINNER

BEEF NOODLE SOUP
CRACKERS
ROAST TURKEY
CRANBERRY SAUCE
CORNBREAD DRESSING
BBQ PORK LOIN
MASHED POTATOES
TURKEY GRAVY
SCALLOPED POTATOES
STEWED TOMATOES
SEASONED CARROTS
WALDORF SALAD
MACARONI SALAD
CHEESE CAKE w/ BLUEBERRY TOPPING
CHILLED CND APPLESAUCE
BAKING POWDER BISCUITS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

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DAY 15
BREAKFAST

JUICE: ORANGE, GRAPE, APPLE
EGGS: SCRAMBLED / HARD BOILED / FRIED
ENGLISH MUFFIN SANDWICH with EGG, CHEESE, CANADIAN BACON
BACON SLICES/ SAUSAGE PATTIES
CREAMED BEEF/ CORNED BEEF HASH
HASHED BROWN POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
FRENCH TOAST & SYRUP
CROISSANT / CINNAMON ROLL
WHITE/ WHEAT/ RAISIN / RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, BERRY JAM
FRUITS: BANANA, PEAR, CUT-UP MELON
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

DAY 15
SHORT ORDER

Appetizer: MOZZARELLA CHEESE STICKS
HAMBURGERS or CHEESEBURGERS
FRANKFURTERS OR CORNDOGS
CHEESE or SUPREME INDIVIDUAL PIZZA
CHINESE PORK EGGROLL W/ SOY SAUCE
FRIED CHICKEN NUGGETS w/ DIPPING SAUCES
FRENCH FRIES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
TURKEY & MOZZARELLA SANDWICH
HAM SALAD SANDWICH
PHILLY CHEESESTEAK
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

LUNCH

MINESTRONE SOUP
CRACKERS
BEEF STEW
HOT ITALIAN SAUSAGE w/
SAUTEED PEPPERS & ONIONS
RIGATONI PASTA
RISSOLE POTATOES
SEASONED PEAS & CARROTS
CAULIFLOWER POLONAISE
POTATO SALAD
COUNTRY STYLE TOMATO SALAD
CHERRY PIE
CHILLED CND APRICOTS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DINNER

BEAN & BACON SOUP
CRACKERS
HERBED BAKED CHICKEN
SWEDISH MEATBALLS
BAKED POTATOES w/ SOUR CREAM
STEAMED NOODLES
CORN COMBO
SOUTHERN STYLE Turnip GREENS
BROWN GRAVY
CHEF'S SALAD
GOLDEN GLOW GELATIN SALAD
OATMEAL RAISIN COOKIES
CHILLED CND PINEAPPLE
HOT CORNBREAD
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

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DAY 16

BREAKFAST

JUICE: ORANGE, APPLE, GRAPE
EGGS: SCRAMBLED / HARD BOILED / FRIED
BURRITO w/ EGG, BACON & CHEESE
BACON SLICES/ SAUSAGE PATTIES
CREAMED BEEF/ GRILLED HAM SLICE
HASHED BROWN POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
PANCAKES & SYRUP
ENGLISH MUFFIN / DANISH
WHITE/ WHEAT/ RAISIN/ RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, HONEY
FRUITS: BANANA, GRAPEFRUIT, PLUM
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC
ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

LUNCH

VEGETABLE BEEF SOUP
CRACKERS
BAKED HAM
VEAL PAPRIKA STEAKS
STEAMED RICE
POTATOES AU GRATIN
SEASONED SUCCOTASH
SEASONED STEAMED BROCCOLI
GERMAN STYLE TOMATO SALAD
PASTA SALAD
PEACH CRISP
CHILLED CND MANDARIN ORANGES
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DAY 16

SHORT ORDER

Appetizer: BREADED JALAPENOS w/ CHEDDAR CHEESE
HAMBURGERS or CHEESEBURGERS
FRANKFURTERS
CHEESE OR PEPPERONI INDIVIDUAL PIZZA
CHICKEN & BROCCOLI POCKET SANDWICH
FRIED CHICKEN
RAVIOLI
FRENCH FRIES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
BLT SANDWICH
EGG SALAD SANDWICH
ROAST TURKEY SANDWICH / SUB
HOT PASTRAMI SANDWICH
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

DINNER

CREAM OF MUSHROOM SOUP
CRACKERS
BEEF RIB (PRIME RIB)
SPAGHETTI W/ MEAT SAUCE w/ GRATED PARMESAN CHEESE
GARLIC MASHED POTATOES
NATURAL PAN GRAVY (AU JUS)
SEASONED GREEN BEANS
VEGETABLE STIR FRY
MIXED FRUIT SALAD
CUCUMBER & ONION SALAD
WHITE CAKE w/ CHOCOLATE FROSTING
CHILLED CND PEARS
TOASTED GARLIC BREAD
HORSERADISH SAUCE
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

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DAY 17

BREAKFAST

JUICE: ORANGE, APPLE, GRAPE
OMELET/ SCRAMBLED / HARD BOILED EGGS
BISCUIT w/ SAUSAGE & EGG
BACON SLICES/ SAUSAGE PATTIES
CREAMED BEEF/ CANADIAN BACON
HASHED BROWN POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
WAFFLES & SYRUP
SWEET MUFFIN / BAGEL
WHITE/ WHEAT/ RAISIN/ RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, CREAM CHEESE
FRUITS: BANANA, GRAPES, ORANGE
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC
ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

LUNCH

CHICKEN NOODLE SOUP
CRACKERS
GRILLED STEAK w/
SAUTEED MUSHROOMS & ONIONS
HERBED CORNISH HENS
LYONNAISE POTATOES
MASHED POTATOES
SAVORY BAKED BEANS
SEASONED STEAMED ASPARAGUS
BROWN GRAVY
COLE SLAW W/ CREAMY DRESSING
SPINACH SALAD
CHOCOLATE BROWNIES
CHILLED CND FRUIT COCKTAIL
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS
STEAK SAUCE

DAY 17

SHORT ORDER

Appetizer: HOT WINGS
HAMBURGERS or CHEESEBURGERS
FRANKFURTERS
CHEESE or SUPREME INDIVIDUAL PIZZA
FRIED CHICKEN TENDERS
PEPPERONI CALZONE
FRENCH FRIES or POTATO WEDGES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
BOLOGNA SANDWICH W/ CHEESE
SALAMI SANDWICH
TUNA SALAD SANDWICH
ITALIAN PEPPER BEEF SANDWICH
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

DINNER

VEGETABLE SOUP
CRACKERS
HERBED BAKED FISH w/
TARTAR SAUCE
LEMON WEDGES
CREOLE PORK CHOPS
RICE PILAF
QUICK BAKED POTATOES w/
CHEESE SAUCE
HERBED GREEN BEANS
SEASONED CARROTS
TACO SALAD
MACARONI SALAD
PINEAPPLE UPSIDE DOWN CAKE &
WHIPPED TOPPING
CHILLED CND PEACHES
DINNER ROLLS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

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Menu

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DAY 18
BREAKFAST

JUICE: ORANGE, GRAPE, APPLE
EGGS: SCRAMBLED / HARD BOILED / FRIED
BAGEL with HAM & CHEESE
BACON SLICES/ SAUSAGE PATTIES
CREAMED BEEF/ TURKEY SAUSAGE
HASHED BROWNED POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
FRENCH TOAST & SYRUP
CROISSANT / CINNAMON ROLL
WHITE/ WHEAT/ RAISIN / RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, BERRY JAM
FRUITS: BANANA, PEAR, CUT-UP MELON
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC
ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

DAY 18
SHORT ORDER

Appetizer: MOZZARELLA CHEESE STICKS
HAMBURGERS OR CHEESEBURGERS
FRANKFURTERS OR CORNDOGS
CHEESE OR PEPPERONI INDIVIDUAL PIZZA
CHINESE CHICKEN EGGROLL W/ SOY SAUCE
CHICKEN FILLET W/CHEESE SANDWICH
FRENCH FRIES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
HAM & CHEESE WRAP
CHICKEN SALAD PITA
CHEESE FISHWICH w / TARTAR SAUCE
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

LUNCH

CREAM OF BROCCOLI SOUP
CRACKERS
ROAST TURKEY w/
TURKEY GRAVY , CRANBERRY SAUCE
BBQ RIBS
BREAD DRESSING
CANDIED SWEET POTATOES
MASHED POTATOES
HOPPING JOHN
CORN ON THE COB
HOT SPICED BEETS
POTATO SALAD
GERMAN COLE SLAW
CHERRY PIE w/ WHIPPED TOPPING
CHILLED CND PEARS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DINNER

CREAM OF CHICKEN SOUP
CRACKERS
BEEF & CHICKEN FAJITAS
SALSA
SOUR CREAM
VEGETABLE LASAGNA w/
GRATED PARMESAN CHEESE
SPANISH RICE
SEASONED MIXED VEGETABLES
REFRIED BEANS
SALSA PASTA SALAD
CHEF'S SALAD
PEANUT BUTTER COOKIES
CHILLED CND APPLESAUCE
HOT CORNBREAD
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

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DAY 19

BREAKFAST

JUICE: ORANGE, APPLE, GRAPE
EGGS: SCRAMBLED / HARD BOILED / FRIED
BURRITO w/ EGG & CHEESE
BACON SLICES/ SAUSAGE PATTIES
CREAMED BEEF/ CORNED BEEF HASH
HASHED BROWN POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
PANCAKES & SYRUP
ENGLISH MUFFIN / DANISH
WHITE/ WHEAT/ RAISIN/ RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, HONEY
FRUITS: BANANA, GRAPEFRUIT, PLUM
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC
ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

LUNCH

CHICKEN NOODLE SOUP
CRACKERS
PINEAPPLE CHICKEN
MEAT LOAF
BROWN GRAVY
MASHED POTATOES
ORANGE RICE
MUSTARD GREENS
LYONNAISE WAX BEANS
CABBAGE, APPLE, AND RAISIN SALAD
KIDNEY BEAN SALAD
BLUEBERRY CRUNCH
CHILLED CND APRICOTS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DAY 19
SHORT ORDER

Appetizer: BREADED JALAPENOS w/ CHEDDAR CHEESE
HAMBURGERS or CHEESEBURGERS
FRANKFURTERS
CHEESE or SUPREME INDIVIDUAL PIZZA
GYROS POCKET SANDWICH
FRIED CHICKEN NUGGETS w/ DIPPING SAUCES
FRENCH FRIES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
TURKEY & MOZZARELLA SANDWICH
HAM SALAD SANDWICH
PHILLY CHEESESTEAK
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

DINNER

VEGETABLE BEEF SOUP
CRACKERS
STEAMED CRAB LEGS
FRIED SHRIMP
SEAFOOD COCKTAIL SAUCE
TARTAR SAUCE
LEMON WEDGES
LOBSTER TAIL w/ DRAWN BUTTER
BAKED POTATOES w/
SOUR CREAM
NOODLES JEFFERSON
PEAS W/ ONIONS
SEASONED SUCCOTASH
COLE SLAW W/ CREAMY DRESSING
GOLDEN GLOW GELATIN SALAD
BERRY SHORTCAKE w/
WHIPPED TOPPING
CHILLED CND FRUIT COCKTAIL
DINNER ROLLS
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

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DAY 20

BREAKFAST

JUICE: ORANGE, APPLE, GRAPE
OMELET/ SCRAMBLED / HARD BOILED EGGS
BISCUIT w/ SAUSAGE & EGG
BACON SLICES/ SAUSAGE PATTIES
CREAMED BEEF/ GRILLED HAM SLICE
HASHED BROWN POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
WAFFLES & SYRUP
SWEET MUFFIN / BAGEL
WHITE/ WHEAT/ RAISIN/ RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, CREAM CHEESE
FRUITS: BANANA, GRAPES, ORANGE
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC
ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

LUNCH

BEEF NOODLE SOUP
CRACKERS
SWISS STEAK w/ MUSHROOM GRAVY
KNOCKWURST w/ SAUERKRAUT
MASHED POTATOES
STEAMED NOODLES
MUSHROOM GRAVY
SEASONED STEAMED BROCCOLI
POTATO SALAD
THREE BEAN SALAD
CHOCOLATE CAKE w/ ICING
CHILLED CND MANDARIN ORANGES
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DAY 20

SHORT ORDER

Appetizer: HOT WINGS
HAMBURGERS or CHEESEBURGERS
FRANKFURTERS
CHEESE OR PEPPERONI INDIVIDUAL PIZZA
MEATBALL & CHEESE POCKET SANDWICH
FRIED CHICKEN
RAVIOLI
FRENCH FRIES or POTATO WEDGES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
BLT SANDWICH
EGG SALAD SANDWICH
ROAST TURKEY SANDWICH / SUB
HOT PASTRAMI SANDWICH
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

DINNER

TOMAT0 SOUP
CRACKERS
PORK SCHNITZEL
GRILLED SALISBURY STEAK
RICE PILAF
PAPRIKA POTATOES
GLAZED CARROTS
CAULIFLOWER AU GRATIN
BROWN GRAVY
PINEAPPLE COLE SLAW
PASTA SALAD
APPLE CRISP
CHILLED CND PEARS
TOASTED PARMESAN BREAD
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

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Menu

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DAY 21
BREAKFAST

JUICE: ORANGE, GRAPE, APPLE
EGGS: SCRAMBLED / HARD BOILED / FRIED
ENGLISH MUFFIN SANDWICH with EGG, CHEESE, CANADIAN BACON
BACON SLICES/ SAUSAGE PATTIES
CREAMED BEEF/ TURKEY SAUSAGE
COTTAGE FRIED POTATOES
HOT GRITS
ASSORTED INSTANT OATMEAL
ASSORTED DRY CEREALS
FRENCH TOAST & SYRUP
CROISSANT / CINNAMON ROLL
WHITE/ WHEAT/ RAISIN / RYE TOAST
MARGARINE, PEANUT BUTTER, JELLY, BERRY JAM
FRUITS: BANANA, PEAR, CUT-UP MELON
ASSORTED YOGURT
MILK (SKIM, 1%, 2% WHITE, CHOC
ASSORTED FLAVORS (UHT)
COCOA, COFFEE, TEA, ICED TEA
LEMON, SUGAR, CREAMER, SUGAR SUBSTITUTE
SALT, PEPPER, HOT SAUCE
CATSUP, SALSA SAUCE, JALAPEÑOS

DAY 21
SHORT ORDER

Appetizer: MOZZARELLA CHEESE STICKS
HAMBURGERS OR CHEESEBURGERS
FRANKFURTERS OR CORNDOGS
CHEESE or SUPREME INDIVIDUAL PIZZA
CHINESE PORK EGGROLL w/ SOY SAUCE
FRIED CHICKEN NUGGETS w/ DIPPING SAUCES
FRENCH FRIES
ONION RINGS
BAKED BEANS
POTATO CHIPS/ PRETZELS
PEANUT BUTTER & JELLY SANDWICH
TURKEY & MOZZARELLA SANDWICH
HAM SALAD SANDWICH
PHILLY CHEESESTEAK
SELF SERVE SALADS & BREADS
COOKIES/ BROWNIE/ ICE CREAM
ASSORTED BEVERAGES
CONDIMENTS

LUNCH

BEAN & BACON SOUP
CRACKERS
FRIED CAJUN CATFISH FILLETS
LEMON WEDGES, TARTAR SAUCE
CHUCK WAGON BEEF STEW
BAKED MACARONI & CHEESE
BAKED POTATOES w/ SOUR CREAM
SOUTHERN STYLE GREENS
OKRA & TOMATO GUMBO
GARDEN COTTAGE CHEESE SALAD
COUNTRY STYLE TOMATO SALAD
CHOCOLATE CHIP COOKIES
CHILLED CND PINEAPPLE
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

DINNER

CREAM OF CHICKEN SOUP
CRACKERS
STEAK RANCHERO
FRIED CHICKEN
CHICKEN GRAVY
MASHED POTATOES
STEAMED RICE
SEASONED MIXED VEGETABLES
SEASONED GREEN BEANS
PERFECTION SALAD
TACO SALAD
CHERRY PIE
CHILLED CND APPLESAUCE
FRENCH BREAD
SELF SERVE SALADS & BREADS
ASSORTED BEVERAGES
CONDIMENTS

FOOD SERVICE MANAGEMENT TOOLS

FOR MEASUREMENTS AND FOOD PREPARATION

All food should be prepared according to the recipes published in the Armed Forces Recipe Service, (AFRS) or the recipes that have been approved by the food service officer. Recipes in the AFRS are printed on 5-inch by 8-inch colored cards.

The use of standardized recipes ensures high quality in food preparation. It also eliminates guesswork and prevents variations in quality and quantity. The use of exact amounts of the various ingredients produces accurate yields, prevents leftovers, and promotes food cost control. The food items needed for the day's menu are requisitioned from the bulk issue room storekeeper by the watch captain.

YIELD - Each recipe in the AFRS is designed to yield 100 portions; however, the yield of some recipes is given in numbers or volume; for example, 2 pans, 8 loaves, and 6 1/2 gallons, depending upon the food to be prepared.

INGREDIENTS - Ingredients are listed in the order used. The specific form or variety of each ingredient is indicated; for example: Flour, general-purpose

Flour, bread

The shape, size, or form of an ingredient is specified; for example:

Ham. cooked, 1/2-inch cubes

Onions, dry, sliced

Nuts, unsalted, chopped

Temperatures of ingredients are specified in many recipes. descriptive terms are also used; for example:

Egg whites (room temperature)

Liver, sliced, partially thawed under refrigeration.

MEASURES AND WEIGHTS.- Measures and weights are the exact amount of each ingredient needed for 100 portions. Amounts are listed parallel to the list of ingredients. Quantities of dry ingredients weighing more than 1/2 ounce usually are given as both weights and measures. Most liquid ingredients are measured, not weighed.

METHOD - Method describes how the ingredients are to be combined and cooked and represents the best-accepted cooking procedures. For example, the method will describe the best way to sift dry ingredients together, to thicken a sauce, or to fold in beaten egg whites. Methods are standardized since the same terms are used wherever the same technique appears. The method contains directions for the most efficient order of work, and eliminating unnecessary tools and equipment and unnecessary steps in preparation.

CONVERSION CHARTS

Volume:

tsp = teaspon(s)

tbsp = tablespoon(s)

c = cup(s)

pt = pint(s)

qt = quart(s)

gal = gallon(s)

Ingredients:

A.P. = as purchased

E.P. = edible portion (for example, potatoes, peeled, prepared for cooking)

Temperature:

F = degrees Fahrenheit

Weights:

oz = ounce(s)

lb = pound(s)

Containers:

cn = can(s)

cyl = cylinder(s)

jr = jar(s)

Recipe Supplements

Recipe supplements are the written source that explains how to prepare certain types of basic food. Included, as recipe supplements are guideline cards, index cards, and index of recipes.

GUIDELINE CARDS. -Guideline cards found in some of the recipe sections are directions for preparing a basic type of food. For instance, a guideline card is used for the makeup of piecrust for a one-crust pie and a two-crust pie. This guideline card eliminates the need to repeat this information on the many different recipes using piecrust.

Guideline cards in the salad, fish, poultry, and vegetable sections include breakout information and the size, count, and recommended use of products. In other instances, a guideline card is used instead of, or as a summary of, recipe information. For instance, in the Vegetable section guideline cards are included for preparing canned, fresh, and frozen vegetables.

INDEX CARDS.- Index cards are found at the beginning of each section and give a complete listing in alphabetical order by type of food or dish of all recipes contained in that section.

An additional breakdown of the index is given for recipe variations. For example, under Yellow Cake, nine variations are listed alphabetically. Indexes are valuable tools for finding and using appropriate recipes.

INDEX OF RECIPES.- The separate, consolidated index of recipes in the AFRS is a valuable reference for menu planners. The recipes in this index are grouped conveniently as follows:

A. General Information

B. Appetizers and

C. Beverages

D. Breads and Sweet Doughs

E. Cereals and Pasta Products

F. Cheese and Eggs

G. Cakes, Fillings, and Frostings

H. Cookies

1. Pastry and Pies

J. Puddings and Other Desserts

K. Desserts (Sauces and Toppings)

L. Meat

L. Fish

L. Poultry

M. Salads

M. Salad Dressings, and Relishes

N. Sandwiches

0. Sauces, Gravies, and Dressings

P. Soups

Q. Vegetables

The General Information section of the AFRS has guidelines for basic information. One of the first things you should do is become familiar with this section. Shown is a copy of the general information index card that lists the recipe card number by the basic information topic.

Recipe Adjustments

All the recipes contained in the AFRS are based on a standard of 100 portions. However, the number of patrons served per day (or per meal) changes constantly, requiring changes in the quantities of food being prepared. There are various types of recipe adjustments.

YIELD ADJUSTMENT.- To increase or decrease a recipe to obtain the desired number of portions, it is necessary to obtain a working factor. Multiply the quantity of each ingredient by the working factor and convert the quantity into a workable unit as follows:

Step 1. To obtain a working factor, divide the number of portions desired by 100.

Example:

$$\frac{348 \text{ (number portions desired)}}{100} = 3.48 \text{ (working factor) or}$$

$$348 \div 100 = 3.48.$$

1.25 cornstarch (quantity in recipe) x 3.48 (working factor) = 4.35 lb cornstarch (quantity to use).

Step 2. To determine the quantity of each ingredient to use, multiply the quantity of each ingredient listed in the recipe by the working factor obtained in step 1.

QUANTITY ADJUSTMENT.- A recipe maybe adjusted on the basis of the quantity of an ingredient to be used. To obtain a working factor, divide the number of pounds you have to use by the number of pounds required to yield 100 portions:

102 lb (quantity to be used)

30 (number pounds to yield 100 portions) x (3.40 working factor) or

102=30=3.40.

SERVING SIZE ADJUSTMENT. -Recipes may be adjusted to yield a specific number of portions of a specific size as follows:

Step 1. Divide the desired portion size by standard portion of the recipe.

Example:

$$\frac{3 \text{ oz (desired size)}}{4 \text{ oz (standard portion size)}} = 0.75 \text{ (size factor) or}$$

$$3 \div 4 = 0.75.$$

Step 2. Multiply the number of portions needed by the size factor and divide the answer by 100 to obtain the working factor.

Example:

348 (number portions desired) x 0.75 (size factor) = 261.

$$\frac{261}{100} = 2.61 \text{ (working factor) or } 261 \div 100 = 2.61.$$

Step 3. Multiply the quantity of each ingredient in the recipe by the working factor to determine the quantity to use.

Example:

2 lb cornstarch (quantity in recipe) x 2.61 (working factor) = 5.22 lb cornstarch (quantity to use).

BASIC FOOD PREPARATION

Cooking is the art of preparing food in such away that it will appeal to the eye, be tasty, be easily digested, and furnish nourishment. This section provides information on food types, methods of cooking, and specific preparation techniques that may be used to produce high-quality products. The sanitary aspects of food preparation will be considered first.

SANITARY ASPECTS

Every precaution should be taken in the handling of food to prevent contamination. The following paragraphs explain the procedures that must be followed during the preparing and handling of food.

Safe Holding Temperatures for Cooked Foods

All foods that are not served immediately after they are cooked must be either chilled to temperatures of 40°F and lower (but not frozen) or held at 140°F and higher. (To include; vegetables, meats, starches, soups, sauces, gravies, and milk).

Cooked foods that have been held at temperatures between 40°F and 140°F for more than 4 hours should be considered unsafe for consumption and discarded. The exception to this rule is reconstituted dehydrated egg mix. Reconstituted egg mixes, if not used immediately, must be placed in a tightly covered container in the refrigerator and used within 1 hour. If foods are refrigerated at intervals and then intermittently permitted to warm up, the total time of the various periods between 40°F and 140°F must not exceed 4 hours. Protein foods composed of ingredients that are hand-peeled, hand-sliced, or hand-diced after they are cooked should never be used as leftovers.

The 4-hour limit between temperatures of 40°F and 140°F is usually taken up in preparing, chilling, and serving these foods. Such foods include, but are not necessarily limited to, potato, chicken, turkey, macaroni, shrimp, and egg salads. Hand preparation not only increases the chances of contamination, but also increases the length of time that these foods have been held at room temperature.

You should not return opened jars or bowls of mayonnaise and cooked salad dressings from salad bars to refrigerators for reuse at a later meal because of the danger of miscalculation of total lapsed time that these salad dressings have been held at temperatures between 40°F and 140°F. Instead, mayonnaise and cooked salad dressings should be placed on the salad bar in small quantities and must not be returned from the salad bar for reuse. If economically feasible, individual packets or servings of items such as catsup, mustard, and mayonnaise should be used on the salad bar. This will prevent waste and be more sanitary.

Care of Leftovers

When leftovers or warm foods are chilled, care should be taken to ensure prompt and thorough chilling using the two-step process to the center of the food mass. Foods that are to be refrigerated should be placed in shallow pans to a depth of not more than 3 inches and should be covered with lids or waxed paper. Large deep pans must not be used since the center of the food may remain warm long enough to permit the growth of harmful bacteria. Foods to be chilled must be placed in the chill box immediately and the containers labeled with the time and date of preparation. Do not save chilled leftovers for more than 24 hours. Freezing leftovers is prohibited. Hot foods must be chilled to 70 degrees Fahrenheit or below within 2 hours – an additional 4 hours is allotted to further reduce the temperature from 70 degrees to 40 degrees or below. All cooling of leftovers must be monitored and documented on DA Form 7460.

SANITATION

Sanitation was discussed in detail in TB MED 530. This addresses sanitation from the management position.

The dining facility manager is held directly responsible for any food borne illness that may result from improper or careless preparation, serving, or storage of food. Consequently, he or she must ensure the following accomplishments:

• Frequent inspections of equipment and personnel are conducted.

• Formal and informal training is carried out as dictated.

• Medical clearance is required only when individuals have symptoms of diarrhea, fever with sore throat, upper respiratory infections, and other signs of infection or illness outlined in the TB MED 530. 530.

The dining facility manager is directly responsible for the maintenance and sanitary conditions of all foodservice spaces, equipment, and utensils.

In this position, you must prescribe and enforce the rules and regulations regarding the general cleanliness and sanitation of equipment, utensils, and working uniforms of food operations personnel. Additionally, you are responsible for the proper storage of food equipment and for the use of sanitary procedures in the preparation and service of food.

Frequency of Inspections

To make sure all foodservice section rules and directed procedures are being followed, the dining facility manager and the senior food service warrant officer should make both routine daily inspections and thorough weekly inspections of all foodservice personnel, spaces, and operations.

Training

Food operations personnel play an important role in the prevention of food borne illness by adhering to good personal hygiene procedures. For food operations personnel to understand these practices and procedures and appreciate their importance in preventing food borne illness, they must receive formal training as prescribed in DA PAM 30-22 and TB MED 530, in addition to their required skill level tasks training, supervised on-the-job instruction.

Physical Examinations

Physical examinations are a means of medically screening personnel for evidence of communicable disease before initial assignment in foodservice. They are conducted to, at a minimum, detect evidence of diseases that may be transmitted by food. TB MED 530 prescribes guidelines for initiating radical screening.

Monitoring Temperatures

Food operations personnel must exercise special and continuous close surveillance over all food items, foodservice spaces, and foodservice equipment

to make sure prescribed temperatures are constantly maintained. You must make sure this action is taken to prevent the following conditions:

• Damage to food items

• Heat stress conditions in food preparation spaces • Improper preparation of food

• Inadequate holding temperatures for prepared food items

• Inadequate temperatures in the dishwashing and sanitizing process

DA PAM 30-22 prescribes procedures and forms to be used for monitoring the temperatures of these items.

FOOD ITEMS - You should supervise the length of time that foods are held at room temperatures during handling and preparation. This will aid in making sure contamination does not occur. Hand preparation not only increases the likelihood of contamination but increases the time foods are at room temperature. The following are some objectives you want to accomplish when regulating temperatures of food items from the time the food is broken out until it is consumed or discarded:

• Employ batch preparation to limit the amount of food held at room temperature. This will ensure foods are refrigerated except during actual preparation or serving.

• Keep time between preparation and consumption to a minimum.

• Keep frozen foods frozen until removal for preparation.

• Thaw food at temperatures between 36°F and 38°F.

• Never thaw food by exposure to heat. If water is used, it must be 70 degrees or less with a continuous flow over the food.

• Once thawed, never refrigerate food.

• Food items that will not be served immediately should be handled in the following manner: Place in shallow pans (food depth not more than 3 inches) and cover

Label the product with the time and date of preparation, name of product and person storing product, and expiration date of product.

Then immediately refrigerate at temperatures below 40°F.

Leftovers should be avoided if possible. However, if unavoidable, they should be handled in the manner just described.

NOTE: Do not hold any hand-prepared item as a leftover.

FOOD PREPARATION AREAS - Food preparation areas must be monitored to ensure proper ventilation. Proper ventilation allows for a net flow of air into the spaces reducing excessive temperatures that may cause heat stress. Temperatures in foodservice spaces should not exceed 78°F. For additional information on heat stress monitoring, see TB MED 507 – Prevention, Treatment, and Control of Heat Injuries.

STORAGE SPACES - Storage spaces must be monitored to prevent the deterioration of perishable food items resulting from improper temperatures.

The following are causes of deterioration of perishable food items:

• Bacteria, yeasts, and molds. They are the primary causes of spoilage. Usually an objectional odor indicates spoilage by bacteria. Yeast induces spoilage for items of high sugar content, particularly if stored between 77°F and 90°F. Mold can be detected by visible threadlike filaments growing on the surface of food items.

• Age. All foodstuffs will spoil if kept in storage too long; issuing the oldest items first prevents this type of spoilage.

Storerooms for semi perishable items should be clean, cool, dry, lighted, and well ventilated.

You must maintain temperature logs for all refrigerated spaces. Temperatures of bulk refrigerated spaces must be taken from thermometers inside each space once each meal period. Maintain a separate log with temperatures taken from remote sensors. Temperature problems should be reported immediately.

It is important that fresh and frozen food items should be stored in three separate food categories. The following are the categories and associated requirements for proper temperature maintenance:

• Fresh fruit and vegetables. Air circulation is important-containers should be raised 6 inches off the floor. This is accomplished b y using stainless steel or plastic shelving. The use of a fan helps maintain air circulation in all parts of the room. Proper temperatures must be maintained at 32°F to 35°F. Humidity should be from 85 to 95 percent.

• Dairy products and eggs. Air circulation maybe accomplished for these items by storing 6 inches off the floor using stainless steel or plastic shelving. Additionally, there should be a fan capable of keeping the air circulating. Proper temperatures must be maintained at 32°F to 34°F.

• Meat and other frozen products should not be stored on bare floors. The use of dunnage to raise items off the floor permits air to circulate under the items, temperatures for frozen products must be maintained at 0°F or below.

Acceptable temperature ranges for chilled and frozen storage or holding spaces are as follows:

• Dairy: 32°F to 34°F

• Reach-in refrigerators: 34°F to 38°F

• Chill and vegetables: 33°F to 36°F

• Thaw box: 36°F to 38°F

• Freezers: 0°F or below

There should be no frost buildup on the chill or freeze box coils. The chill and freeze boxes should be defrosted and cleaned regularly. This is best accomplished when provisions are low and just before loading out.

EQUIPMENT - Equipment such as ovens, griddles, fryers, and dishwashing and sanitizing equipment should be calibrated periodically. This is done to make sure they can maintain the required temperatures for their respective purposes.

Before calibrating ovens, griddles, fryers, and dishwashing and sanitizing equipment, you should always consult the manufacturer's technical manual before making any adjustment. These procedures are written as general guidelines.

Dishwashing and sanitizing equipment must be constantly inspected and periodically calibrated. This must be done to make sure the equipment is capable of maintaining the required temperatures for all stages of the dishwashing and sanitizing operation. Dishwashing and sanitizing are the most important steps in breaking the chain of infection. If dishes are not clean and sanitary, germs can grow and reproduce. No matter what method you use-by hand or the preferred machine method-the final results depend upon the operator.

Proper machine washing temperatures are as follows:

• Wash: 150°F to 160°F

• Rinse: 160°F to 180°F

• Sanitize/final rinse: 180°F to 195°F

Manual dishwashing temperatures are as follows:

• Wash: 110°F

• Rinse: 120°F to 140°F (do not put hands in this water, use a dip basket)

• Sanitizing rinse: 171°F and above with a 30-second contact time (do not put hands in this water, use a dip basket); TB MED 530 prescribes standards when using a chemical sanitizing agent.

Allow all items to air dry and store clean dishware and equipment inverted.

Routine operational tests should be conducted to make sure the correct temperatures are maintained for both manual and mechanical dishwashing.

A. GENERAL INFORMATION No. 2 (1)

DEFINITION OF TERMS USED IN FOOD PREPARATION

Bake	To cook by dry heat in an oven, either covered or uncovered.
Barbecue	To roast or cook slowly, basting with a highly seasoned sauce.
Baste	To moisten food with liquid or melted fat during cooking to prevent drying of the surface and to add flavor.
Batch Preparation	A predetermined quantity or number of servings of food that is to be prepared at selected time intervals in progressive cookery for a given meal period to ensure fresh, high quality cooked food to customers.
Beat	To make a mixture smooth by using a fast regular circular and lifting motion which incorporates air into a product.
Blanch	To partially cook in deep fat, boiling water or steam.
Blend	To mix two or more ingredients thoroughly.
Boil	To cook in liquid at boiling point (212° F.) in which bubbles rise and break at the surface.
Braise	To brown in small amount of fat, then to cook slowly in small amount of liquid below the boiling point in a covered utensil.
Bread	To cover with crumbs or other suitable dry coating ingredient; or to dredge in a mixture of flour seasonings, and)or condiments, dip in a mixture of milk and slightly beaten eggs and then dredge in crumbs.
Broil	To cook by direct exposure to heat.
Brown	To produce a brown color on the surface of food by subjecting it to heat.
Chop	To cut food into irregular small pieces.
Cream	To mix until smooth, so that the resulting mixture is softened and thoroughly blended.
Crimp	To pinch together in order to seal.
Cube	To cut any food into square-shaped pieces.
Dice	To cut into small cubes or pieces.
Dock	To punch a number of vertical impressions in a dough with a smooth round stick about the size of a pencil to allow for expansion and permit gases to escape during baking.
Dredge	To coat with crumbs, flour, sugar or corn meal.
Fermentation	The process by which yeast acts on the sugar and starches in the dough to produce carbon dioxide gas and alcohol, resulting in expansion of the dough. During this period, the dough doubles in bulk.
Flake	To break lightly into small pieces.
Fold	To blend two or more ingredients together with a cutting and folding motion.
Fry	To cook in hot fat.
Garnish	To decorate with small pieces of colorful food.
Glaze	A glossy coat given to foods, as by covering with a sauce or by adding a sugary syrup, icing, etc.
Gluten	A tough elastic protein that gives dough its strength and ability to retain gas.
Grate	To rub food on a grater and thus break it into tiny pieces.
Grill	To cook, uncovered, on a griddle, removing grease as it accumulates. No liquid is added.
Knead	To work dough by folding and pressing firmly with palms of hands, turning between foldings.
Marinade	A preparation containing spices, condiments, vegetables, and aromatic herbs, and a liquid (acid or oil or combination of these) in which a food is placed for a period of time to enhance its flavor or to increase its tenderness.
Marinate	To allow to stand in a marinade to add flavor or tenderness.
Mince	To cut or chop into very small pieces.
Panbroil	To cook uncovered in a hot frying pan, pouring off fat as it accumulates.
Pare	To cut away outer covering.
Peel	To remove the outer layer of skin of a vegetable or fruit, etc.

A. GENERAL INFORMATION No. 2 (2)

Progressive Cookery	The continuous preparation of food in successive steps during the entire serving period (i.e., continuous preparation of vegetables, cook-to-order hamburgers, steaks, fried eggs, pancakes). This procedure ensures fresh, high quality cooked food to customers on a continuous basis. See Batch Preparation.
Proof	To allow shaped and panned yeast products like bread and rolls to double in size under controlled atmospheric conditions.
Reconstitute	To restore to liquid state by adding water. Also to reheat frozen prepared foods.
Rehydrate	To soak, cook, or use other procedures with dehydrated foods to restore water lost during drying.
Roast	To cook by dry heat; usually uncovered, in an oven.
Roux	Roux is a French word for a mixture of flour and fat, cooked to eliminate the raw, uncooked taste of flour.
Saute	To brown or cook in small amount of fat.
Scald	To heat a liquid over hot water or direct heat to a temperature just below the boiling point.
Scale	To measure a portion of food by weighing.
Scant	Not quite up to stated measure.
Score	To make shallow cuts across top of a food item.
Seasoned Flour or Crumbs	A mixture of flour or crumbs with seasonings.
Shred	To cut or tear into thin strips or pieces using a knife or a shredder attachment.
Sift	To put dry ingredients through a sieve.
Simmer	To cook gently in a liquid just below the boiling point (190° F. - 210° F.); bubbles will form slowly and break at the surface.
Slurry	A lump-free mixture made by whipping cornstarch or flour into cold water or other liquids
Steam	To cook over or surrounded by steam.
Stew	To simmer in enough liquid to cover solid foods.
Stir	To mix two or more ingredients with a circular motion.
Temper	To remove from freezer and place under refrigeration for a period of time sufficient to facilitate separation and handling of frozen product. Internal temperature of the food should be approximately 26° F. to 28° F.
Thaw	To remove from freezer and place under refrigeration approximately 18-48 hours. Internal temperature should be above 30° F.
Toss	To mix ingredients lightly.
Wash	The liquid brushed on the surface of unbaked pies or turnovers to give a golden brown color to the crust or on the surface of proofed breads and rolls before baking and on baked bread and rolls to give a shine to the crust.
Whip	To beat rapidly with wire whip to increase volume by incorporating air.

A. GENERAL INFORMATION No. 27 (1)

CONVERSION OF U. S. CUSTOMARY TO METRIC UNITS

	U. S. **Customary**	Metric
Weight (or Mass)	I ounce (oz) =	28.35 grams (g)
	1 pound (lb) =	453.6 grams (g) or.4536 kilograms
	2.2 pound (lb) =	1 kilogram (kg) or 1000 grams (g)
Volume	1 tsp=	4.93 milliliters (mL)
	1 tbsp =	14.79 milliliters (mL)
	I cup =	236.59 milliliters (mL) or.237 liters (L)
	1 pint =	.473 liters (L)
	I quart =	.946 liters (L)
	1 gallon =	3.785 liters (L)
	1.06 quarts =	1 liter (L) or 1000 milliliters (mL)
Length	1 inch =	2.54 centimeters (cm)
	1 foot =	.3048 meters (m)
	I yard =	30.48 centimeters (cm) or .9144 meters (m)
	1.1 yards =	I meter (m) or 100 centimeters (cm)

GUIDELINES FOR METRIC CONVERSION

The metric system is an international language of measurement. Its symbols are based on the International System of Units (SI). Of these, food service preparation will be primarily involved with the following metric base units:

Weight (mass)	gram (g)
	kilogram (kg)
Volume	milliliter (mL)
	liter (L)
Length	centimeter (cm)
	meter (m)
Temperature	degree Celsius (C.)

While the U. S. metric system is voluntary and the food service industry in the United States has not converted to metric system, except for a few soft conversions (e. g., labeling), military food service dining facilities/general messes outside CONUS may experience the metric system in food and equipment support provided by the host country. The information furnished in this guideline card is primarily for these food service personnel.

GUIDELINES FOR METRIC CONVERSION

Temperature Conversions

°F.	°C.	°F	°C.
0	-18	212	100
26	-3	225	107
28	-2	228	109
30	-1	245	118
32	0	250	121
36	2	275	135
38	3	300	149
40	4	325	163
70	21	350	177
90	32	360	182
140	60	365	185
160	71	375	191
170	77	400	204
175	79	425	218
180	82	450	232
185	85	500	260
		550	288

A. GENERAL INFORMATION No. 5

TABLE OF WEIGHTS AND MEASURES FOR CAN SIZES

CAN SIZE	AVERAGE NET WEIGHT OR FLUID MEASURE PER CAN (SEE NOTE)	AVERAGE CUPS PER CAN	APPROX. CANS PER CASE	NO. CANS EQUIV. NO. 10 CN
No. 10	6 lb 8 oz	12-1/2	6	1
No. 3 cyl	3 lb 2 oz (46 fl oz)	5-3/4	12	2
No. 3 (vacuum)	1 lb 7 oz	2-3/4	24	4-1/2
No. 2-1/2	1 lb 12 oz	3-1/2	24	4
No. 2	1 lb 4 oz	2-1/3	24	5
No. 303	1 lb	2	24	7
No. 300	14 oz	1-3/4	24	7
No. 2 (vacuum)	12 oz	1-1/2	24	8
No. 1 picnic	11 oz	1-1/4	48	10

NOTE: The net weight on can or jar labels differs among foods due to different densities of foods. For example: A No. 10 cn contains 6 lb 3 oz sauerkraut or 7 lb 5 oz cranberry sauce.

CONVERSION OF QUANTITIES IN RECIPES
Weight Conversion Chart

The following chart for weights permit easy adjustment of recipes to yield the number of portions actually needed. Since recipes are based on 100 portions, find the amount as specified in the recipe under the column headed 100 portions, and then use the amount shown in the column with the heading for the number of portions to be prepared, i.e., if a recipe for 100 uses 1 pound of flour, find 1 pound under the column headed 100 portions and then look in the column under 125 portion and you will see that your should use 1 pound 4 ounces to prepare 125 portions of the item.

Oz = ounce Lb = pound

10 Portions	25 Portions	50 Portions	75 Portions	100 Portions	125 Portions	150 Portions	175 Portions	250 Portions	275 Portions	300 Portions
1/10 oz	1/4 oz	1/2 oz	3/4 oz	1 oz	1 1/4 oz	1 1/2 oz	1 3/4 oz	2 1/2 oz	2 3/4 oz	3 oz
1/5 oz	1/2 oz	1 oz	1 1/2 oz	2 oz	2 1/2 oz	3 oz	3 1/2 oz	5 oz	5 1/2 oz	6 oz
3/10 oz	3/4 oz	1 1/2 oz	2 1/4 oz	3 oz	3 3/4 oz	4 1/2 oz	5 1/4 oz	7 1/2 oz	8 1/4 oz	9 oz
2/5 oz	1 oz	2 oz	3 oz	4 oz	5 oz	6 oz	7 oz	10 oz	11 oz	12 oz
1/2 oz	1 1/4 oz	2 1/2 oz	3 3/4 oz	5 oz	6 1/4 oz	7 1/2 oz	8 3/4 oz	12 1/2 oz	13 3/4 oz	15 oz
3/5 oz	1 1/2 oz	3 oz	4 1/2 oz	6 oz	7-1/2 oz	9 oz	10 1/2 oz	15 oz	1 lb	1 lb 2 oz
7/10 oz	1 3/4 oz	3 1/2 oz	5 1/4 oz	7 oz	8 3/4 oz	10 1/2 oz	12 1/4 oz	1 lb 2 oz	1 lb 4 oz	1 lb 5 oz

A. GENERAL INFORMATION No. 15 (1)

10 Portions	25 Portions	50 Portions	75 Portions	100 Portions	125 Portions	150 Portions	175 Portions	250 Portions	275 Portions	300 Portions
4/5 oz	2 oz	4 oz	6 oz	8 oz	10 oz	12 oz	14 oz	1 lb 4 oz	1 lb 6 oz	1 lb 8 oz
7/8 oz	2 1/4 oz	4 1/2 oz	6 3/4 oz	9 oz	11 1/4 oz	13 1/2 oz	15 3/4 oz	1 lb 6 oz	1 lb 8 oz	1 lb 11 oz
1 oz	2 1/2 oz	5 oz	7 1/2 oz	10 oz	12 1/2 oz	15 oz	1 lb 2 oz	1 lb 10 oz	1 lb 12 oz	1 lb 14 oz
1 1/8 oz	2 3/4 oz	5 1/2 oz	8 1/4 oz	11 oz	13 3/4 oz	1 lb	1 lb 4 oz	1 lb 12 oz	1 lb 14 oz	2 lb 2 oz
1 1/4 oz	3 oz	6 oz	9 oz	12 oz	15 oz	1 lb 2 oz	1 lb 5 oz	1 lb 14 oz	2 lb 2 oz	2 lb 4 oz
1 1/3 oz	3 1/4 oz	6 1/2 oz	9 3/4 oz	13 oz	1 lb	1 lb 4 oz	1 lb 6 oz	2 lb	2 lb 4 oz	2 lb 8 oz
1 3/8 oz	3 1/2 oz	7 oz	10 1/2 oz	14 oz	1 lb 2 oz	1 lb 5 oz	1 lb 8 oz	2 lb 4 oz	2 lb 6 oz	2 lb 10 oz
1 1/2 oz	3 3/4 oz	7 1/2 oz	11 oz	15 oz	1 lb 2 oz	1 lb 6 oz	1 lb 10 oz	2 lb 5 oz	2 lb 10 oz	2 lb 14 oz
1 5/8 oz	4 oz	8 oz	12 oz	1 lb	1 lb 4 oz	1 lb 8 oz	1 lb 12 oz	2 lb 8 oz	2 lb 12 oz	3 lb
2 oz	5 oz	10 oz	15 oz	1 lb 4 oz	1 lb 10 oz	1 lb 14 oz	2 lb 4 oz	3 lb 2 oz	3 lb 8 oz	3 lb 12 oz
2 2/5 oz	6 oz	12 oz	1 lb 2 oz	1 lb 8 oz	1 lb 14 oz	2 lb 4 oz	2 lb 10 oz	3 lb 12 oz	4 lb 2 oz	4 lb 8 oz
2 4/5 oz	7 oz	14 oz	1 lb 5 oz	1 lb 12 oz	2 lb 4 oz	2 lb 10 oz	3 lb 2 oz	4 lb 6 oz	4 lb 14 oz	5 lb 4 oz
3 1/5 oz	8 oz	1 lb	1 lb 8 oz	2 lb	2 lb 8 oz	3 lb	3 lb 8 oz	5 lb	5 lb 8 oz	6 lb
3 3/5 oz	9 oz	1 lb 2 oz	1 lb 11 oz	2 lb 4 oz	2 lb 14 oz	3 lb 6 oz	4 lb	5 lb 10 oz	6 lb 4 oz	6 lb 12 oz
4 oz	10 oz	1 lb 4 oz	1 lb 14 oz	2 lb 8 oz	3 lb 2 oz	3 lb 12 oz	4 lb 6 oz	6 lb 4 oz	6 lb 14 oz	7 lb 8 oz

CONVERSION OF QUANTITIES IN RECIPES

Weight Conversion Chart

10 Portions	25 Portions	50 Portions	75 Portions	100 Portions	125 Portions	150 Portions	175 Portions	250 Portions	275 Portions	300 Portions
4 2/5 oz	11 oz	1 lb 6 oz	2 lb 2 oz	2 lb 12 oz	3 lb 8 oz	4 lb 2 oz	4 lb 14 oz	6 lb 14 oz	7 lb 10 oz	8 lb 4 oz
4 4/5 oz	12 oz	1 lb 8 oz	2 lb 4 oz	3 lb	3 lb 12 oz	4 lb 8 oz	5 lb 4 oz	7 lb 8 oz	8 lb 4 oz	9 lb
5 1/5 oz	13 oz	1 lb 10 oz	2 lb 8 oz	3 lb 4 oz	4 lb 2 oz	4 lb 14 oz	5 lb 11 oz	8 lb 2 oz	9 lb	9 lb 12 oz
5 3/5 oz	14 oz	1 lb 12 oz	2 lb 10 oz	3 lb 8 oz	4 lb 6 oz	5 lb 4 oz	6 lb 2 oz	8 lb 12 oz	9 lb 10 oz	10 lb 8 oz
6 oz	15 oz	1 lb 14 oz	2 lb 14 oz	3 lb 12 oz	4 lb 11 oz	5 lb 10 oz	6 lb 10 oz	9 lb 6 oz	10 lb 5 oz	11 lb 4 oz
6 2/5 oz	1 lb	2 lb	3 lb	4 lb	5 lb	6 lb	7 lb	10 lb	11 lb	12
8 oz	1 lb 4 oz	2 lb 8 oz	3 lb 12 oz	5 lb	6 lb 4 oz	7 lb 8 oz	8 lb 12 oz	12 lb 8 oz	13 lb 12 oz	15 lb
9 3/5 oz	1 lb 8 oz	3 lb	4 lb 8 oz	6 lb	7 lb 8 oz	9 lb	10 lb 8 oz	15 lb	16 lb 8 oz	18 lb
11 1/5 oz	1 lb 12 oz	3 lb 8 oz	5 lb 4 oz	7 lb	8 lb 12 oz	10 lb 8 oz	12 lb 4 oz	17 lb 8 oz	19 lb 4 oz	21 lb
12 4/5 oz	2 lb	4 lb	6 lb	8 lb	10 lb	12 lb	14 lb	20 lb	22 lb	24 lb
1 lb	2 lb 8 oz	5 lb	7 lb 8 oz	10 lb	12 lb 8 oz	15 lb	17 lb 8 oz	25 lb	27 lb 8 oz	30 lb
1 lb 4 oz	3 lb	6 lb	9 lb	12 lb	15 lb	18 lb	21 lb	30 lb	33 lb	36 lb
1 lb 8 oz	3 lb 12 oz	7 lb 8 oz	11 lb 4 oz	15 lb	18 lb 12 oz	22 lb 8 oz	26 lb 4 oz	37 lb 8 oz	41 lb 4 oz	45 lb
2 lb	5 lb	10 lb	15 lb	20 lb	25 lb	30 lb	35 lb	50 lb	55 lb	60 lb
3 lb	7 lb 8 oz	15 lb	22 lb 8 oz	30 lb	37 lb 8 oz	45 lb	52 lb 8 oz	75 lb	82 lb 8 oz	90 lb

%	STANDARD FOR ALL LUNCH, DINNER , AND SHORT ORDER MEALS	RECIPE SOP	FREQUENCY		
60	TOSSED GREEN SALAD	M04700 (*1)			
60	SALAD BAR TOPPINGS				
60	SALAD DRESSINGS				
10	SLICED PICKLED BEET & ONION SALAD	M03700			
40	ICE CREAM BAR				
20	ICE CREAM IND.				
10	HOT TEA				
40	ICED TEA				
8	LEMON WEDGES				
50	1% MILK				
15	WHITE				
15	CHOCOLATE				
20	SKIM				
25	COFFEE, REG				
40	FRUIT FLAVORED BEVERAGES				
60	Carbonated beverages				
100	ASST. FRESH FRUIT				
40	ASST. FRESH BREAD				
*NOTE:	1. SALAD, MIXED, BAG, 10 LB, RTE, MAY BE SUBSTITUTED FOR ALL INGREDIENTS OF M04700.				

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 1				
40	CREAM OF MUSHROOM SOUP	SOP	L1, L6, L9, D16		8935-01-e09-4649 soup,condensed cr of mush, UI CN
40	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
75	GRILLED SALISBURY STEAK	SOP or L03700	L1, L5, D20		8905-01-E59-6314 beefsteak, salibury, pre-ck, fz, 160/4 oz ea, 40 LB CASE
75	BROWN GRAVY	SOP or O-01600	L1, D2, L3, L5, D7, L11, D15, L17, L19, D20		8940 01 E60 1729 gravy mix, beef, 16 oz co, 8/cs UI:CO
25	CREOLE FISH PORTION	L13501	L1		8905-01-e59-**7392** fish pollock 4 oz ea, 40 lb/cs UI:LB
20	CREOLE SAUCE	O-00500	L1, D8 (L17)		8915 01 373 4978 veg, tomatoes, diced, 6/ #10 UI:CN, plus ffv: onions,sweet green peppers, celery;oil, flour & spices
50	OVEN GLO POTATOES	Q05003	L1, D6, D10		8915-00-127-9677 potatoes, white, #10 UI:CN need tom juice; use crushed/diced tomatoes
50	NOODLES JEFFERSON	E01200	L1, D19		8920-00-126-3388 egg noodles lb 5 lb bx UI:LB plus 8910-00-782-3765 cheese, parmesan grated, 1lb co UI:CO, oil, spices
70	GREEN BEANS NICOISE	Q00703	L1		8915-00-162-9878 beans, green fzn, 2.5 lb pg, UI:LB or 8915-00-616-4280 beans, green, #10 UI:CN
20	CAULIFLOWER POLONAISE	Q01002	L1, L15		8915-00-160-6156 cauliflower, fz, 2 lb pg UI: LB
50	MACARONI SALAD	M03400	L1, D3, D5, L7, D9, L12, D14, D17		8920-00-067-6146 macaroni, elbow, 10 lb bx, UI:LB plus 8950 01 E59 6579 salad dressing, 8950 01 127 9295 relish, 8910 00 926 6048 eggs or 8910 01 E59 5089 eggs, ckd; ffv: celery, onion, spices, oil, vinegar, pimientos
25	PICKLED GREEN BEAN SALAD	M04501	L1, L7		8915 00 616 4280 veg, beans, green 6/#10 UI:CN, plus sugar, vinegar, oil, spice
75	CHOCOLATE CAKE w/ frosting	SOP	L1, L12, L20 alt recipe G01201 w/ frosting G00500		8920-01-E59-1485 cake, choc, sheet or 8920-00-823-7221cake mis, devil's food, #10 UI:CN w/ 8925 01 419 7027 icing mix, vanilla
50	CHILLED CND FRUIT COCKTAIL	A01317	L1, L5, D7, L9, D11, L13, L17		8915-00-286-5482 fruit cocktail, #10, UI:CN
	DINNER DAY 1				
40	VEGETABLE SOUP	SOP	D1, D6, L11, D17		8935-01-e09-7251 soup, condensed, vegetable 50 oz CN
40	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
50	MEXICAN BAKED CHICKEN	L14301	D1		8905 01 369 4422 chicken breast, fz, skinless, bnls, 4 to 5 oz, 10lb bg, 4/cs UI:LB or 8905 01 E19 4811 chicken, qtr, pre-ck, fz, oven roasted, herb seas, 7-8 oz ea or 8905-01-e60-2712 chicken, quartered, pre-cked, frz, rotisserie style, marinated, 8 oz ea bib zartic
50	ROAST BEEF	L00501	D1		8905-01-006-0918 beef top round, fully cked
50	NATURAL PAN GRAVY (AU JUS)	SOP or O-01800	D1, D6, D16		8940-01-e59-9728 gravy, au jus mix, 6/24 oz pkg yield?
20	HORSERADISH SAUCE	SOP or O-02300	D1, D6, D16		8950 00 127 9806 horseradish, prep, 32 oz, chl UI:QT
50	PARSLEY SEASONED POTATOES	Q033002	D1		8915-00-127-9677 canned whole as alternative ilo fresh
2x 50	WILD RICE	E80100	D1, D8, L13 dble portion size to 1 cup		8920 01 226 3368 rice, long grain & wild rice blend, 36 oz UI:BX
75	VEGETABLE STIR FRY	Q02500	D1, D7, D16		multi ingredient, inclu fresh cabbage, carrot, celery, onion, pepper
15	SEASONED SUCCOTASH	Q12400	D1, D10, L16, D19		8915 00 143 0983 veg, succotash, fz, 2.5 lb/pg UI:LB
75	POTATO SALAD	M04000	D1, L5, D12, L15, L18, L20		fresh potatoes, 8950 01 E59 6579 salad dressing, 8950 01 127 9295 relish, 8910 00 926 6048 eggs or 8910 01 E59 5089 eggs, ckd; ffv: celery, onion, parsley, and spices, oil, vinegar, pimientos
75	ITALIAN STYLE PASTA SALAD w/	M02900	D1, D10, L14		8920-01-412-5091, macaroni rotini pasta tri-color. 10 LB UI:CO
75	VINEGAR & OIL SALAD DRESSING	SOP or M-06900	D1, D10, L14		8940 01 389 4380 Italian dressing 16 0z UI:BT or 8950 01 E59 2119 dressing, italian, 1 gal UI:CO
50	BLUEBERRY TURNOVER	SOP	D1, D10		need in catalog; use 8940 00 478 9073 pie filling, blueberry, 6/ #10 UI:CN plus 8920 01 E09 4313 pie shell, regular 10" preformed, 24 ea/cs UI:CO
30	CHILLED CND PEACHES	A01337	D1, D5, D9, D13, D17		8915-00-577-4203 peaches, canned #10 UI:CN
80	BAKING POWDER BISCUITS	D00101	D1, D14		not in catalog- biscuit mix; use 8920 01 E09 9276 biscuits, buttermilk fz, sliced, 2 oz ea, 120/co UI:CO

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 2				
40	BEEF NOODLE SOUP	SOP	L2, L7, L10, D14, L20		8935-01-E09-4643 soup, condensed, beef noodle 50 oz UI:CN
40	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
80	GRILLED Strip Loin STEAK	L00700	L2,L17 (D8=T)		8905-01-E59-6494 beef loin, strip loin steak, bnls, fzn 8 oz UI:LB
60	MUSHROOMS & ONIONS	Q03001	L2, D8, L17		fresh onion plus 8915-01-e60-1924 veg, mushrooms, cn,sliced, 6 #10 cn
80	STEAK SAUCE	SOP	L2, D8, L17		8950 01 E09 5681 sauce, steak, A-1, 15OZ btl, 12/cs UI:BT or 8950-01-e09-6033 heinz 57 steak sauce12 10 oz UI:BT or 8950 01 389 7653 steak sauce, aged, 15 fluid oz glass bottle, 12/CS UI:BT 8950-01-e09-5681 A-1 12 15 oz; 8950-01-e19-0573 Buff Bob Extra spicy 10 10 oz
20	NEW ENGLAND BOILED DINNER	L11100	L2		8905 01 296 5525 beef brisket, corned beef, fully ckd, fz, 6-7 LB avg, 7/cs UI:LBFULLY CKD, FZN, 6-7 lb avg, 7pc/cs
20	SPICY MUSTARD	SOP	L2		8950-01-E09-5052 mustard, 16 oz squeeze, 24/CS UI:CO
80	BAKED POTATO	Q04400	L2, D8, D15, D19, L21		FFV list
60	w/ SOUR CREAM	SOP	L2, D3, D8, D15, D18, D19, L21		8910 01 E19 7252 sour cream, chl, 200 gm co (approz 7 oz) 24/case
50	SEASONED PEAS	Q11600	L2, D4		8915 00 127 8021 peas, green, fz, 12/2.5 LB PG/CS UI:LB
30	CABBAGE, APPLE, AND RAISIN SALAD	M00102	L2, D7, L11, L19		FFV list plus 8915-01-419-6695 raisins, thompson seedless, 15 oz UI:BX box
20	GOLDEN GLOW GELATIN SALAD	M03601	L2, D15, D19		8940-01-419-6681 dessert pdr gelatin, orange, foil pg 12 /24 oz pkg UI:PG orange gelatin ilo lemon plus carrots, & pineapple
75	OATMEAL RAISIN COOKIES	SOP or H00903	L2, L11, D15		8920-01-e09-6674 cookie dough, oatmeal raisin, pr-cut, fz, 240/co UI:CO
25	CHILLED CND PEARS	A01341	L2, D4, L6, D8, L10, L14, D16, L18, D20		8915 00 616 0223 Pears, canned, bartlett, halves, syrup pack,#10 size UI:CN
	DINNER DAY 2				
40	CREAM OF CHICKEN SOUP	SOP	D2, D7, D18, D21		8935-01-e09-4653 soup, cream of chicken condensed 12/ 50 oz cn/cs UI:CN
40	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
55	JAEGERSCHNITZEL w/	L10400	D2		8905-01-E59-6322 veal steak, brd, pre-ck, 4 oz ea 40LB/cs UI:LB
55	BROWN GRAVY	SOP or O-01600	L1, D2, L3, L5, D7, L11, D15, L17, L19, D20		8940 01 E60 1729 gravy mix, beef, 16 oz co, 8/cs UI:CO
45	SWEET & SOUR PORK	L08200	D2		8905 00 753 6503 diced pork, fz, 55 lb /cs UI:LB plus 8950-01-e09-1969 sauce, sweet & sour 1 gal co, 2/CS UI:CO
45	O'BRIEN POTATOES	Q05402	D2, L6, D12, L14		FFV list fresh or 8915 00 139 7426 veg, potatoes, sliced, dehy, 4/5 LB PG, UI:BG
55	STEAMED RICE	E00500	D2, D5, D10, L12, L16, D21		8920-01-250-6557 rice, parboiled 25 lb bg UI:BG
35	SEASONED CARROTS	Q10801	D2, D9, L12, D14, D17		8915 00 162 5087 veg, carrots, sliced, fz, 12/ 2 lb pg UI:LB or 8915 00 006 2436 veg, carrots, sliced, 6/ #10 UI:CN
55	HERBED BROCCOLI	Q06500	D2, D4, D11		8915 00 129 0825 veg, broccoli spears, fz, 12/ 2.5# pg, UI:LB
25	WALDORF SALAD	M05000	D2, L6, D10, D14		ffv: apples, celery, lettuce; 8925 01 E09 6077 walnuts, shelled, unsalted pieces 6/ 3# co UI:CO
20	SPINACH SALAD	M00200	D2, D11, L17		ffv: spinach, onions, mushrooms; 8905-01-E59-2158 bacon, preck, sliced, fz, 200 sl/pg, 6pg/cs, 24 lb UI:LB 8910 00 926 6048 eggs, fresh, 30 dz/cs, UI:DZ or 8910 01 E59 5089 eggs, ckd, chl 12/pg, 8 pg/cs UI:PG
60	CHERRY CRISP	J00801	D2		8940-00-616-0227 pie filling, cherries, #10 UI:CN not cat:: 8920-00-935-3264 oatmeal cookie mix 6-#10 cn 8945 00 616 0078 margarine ,1 lb print, 30/CS UI:LB
40	CHILLED APPLESAUCE	A01303	D2, D6, D10, D14, D18, D21		8915 00 127 8272 fruit, applesauce, 6/ #10 UI:CN
100	TOASTED GARLIC BREAD	D00700	D2, D4, L9, D16		localcontract french bread; 8945 00 616 0078 margarine ,1 lb print, 30/CS UI:LB; 8950 01 254 2691 spice, garlic powder, 16 oz UI:JR

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 3				
40	TOMATO SOUP	SOP	L3, L5, L8, D11, L14, D20		8935-01-e09-4646 soup, tomato, condensed no. 5 size can, 12/CS
25	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
40	FRIED CATFISH	L05600	L3, L14		need in catalog: plain catfish fillet; use 8905-01-e19-5285 catfish fillets; fz, brd, cajun style, RTC, 4-6 OZ EA, 15LB UI:LB 8920-00-616-0024 cornmeal, yellow 12/ 24 oz UI:BX
30	LEMON WEDGES	SOP	L3, D6, D10, L13, L14, D17, D19, L21		ffv
40	TARTAR SAUCE	SOP	L3, D6, D10, L13, L14, D17, D19, L21		pc 8950-01-e09-6364 sauce, tartar, 12 gm pg, 200/co UI: CO
60	MEAT LOAF	SOP or L03500	L3, D7, L11, L19		8905 01 E59 4038 meatloaf, beef, pre-ck, fz,,bulk, 4-5 lb loaf per cs
50	BAKED MACARONI & CHEESE	F00100 or SOP	L3, D6, L11, L13, L21		8920 00 067 6146 macaroni, elbow form, 10 lb pg, 3/cs UI:LB & 8910 01 418 7467 cheese, cheddar, shredded, 2/5 lb bg/cs UI:LB or not cat: 8940-01-e29-1856 mac & cheese, bib
50	MASHED POTATOES	Q05700	L3, L5, L7, D9, L11, D14, L17, L18, L19, L20, D21		8915-00-133-5903 Potatoes, Gran, Dehy. #10 Can plus 8910 01 091 7209 nfd milk #10 cn, 8945 00 616 0078 margarine, spices
50	BROWN GRAVY	SOP or O-01600	L1, D2, L3, L5, D7, L11, D15, L17, L19, D20		8940 01 E60 1729 gravy mix, beef, 16 oz co, 8/cs UI:CO
60	CALICO CORN	Q02700	L3		8915 00 127 8018 veg, corn, fz, 12/ 2.5 lb pg, UI:LB or 8915 00 257 3947 veg, corn, 6/ #10 UI:CN plus 8905-01-E59-2158 bacon, preck, sliced, fz, 200 sl/pg, 6pg/cs, 24 lb UI:LB & 8915 00 935 6371 veg, pimiento, diced 24/ # 2.5 UI:CN
30	OKRA and TOMATO GUMBO	Q03100	L3, L21		8915 00 252 3785 veg, okra, cut, fz, 12/ 3 lb pg UI:LB plus 8915 01 373 4978 veg, tomatoes diced, 6/ #10 UI:CN
45	COLE SLAW W/ CREAMY DRESSING	M00900	L3, D6, L10, L13, L17, D19		ffv: cabbage plus 8950 01 E59 6579 dressing, salad, regular, 4/ 1 gal co, UI:CO
35	CUCUMBER & ONION SALAD	M01500	L3, D8, L11, D16		ffv: cucumbers & onions, plus spices, 8950-01-E09-0792 vinegar, cider or distilled, 6/ 1 gal plastic UI:BT, 8925-01-413-7811 sugar, granulated, 4/ 10 lb UI:BG
55	APPLE PIE	SOP	L3, D13		8920 01 E59 7281 pie slices, apple, fz, 4 oz ea ind wrap, 48/ UI:CS or 8920 01 E09 4313 pie shell, reg 10" preform, 24/cs UI:CO plus 8940 00 616 0226 pie, filling, apple, 6/ #10 UI:CN
35	CHILLED CND APRICOTS	A01304	L3, L7, L11, L15, L19		8915-01-e09-2581 fruit, apricots, 6/ #10 CN
75	HOT CORNBREAD	Q01500	L3, D7, D9, D15, D18		8920-01-e09-8658 cornbread mix 6/ 5 lb UI:BX
	DINNER DAY 3				
50	VEGETABLE BEEF SOUP	SOP	D3, D13, L16, D19		add to catalog: vegetable beef soup
25	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
50	BEEFand/or CHICKEN FAJITAS	L04300 /L04302	D3, D18		8905-01-388-1164 beef, fajita strips fz, raw, marinated plus 8905-01-388-1064 chicken, breast, fajita strips, raw, marinated 5/ 10 lb pg/cs UI:LB and 8920 00 080 9096 tortillas, fz, wheat, 10" dia, 12/12 ct bg UI:BG
50	SALSA	SOP	D3, D18		8950 01 E09 4311 sals, mild 4/ 1 gal UI: CO
50	w/ SOUR CREAM	SOP	L2, D3, D8, D15, D18, D19, L21		8910 01 E19 7252 sour cream, chl, 200 gm co (approz 7 oz) 24/case
30	BEEFand/or CHEESE ENCHILADAS	SOP	D3		8940 01 E09 4255 enchiladas, cheese, fz,w/o sauce, 2.5 oz ea, 72/ UI:CS plus 8940-01-E59-1014 enchiladas, beef, fz,w/o sauce, 3 oz ea, 72/ cs UI:EA
30	BEEFand/or CHEESE TAMALES	SOP	D3		8940 01 E19 6793 tamales, chicken, fz, 5 oz 36/ UI:CS plus 8940 01 E19 6885 tamales, beef, fz, 5 oz 36/ UI:CS TAMALES, CHICKEN, FZN,5 oz ea, 36/case
30	BEEF'n BEAN BURRITO	SOP	D3		8940-00-044-1629 burritos, fz, beef and bean, 60/5 oz ea UI:??
50	JALAPENO PEPPERS	SOP	D3, D9, D12, D14, L18, D21		8950 01 E09 0300 peppers, jalapeno 6/ #10 UI:CN
50	TACO SAUCE	SOP	D3		8950-01-E19-3817 sauce, taco, 500/ 9 gm pg UI:HD SAUCE, TACO, 9GM PG, 500/CS
50	MEXICAN RICE	E01100	D3		8920-01-250-6557 rice, parboiled 25 lb bg UI:BG plus 8915 01 373 4978 veg, tomatoes diced, 6/ #10 UI:CN
25	OVEN BROWNED POTATOES	Q05004	D3		8915 00 127 9677 potatoes, white, cn 6/ #10 UI:CN or 8915 01 E59 5689 veg, potatoes, wedge, battered 6/ 5 lb bg UI:BG or ffv: potato, round
40	REFRIED BEANS	Q03801	D3, D18		8940 01 418 2700 beans, refried, 6/ #10 UI:CN
55	SEASONED MIXED VEGETABLES	Q12600	D3, L5, D6, L9, D18, D21		8915 00 935 6620 vegetables, mixed, fz 12/ 2.5 lb pg UI:LB
40	MACARONI SALAD	M03400	L1, D3, D5, L7, D9, L12, D14, D17		8920-00-067-6146 macaroni, elbow, 10 lb bx, UI:LB plus 8950 01 E59 6579 salad dressing, 8950 01 127 9295 relish, 8910 00 926 6048 eggs or 8910 01 E59 5089 eggs, ckd; ffv: celery, onion, spices, oil, vinegar, pimientos
30	CHEF's SALAD	M07000	D3, D7, D15, D18		ffv: lettuce, tomato, cucumber, celery, green peppers, cabbage plus swiss cheese, turkey, ham, eggs
45	Assorted dressings	SOP	D3, D7, D15, D18		8940 01 389 4380 italian dressing, 16 oz, 6/ 16 oz UI:BT, 8940 01 389 4434 ranch dressing, 16 oz, 6/ 16 oz UI:BT, 8940 01 389 6155 french dressing, 16 oz, 6/ 16 oz UI:BT, 8940 01 452 3108 thousand island dressing, 16 oz, 6/ 16 oz UI:BT ITALIAN DRESSING, FAT FREE,free from separation, 16 oz, 6/CS
65	YELLOW CAKE (MIX) W/	G01000	D3		8920 00 823 7229 cake mix, yellow, 6/ #10 UI:CN
65	CHOCOLATE ICING	G00900	D3		8925 01 419 7025 icing mix, fudge add water 6/ 5 lb UI:BG
10	CHILLED CND PINEAPPLE	A01345	D3, D12, D15, L21		8915 00 170 5148 pineapple, sliced, 6/# 10 UI:CN
75	NACHOS w/ CHEESE SAUCE	SOP	D3		8950 01 E09 0294 sauce, cheese for nachos, 6/ #10 UI:CN plus 8920 01 E09 4405 taco shell, reg, 200 ct

SERV PER 100	MEAL / DAY	RECIPE / SOP	FREQUENCY		
	LUNCH DAY 4				
60	CHICKEN NOODLE SOUP	SOP	L4, L12, L17, L19		8935-01-e09-4654 soup, chicken noodle, condensed, 12/ 51 oz UI: CN
30	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
50	SUKIYAKI	L00600	L4		8905-01-388-1164 beef, fajita strips fz, raw, marinated plus 8915-01-E60-1924 veg, mushrooms, sliced, 6/ #10 UI:CN, 8915 01 E09 4519 veg, bean sprouts, 6/ #10 UI:CN, ffv celery, onion, peppers, green onion
50	HONEY GLAZED CORNISH HENS	L14200	L4, D11		8905-01-e59-0706 cornish hen, halved, fz, 11oz avg, 24 ea /cs UI:LB
60	PORK FRIED RICE	E00700	L4		8920-01-250-6557 rice, parboiled 25 lb bg UI:BG plus ffv, eggs, pork, pimiento
40	FRANCONIA POTATOES	Q05001	L4, L10		8915-00-127-9677 potatoes, white, 6/ #10 UI:CN
25	TANGY SPINACH	Q06300	L4		8915 00 143 0931 veg, spinach 6/ #10 UI:CN; fz better;
50	GLAZED CARROTS	Q01701	L4, L7, D20		8915 00 162 5087 veg, carrots, sliced, 12/ 2# pg UI:LB plus butter, ginger, sugar
50	GERMAN STYLE TOMATO SALAD	M05300	L4, D8, D11, L16		ffv: tomatoes, onion, parsley, plus 8950 01 E59 6579 dressing, salad, regular, 4/ 1 gal co, UI:CO, and cream, bacon
50	TACO SALAD	M02800	L4, L13, D17, D21		8920-00-043-5352 taco shell bowls, preformed, plus 8940 00 126 3394 chili con carne 6/#10 UI:CN, ffv, cheesechips, sauce
60	APPLE CRUNCH	J01001	L4		8940 00 616 0226 pie filling, apple, 6/ #10 UI:CN, 8920 00 823 7229 cake mix, yellow, 6/ #10 UI:CN, coconut, butter, lemon juice
35	CHILLED CND MANDARIN ORANGES	A01333	L4, L8, L12, L16, L20		8915 01 235 3548 fruit, orange, mandarin 6/ #10 UI:CN, 6/CS
	DINNER DAY 4				
40	MINESTRONE SOUP	SOP	D4, D9, L13, L15		8935-01-e09-7253 soup, minestrone, condensed 12/ 50 oz UI:CN
40	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
20	GRILLED HAM STEAK	L06901	D4		8905-01-e59-3723 ham buffet 2ea 12 lb avg UI:LB
80	SPAGHETTI W/ MEAT BALLS	L03901	D4		8905-01-E59-2905 meatballs, beef, prckd, fz 0.5 oz ea, 10 lb cs UI:LB plus : rtu sauce 8950-01-e09-6782 sauce, spaghetti 6 #10 UI:CN; spaghetti 8920-00-125-9441 pasta, spaghetti, thin, long form, reg cook, 3/ 10 lb bx UI: LB or BX
70	GRATED PARMESAN CHEESE	SOP	D4, L9, L14, D16, D18		8910-00-782-3765 cheese, parmesan grated, 1lb co UI:CO
25	LYONNAISE POTATOES	Q04603	D4, L17		ffv potatoes, onions
65	HERBED BROCCOLI	Q06500	D2, D4, D11		8915 00 129 0825 veg, broccoli spears, fz, 12/ 2.5# pg, UI:LB
35	SEASONED PEAS	Q11600	L2, D4		8915 00 127 8021 peas, green, fz, 12/2.5 LB PG/CS UI:LB
30	PINEAPPLE COLE SLAW	M00903	D4, L8, D13, D20		ffv: cabbage, 8915 00 170 5148 pineapple, sliced, 6/# 10 UI:CN, plus 8950 01 E59 6579 dressing, salad, regular, 4/ 1 gal co, UI:CO, vinegar
40	PASTA SALAD	M03800	D4, L8, D13, L16, D20		8920 01 412 5091 macaroni, rotini spiral, tri-color, 10 lb pg, 3/CS UI:CO plus ffv items, 8940 01 389 4380 italian dressing, 16 oz, 6/ 16 oz UI:BT
60	CHOCOLATE BROWNIES	SOP	D4, L9, L17 alt recipe H00201		8920 01 E09 7075 brownies, choc, fz, w/nuts, 71 oz sheet, 4/CS UI:EA (sheet)
10	CHILLED CND PEARS	A01341	L2, D4, L6, D8, L10, L14, D16, L18, D20		8915 00 616 0223 Pears, canned, bartlett, halves, syrup pack,#10 size UI:CN
80	TOASTED GARLIC BREAD	D00700	D2, D4, L9, D16		localcontract french bread; 8945 00 616 0078 margarine ,1 lb print, 30/CS UI:LB; 8950 01 254 2691 spice, garlic powder, 16 oz UI:JR
					for holidays 8905-01-e59-7756 ham, pit, smoked, fully ckd, 2 /15 lb avg cs, 30 lb cs

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 5				
35	TOMATO SOUP	SOP	L3, L5, L8, D11, L14, D20		8935-01-e09-4646 soup, tomato, condensed no. 5 size can, 12/CS
35	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
50	ITALIAN STYLE VEAL STEAK	L10100	L5		8905-01-E59-6322 veal steak, preck, brd, fz, 160-4 oz ea/cs UI:LB plus need crushed tomatoes, use 8915 01 373 4978 veg, tomatoes diced, 6/ #10 UI:CN
50	GRILLED SALISBURY STEAK	SOP or L03700	L1, L5, D20		8905-01-E59-6314 beefsteak, salibury, pre-ck, fz, 160/4 oz ea, 40 LB CASE
60	BROWN GRAVY	SOP or O-01600	L1, D2, L3, L5, D7, L11, D15, L17, L19, D20		8940 01 E60 1729 gravy mix, beef, 16 oz co, 8/cs UI:CO
60	MASHED POTATOES	Q05700	L3, L5, L7, D9, L11, D14, L17, L18, L19, L20, D21		8915-00-133-5903 Potatoes, Gran, Dehy. #10 Can plus 8910 01 091 7209 nfd milk #10 cn, 8945 00 616 0078 margarine, spices
20	ITALIAN BROCCOLI PASTA (hot) (half portion)	L18900	L5; 20 portions serve 40 diners as side dish		need tom paste; plus 8915 01 373 4978 veg, tomatoes diced, 6/ #10 UI:CN, 8915 00 129 0825 veg, broccoli spears, fz, 12/ 2.5# pg, UI:LB 8920 01 412 5091 macaroni, rotini spiral, tri-color, 10 lb pg, 3/CS UI:CO, spices, cheese, onions
25	SEASONED ASPARAGUS	Q10000	L5, L17		8915 00 404 6065 veg, asparagus, cuts & tips, fz, 12/ 2.5 lb pg UI:LB
55	SEASONED MIXED VEGETABLES	Q12600	D3, L5, D6, L9, D18, D21		8915 00 935 6620 vegetables, mixed, fz 12/ 2.5 lb pg UI:LB
70	POTATO SALAD	M04000	D1, L5, D12, L15, L18, L20		fresh potatoes, 8950 01 E59 6579 salad dressing, 8950 01 127 9295 relish, 8910 00 926 6048 eggs or 8910 01 E59 5089 eggs, ckd; ffv: celery, onion, parsley, and spices, oil, vinegar, pimientos
20	KIDNEY BEAN SALAD	M03100	L5, L12, L19		8915 00 926 6793 veg, beans, kidney, 6/ #10 UI:CN
50	PEACH CRUNCH	J01005	L5		8940 00 616 0228 pie filling, peach, 6/ #10 UI:CN, 8920 00 823 7229 cake mix, yellow, 6/ #10 UI:CN, coconut, butter, lemon juice
40	CHILLED CND FRUIT COCKTAIL	A01317	L1, L5, D7, L9, D11, L13, L17		8915-00-286-5482 fruit cocktail, #10, UI:CN
	DINNER DAY 5				
35	BEAN w/ BACON SOUP	SOP	D5, D10, D15, L21		8935-01-e59-4417 soup, bean with bacon, 12/ 50 OZ UI:CN
35	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
60	CHINESE FIVE SPICE CHICKEN	L15300	D5		need basic chix; 8905 01 369 4422 chicken breast, fz, skinless, bnls, 4 to 5 oz, 10lb bg, 4/cs UI:LB or 8905-01-e60-2712 chicken, quartered, pre-cked, frz, rotisserie style, marinated, 8 oz ea bib zartic plus onion & spices
40	BRAISED BEEF & NOODLES	L01700	D5		8905 00 177 5017 beef, fzn, diced, raw, select gr, 8lb bg, 7/cs UI:LB plus onion, spices, & 8920 00 126 3388 noodles, egg 3/ 5 lb pg UI:LB
65	STEAMED RICE	E00500	D2, D5, D10, L12, L16, D21		8920-01-250-6557 rice, parboiled 25 lb bg UI:BG
55	SEASONED GREEN BEANS	Q10100	D5, L12, D16, D21		8915 00 128 1176 veg, beans green, fz, 12/ 2.5# pg UI:LB or 8915 00 162 9878 eg, beans green, french style, fz, 12/ 2.5# pg UI:LB, or 8915 00 616 4280 veg, beans, green 6/#10 UI:CN
25	BUTTERED CAULIFLOWER	Q10900	D5		8915-00-160-6156 cauliflower, fz, 2 lb pg UI: LB
55	MACARONI SALAD	M03400	L1, D3, D5, L7, D9, L12, D14, D17		8920-00-067-6146 macaroni, elbow, 10 lb bx, UI:LB plus 8950 01 E59 6579 salad dressing, 8950 01 127 9295 relish, 8910 00 926 6048 eggs or 8910 01 E59 5089 eggs, ckd; ffv: celery, onion, spices, oil, vinegar, pimientos
30	COLE SLAW W/ VINEGAR DRESSING	M00901	D5		ffv: cabbage, plus spices, 8950-01-E09-0792 vinegar, cider / distilled, 6/ 1 gal plastic UI:BT, 8925-01-413-7811 sugar, granulated, 4/ 10 lb UI:BG
80	CARROT CAKE w/ CREAM CHEESE FROSTING	SOP	D5, L10 alt w/mix G-13 & G-27 frosting		8920-01-E59-0017 cake, carrot, fz 9" dia layer 4/CS UI:EA
20	CHILLED CND PEACHES	A01337	D1, D5, D9, D13, D17		8915-00-577-4203 peaches, canned #10 UI:CN
100	HOT DINNER ROLLS	SOP	D5, D6, D8, D10, D12, D13, D17, D19		local bread/bakery contract

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 6				
25	CREAM OF MUSHROOM SOUP	SOP	L1, L6, L9, D16		8935-01-e09-4649 soup,condensed cr of mush, UI CN
25	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
10	LIVER & ONIONS	L10700	L6		8905-00-655-8410 or napa liver, beef calf, sliced, fz UI:LB plus ffv: onions
10	….ONION AND MUSHROOM GRAVY	O01609	L6		8935 01 E09 8579, soup and gravy base, beef, paste, no msg, 1 lb UI:CO plus ffv: onion and 8915-01-e60-1924 veg, mushrooms, cn,sliced, 6 #10 cn
90	CHICKEN CORDON BLEU	L83900 alt L183	L6		ENTREE, IND SERV, FZN,chicken cordon bleu, 7 oz ea, 24/case or alt 8905 01 369 4422 chicken breast, fz, skinless, bnls, 4 to 5 oz, 10lb bg, 4/cs UI:LB plus 8950-01-E09-0792 vinegar, cider / distilled, 6/ 1 gal plastic UI:BT and 950 00 127 9789 catsup, tomato, 6/ #10 UI:CN
30	O'BRIEN POTATOES	Q05402	D2, L6, D12, L14		FFV list fresh or 8915 00 139 7426 veg, potatoes, sliced, dehy, 4/5 LB PG, UI:BG
70	LYONNAISE RICE	E00501	L6		8920-01-250-6557 rice, parboiled 25 lb bg UI:BG plus ffv: onions and 8915 00 935 6371 veg, pimiento, diced 24/ # 2.5 UI:CN
40	SEASONED CORN	Q11000	L6, D12		8915 00 127 8018 veg, corn, fz, 12/ 2.5 lb pg, UI:LB or 8915 00 257 3947 veg, corn, 6/ #10 UI:CN
60	STEAMED BROCCOLI W/	Q10500	L6, L16, L20		8915 00 129 0825 veg, broccoli spears, fz 12/ 2.5# pg UI:LB
50	CHEESE SAUCE	SOP	L6, D17		8950-01-244-4288 cheese sauce, cheddar, 6/ #10 cn
25	WALDORF SALAD	M05000	D2, L6, D10, D14		ffv: apples, celery, lettuce; 8925 01 E09 6077 walnuts, shelled, unsalted pieces 6/ 3# co UI:CO
40	POTATO SALAD	M04002	L6, L10		8915-00-127-9677 potatoes, white, #10 UI:CN plus ffv: onions, celery and 8950 01 127 9295 relish, pickle sweet 6/ #10 UI:CN, 8915 00 935 6371 veg, pimiento, diced 24/ # 2.5 UI:CN
40	W/ VINEGAR DRESSING	M00901	L6, L10		8950-01-E09-0792 vinegar, cider / distilled, 6/ 1 gal plastic UI:BT, 8925-01-413-7811 sugar, granulated, 4/ 10 lb UI:BG
60	BLUEBERRY CRUNCH	J01002	L6, D11, L19		8940 00 478 9073 pie filling, blueberry, 6/ #10 UI:CN, 8920 00 823 7229 cake mix, yellow, 6/ #10 UI:CN, coconut, butter, lemon juice
30	CHILLED CND PEARS	A01341	L2, D4, L6, D8, L10, L14, D16, L18, D20		8915 00 616 0223 Pears, canned, bartlett, halves, syrup pack,#10 size UI:CN
	DINNER DAY 6				
45	VEGETABLE SOUP	SOP	D1, D6, L11, D17		8935-01-e09-7251 soup, condensed, vegetable 50 oz CN
40	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
80	BEEF RIB ROAST (Prime rib)	L00403	D6, D16		**Beef Rib Roast Bnls napa tbd or** 8905 01 E09 6900 beef, ribeye roll UI:LB
20	HORSERADISH SAUCE	SOP or O-02300	D1, D6, D16		8950 00 127 9806 horseradish, prep, 32 oz, chl UI:QT
80	NATURAL PAN GRAVY (AU JUS)	SOP or O-01800	D1, D6, D16		8940-01-e59-9728 gravy, au jus mix, 6/24 oz pkg yield?
20	PARMESAN FISH	L03200	D6		8905 01 E59 7392 fish pollock portions, brd, raw, fz avg 160 ea 4 oz UI:LB plus 8910-00-782-3765 cheese, parmesan grated, 1lb co UI:CO and spces
10	LEMON WEDGES	SOP	L3, D6, D10, L13, L14, D17, D19, L21		ffv
20	TARTAR SAUCE	SOP	L3, D6, D10, L13, L14, D17, D19, L21		pc 8950-01-e09-6364 sauce, tartar, 12 gm pg, 200/co UI: CO
35	OVEN GLO POTATOES	Q05003	L1, D6, D10		8915-00-127-9677 potatoes, white, #10 UI:CN need tom juice; use crushed/diced tomatoes
65	BAKED MACARONI & CHEESE	F00100 or SOP	L3, D6, L11, L13, L21		8920 00 067 6146 macaroni, elbow form, 10 lb pg, 3/cs UI:LB & 8910 01 418 7467 cheese, cheddar, shredded, 2/5 lb bg/cs UI:LB or not cat: 8940-01-e29-1856 mac & cheese, bib
25	SEASONED LIMA BEANS	Q10200	D6, D13		8915-00-127-7984 lima beans, fz, bib ?pk
65	SEASONED MIXED VEGETABLES	Q12600	D3, L5, D6, L9, D18, D21		8915 00 935 6620 vegetables, mixed, fz 12/ 2.5 lb pg UI:LB
50	COLE SLAW W/ CREAMY DRESSING	M00900	L3, D6, L10, L13, L17, D19		ffv: cabbage plus 8950 01 E59 6579 dressing, salad, regular, 4/ 1 gal co, UI:CO
50	COUNTRY STYLE TOMATO SALAD	M05301	D6, D12, L15, L21		ffv: tomatoes, onion, peppers, celery plus oil, vinegar, sugar
75	PEANUT BUTTER COOKIES	SOP	D6, D18		8920 01 E09 6676 cookie dough, peanut butter, pre-cut, fz, 240/ 1.3 oz ea UI:CO
25	CHILLED APPLESAUCE	A01303	D2, D6, D10, D14, D18, D21		8915 00 127 8272 fruit, applesauce, 6/ #10 UI:CN
150	HOT DINNER ROLLS	SOP	D5, D6, D8, D10, D12, D13, D17, D19		local bread/bakery contract

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 7				
40	BEEF NOODLE SOUP	SOP	L2, L7, L10, D14, L20		8935-01-E09-4643 soup, condensed, beef noodle 50 oz UI:CN
40	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
60	SHRIMP JAMBALAYA w/ RICE & HAM	L09700	L7		need tom paste plus tom crushed; use 8915 01 373 4978 veg, tomatoes diced, 6/ #10 UI:CN; 8905 01 E59 7047 fish, shrimp, raw p&d, fz 26-30 ct, 36 lb cs UI:LB ; ffv: onion, celery, peppers and 8905 00 753 6503diced pork,fzn, 55 lb avg cs, UI:LB, chix soup base, spices, rice
50	ROAST TURKEY	L16200	L7, D14, L18 use both nsn		8905-01-E19-1811 turkey, bnls, pre-ckd, fz, white&dark, 4/cs, avg 42 lb/csand 8905-01-E09-9149 turkey, beast, roast, raw, fzin foil bag, 2/ 8lb UI:LB
50	MASHED POTATOES	Q05700	L3, L5, L7, D9, L11, D14, L17, L18, L19, L20, D21		8915-00-133-5903 Potatoes, Gran, Dehy. #10 Can plus 8910 01 091 7209 nfd milk #10 cn, 8945 00 616 0078 margarine, spices
50	TURKEY GRAVY	SOP	L7, D14, L18		8940 01 E60 1620 gravy mix, turkey inst, 8/ 16 oz UI:CO
50	CRANBERRY SAUCE	SOP	L7, D14, L18		8915-01-e19-8012 cranberry sauce, jellied, squat 6 -#101 cn
25	FRIED CABBAGE	Q01200	L7		ffv: cabbage plus oil, spices
40	GLAZED CARROTS	Q01701	L4, L7, D20		8915 00 162 5087 veg, carrots, sliced, 12/ 2# pg UI:LB plus butter, ginger, sugar
60	MACARONI SALAD	M03400	L1, D3, D5, L7, D9, L12, D14, D17		8920-00-067-6146 macaroni, elbow, 10 lb bx, UI:LB plus 8950 01 E59 6579 salad dressing, 8950 01 127 9295 relish, 8910 00 926 6048 eggs or 8910 01 E59 5089 eggs, ckd; ffv: celery, onion, spices, oil, vinegar, pimientos
20	PICKLED GREEN BEAN SALAD	M04501	L1, L7		8915 00 616 4280 veg, beans, green 6/#10 UI:CN, plus sugar, vinegar, oil, spice
50	PINEAPPLE UPSIDE DOWN CAKE (MIX)	G02901	L7, D17		8920 00 823 7229 cake mix, yellow, 6/ #10 UI:CN, 8915 00 170 5148 pineapple, sliced, 6/# 10 UI:CN, 8915 01 078 9271 fruit, maraschino cherries, 12/ 16 oz UI:JR, plus brown sugar, margerine
50	WHIPPED TOPPING	K00200	L7, D9, L13, D13, D17, L18, D19		8940 01 E09 3657 topping , whipped, non-dairy rtu in bag, 12/ 16 oz CO
20	CHILLED CND APRICOTS	A01304	L3, L7, L11, L15, L19		8915-01-e09-2581 fruit, apricots, 6/ #10 CN
	DINNER DAY 7				
45	CREAM OF CHICKEN SOUP	SOP	D2, D7, D18, D21		8935-01-e09-4653 soup, cream of chicken condensed 12/ 50 oz cn/cs UI:CN
40	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
60	MEAT LOAF	SOP or L03500	L3, D7, L11, L19		8905 01 E59 4038 meatloaf, beef, pre-ck, fz,,bulk, 4-5 lb loaf per cs
75	BROWN GRAVY	SOP or O-01600	L1, D2, L3, L5, D7, L11, D15, L17, L19, D20		8940 01 E60 1729 gravy mix, beef, 16 oz co, 8/cs UI:CO
40	BAKED STUFFED PORK CHOPS	L08400	D7		8905-01-e60-1030 pork loin chops, bone in, center cut, marin, fz, 6 oz avg 142 ct/ 53 lb cs UI:LB plus bredcrumbs, spices, onion
45	SPANISH RICE	E00900	D7, D18		8920-01-250-6557 rice, parboiled 25 lb bg UI:BG plus crushed tom, bacon, ffv: onions, peppers and spices
55	GARLIC ROASTED POTATO WEDGES	Q07000	D7		8915 01 E59 5689 veg, potato wedges, deli battered, 6/ 5 lb bag UI:BG
50	VEGETABLE STIR FRY	Q02500	D1, D7, D16		multi ingredient, inclu fresh cabbage, carrot, celery, onion, pepper
60	CORN ON THE COB	Q11100	D7, L10, L18		8915-01-e09-2060 veg, corn on the cob, 3", 96 ct, 28 lb/cs UI: CO
20	CABBAGE, APPLE, AND RAISIN SALAD	M00102	L2, D7, L11, L19		FFV list plus 8915-01-419-6695 raisins, thompson seedless, 15 oz UI:BX box
30	CHEF's SALAD	M07000	D3, D7, D15, D18		ffv: lettuce, tomato, cucumber, celery, green peppers, cabbage plus swiss cheese, turkey, ham, eggs
45	Assorted dressings	SOP	D3, D7, D15, D18		8940 01 389 4380 italian dressing, 16 oz, 6/ 16 oz UI:BT, 8940 01 389 4434 ranch dressing, 16 oz, 6/ 16 oz UI:BT, 8940 01 389 6155 french dressing, 16 oz, 6/ 16 oz UI:BT, 8940 01 452 3108 thousand island dressing, 16 oz, 6/ 16 oz UI:BT
80	WHITE CAKE W/ CHOCOLATE ICING	SOP	D7, D16 or alt recipe G03001 w/G00900		8920 01 E19 7261 cake, white W/ VANILLA ICING, 4 sheets/CS UI: EA sheet or 8920 00 823 7227 cake mix, white 6/ #10 UI:CN plus 8925 01 419 7025 icing mix, fudge, add water 6/ 5 lb bg UI: BG
30	CHILLED CND FRUIT COCKTAIL	A01317	L1, L5, D7, L9, D11, L13, L17		8915-00-286-5482 fruit cocktail, #10, UI:CN
100	HOT CORNBREAD	Q01500	L3, D7, D9, D15, D18		8920-01-e09-8658 cornbread mix 6/ 5 lb UI:BX

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 8				
25	TOMATO SOUP	SOP	L3, L5, L8, D11, L14, D20		8935-01-e09-4646 soup, tomato, condensed no. 5 size can, 12/CS
25	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
65	BBQ CHICKEN	L14601	L8		8905-01-e60-2712 chicken, quartered, pre-cked, frz, rotisserie style, marinated, 8 oz ea bib zartic plus 8950 01 E09 5966 barbecue sauce, hickory smoke, 4/ 1 gal co UI:CO
35	HUNGARIAN GOULASH	L06500	L8		8905 00 177 5017 beef, fzn, diced, raw, select gr, 8lb bg, 7/cs UI:LB plus onion, spices, & 8920 00 126 3388 noodles, egg 3/ 5 lb pg UI:LB
20	STEAMED NOODLES (additional portions)	E01301	L8, L10, L12, D13, D15, L20		8920 00 126 3388 noodles, egg 3/ 5 lb pg UI:LB or 8920-00-067-6146 macaroni, elbow, 10 lb bx, UI:LB
50	AU GRATIN POTATOES	Q05101	L8, D11, L16		8915 00 139 7426 veg, potatoes, sliced, dehy, 4/ 5 lb bg UI:BG plus 8910 01 418 7467cheese, cheddar, shredded 2/ 5 lb bag UI:LB, bread crumbs, spices use: 8920-01-E19-3546 Bread Dressing 6/3.5 LB BGs
20	FRENCH FRIED CAULIFLOWER	Q02000	L8		8915-00-160-6156 cauliflower, fz, 2 lb pg UI: LB, batter, parmesan cheese
55	LYONNAISE GREEN BEANS	Q00700	L8		8915-00-162-9878 beans, green fzn, 2.5 lb pg, UI:LB or 8915-00-616-4280 beans, green, #10 UI:CN plus ffv: onions
20	PINEAPPLE COLE SLAW	M00903	D4, L8, D13, D20		ffv: cabbage, 8915 00 170 5148 pineapple, sliced, 6/# 10 UI:CN, plus 8950 01 E59 6579 dressing, salad, regular, 4/ 1 gal co, UI:CO, vinegar
50	PASTA SALAD	M03800	D4, L8, D13, L16, D20		8920 01 412 5091 macaroni, rotini spiral, tri-color, 10 lb pg, 3/CS UI:CO plus ffv items, 8940 01 389 4380 italian dressing, 16 oz, 6/ 16 oz UI:BT
60	CHEESE CAKE w/	SOP	L8, D14		8920 01e59 2848 or alt napa cheese cake, fz, sliced size & UI:??
60	CHOCOLATE SAUCE	K00500	L8		need nsn sq btl; use cocoa bvg base as alternative in recipe
40	CHILLED CND MANDARIN ORANGES	A01333	L4, L8, L12, L16, L20		8915 01 235 3548 fruit, orange, mandarin 6/ #10 UI:CN, 6/CS
	DINNER DAY 8				
40	CREAM OF BROCCOLI SOUP	SOP	D8, D12, L18		8935-01-e59-4424 soup, cream of broccoli, condensed 12/ 50 oz UI:CN
40	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
50	SHRIMP CREOLE	L13600 w/ O005	D8		8905 01 E59 7047 fish, shrimp, raw p&d, fz 26-30 ct, 36 lb cs UI:LB plus 8920-01-250-6557 rice, parboiled 25 lb bg UI:BG and creole sauce ingredients
150	CREOLE SAUCE (3X sauce to shrimp)	O-00500	L1, D8 (L17)		8915 01 373 4978 veg, tomatoes, diced, 6/ #10 UI:CN, plus ffv: onions,sweet green peppers, celery;oil, flour & spices
50	GRILLED T-bone STEAK	L00700	D8=T (L2, L17=strip)		8905-01-e59-7758 16 oz beef loin, T-bone steak, fz 16 oz UI:LB
75	STEAK SAUCE	SOP	L2, D8, L17		8950 01 E09 5681 sauce, steak, A-1, 15OZ btl, 12/cs UI:BT or 8950-01-e09-6033 heinz 57 steak sauce12 10 oz UI:BT or 8950 01 389 7653 steak sauce, aged, 15 fluid oz glass bottle, 12/CS UI:BT 8950-01-e09-5681 A-1 12 15 oz; 8950-01-e19-0573 Buff Bob Extra spicy 10 10 oz
60	MUSHROOMS & ONIONS	Q03001	L2, D8, L17		fresh onion plus 8915-01-e60-1924 veg, mushrooms, cn,sliced, 6 #10 cn
60	BAKED POTATO	Q04400	L2, D8, D15, D19, L21		FFV list
50	w/ SOUR CREAM	SOP	L2, D3, D8, D15, D18, D19, L21		8910 01 E19 7252 sour cream, chl, 200 gm co (approz 7 oz) 24/case
2x 50	WILD RICE	E80100	D1, D8, L13 dble portion size to 1 cup		8920 01 226 3368 rice, long grain & wild rice blend, 36 oz UI:BX
20	HOT SPICED BEETS	Q00900	D8, L18		8915 00 127 8835 veg, beets, sliced, 6/ #10 UI:CN plus vinegar, spices, sugars
50	PEAS W/ ONIONS	Q04103	D8, L14, D19		ffv: onions plus 8915 00 127 8021 peas, green, fz, 12/ 2.5lb pgUI:LB or 8915 00 127 9282 veg, peas, sweet 6/ #10 UI:CN
40	GERMAN STYLE TOMATO SALAD	M05300	L4, D8, D11, L16		ffv: tomatoes, onion, parsley, plus 8950 01 E59 6579 dressing, salad, regular, 4/ 1 gal co, UI:CO, and cream, bacon
30	CUCUMBER & ONION SALAD	M01500	L3, D8, L11, D16		ffv: cucumbers & onions, plus spices, 8950-01-E09-0792 vinegar, cider or distilled, 6/ 1 gal plastic UI:BT, 8925-01-413-7811 sugar, granulated, 4/ 10 lb UI:BG
100	CHOCOLATE CHIP COOKIES vary types	SOP	D8, L14, L21 alt recipe H02001		8920 01 E09 6671 cookie dough, choc chip, pre-cut, fz, 240/ 1.3 OZ ea UI:CO
20	CHILLED CND PEARS	A01341	L2, D4, L6, D8, L10, L14, D16, L18, D20		8915 00 616 0223 Pears, canned, bartlett, halves, syrup pack,#10 size UI:CN
150	HOT DINNER ROLLS	SOP	D5, D6, D8, D10, D12, D13, D17, D19		local bread/bakery contract

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 9				
30	CREAM OF MUSHROOM SOUP	SOP	L1, L6, L9, D16		8935-01-e09-4649 soup,condensed cr of mush, UI CN
30	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
30	BAKED HAM	L06900	L9, L16		8905-01-e59-3723 ham, buffet, fully cked,boneless, wtr add, chl 2 ea in 24 lb cs UI:LB
70	LASAGNA	L02502	L9		8940 01 E19 2059 entrée, lasagna w/ meat, mult-serve, 4/ 6 lb UI:CO
80	GRATED PARMESAN CHEESE	SOP	D4, L9, L14, D16, D18		8910-00-782-3765 cheese, parmesan grated, 1lb co UI:CO
50	GRILLED POTATO CAKES	Q05701	L9		8915-00-133-5903 Potatoes, Gran, Dehy. #10 Can, flour, eggs, milk, spices
10	SEASONED BRUSSELS SPROUTS	QG0307	L9		8915 00 127 7991 veg, brussel sprouts, 12/ 2.5 lb bg UI:LB
70	SEASONED MIXED VEGETABLES	Q12600	D3, L5, D6, L9, D18, D21		8915 00 935 6620 vegetables, mixed, fz 12/ 2.5 lb pg UI:LB
50	MIXED FRUIT SALAD	M03500	L9, D16		ffv: lettuce leaf, 3 assorted fruits
20	THREE (or four) BEAN SALAD	SOP or M04500	L9, L20		8915-01-037-3258 veg, bean salad, four bean 6/ #10 UI:CN
80	CHOCOLATE BROWNIES	SOP	D4, L9, L17 alt recipe H00201		8920 01 E09 7075 brownies, choc, fz, w/nuts, 71 oz sheet, 4/CS UI:EA (sheet)
20	CHILLED CND FRUIT COCKTAIL	A01317	L1, L5, D7, L9, D11, L13, L17		8915-00-286-5482 fruit cocktail, #10, UI:CN
100	TOASTED GARLIC BREAD	D00700	D2, D4, L9, D16		localcontract french bread; 8945 00 616 0078 margarine ,1 lb print, 30/CS UI:LB; 8950 01 254 2691 spice, garlic powder, 16 oz UI:JR
	DINNER DAY 9				
30	MINESTRONE SOUP	SOP	D4, D9, L13, L15		8935-01-e09-7253 soup, minestrone, condensed 12/ 50 oz UI:CN
30	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
20	MUSHROOM QUICHE appetizer	F01103	L9		need liq pastegg white; 8910 01 E59 6929 eggs, liquid pasteurized scrambled egg fz, 6/ 5 lb UI:CO 8910 00 584 6434 swiss cheese, onions, 8915-01-e60-1924 veg, mushrooms, flour, nfd milk, spices
90	FRIED CHICKEN	SOP or L15601	D9, D21		8905-01-e59-5537 chicken brded 'super chix" 8 pc, fully cked, fz 100 pc/cs UI:CS
20	PORK HAM HOCKS	F01103	L9		8905-00-149-1355 pork shoulder hocks, cured & smoked, fz, 40 lb cs UI:LB
55	MASHED POTATOES	Q05700	L3, L5, L7, D9, L11, D14, L17, L18, L19, L20, D21		8915-00-133-5903 Potatoes, Gran, Dehy. #10 Can plus 8910 01 091 7209 nfd milk #10 cn, 8945 00 616 0078 margarine, spices
45	RICE PILAF	E00800	D9, D12, D17, D20		8920-01-250-6557 rice, parboiled 25 lb bg UI:BG, ffv: onion, 8935 01 E09 8162 soup and gravy base, chicken 6/16 OZ UI:CO, spices
45	SEASONED CARROTS	Q10801	D2, D9, L12, D14, D17		8915 00 162 5087 veg, carrots, sliced, fz, 12/ 2 lb pg UI:LB or 8915 00 006 2436 veg, carrots, sliced, 6/ #10 UI:CN
30	BLACKEYE PEAS	QG0115	D9		8915-00-007-5309 veg, peas, blackeye6/ #10 UI:CN
75	CHICKEN GRAVY	SOP	D9, D12, D21		8940 01 E60 1623 gravy mix, chicken, inst 8/ 16 oz UI: CO
50	MACARONI SALAD	M03400	L1, D3, D5, L7, D9, L12, D14, D17		8920-00-067-6146 macaroni, elbow, 10 lb bx, UI:LB plus 8950 01 E59 6579 salad dressing, 8950 01 127 9295 relish, 8910 00 926 6048 eggs or 8910 01 E59 5089 eggs, ckd; ffv: celery, onion, spices, oil, vinegar, pimientos
35	GERMAN COLE SLAW	M02700	D9, L14, L18		ffv: cabbage, onion, peppers, celery, plus spices, 8950-01-E09-0792 vinegar, cider or distilled, 6/ 1 gal plastic UI:BT, 8925-01-413-7811 sugar, granulated, 4/ 10 lb UI:BG, 8915 00 935 6371 veg, pimiento, diced 24/ # 2.5 UI:CN
60	CHERRY PIE	SOP	D9, L15, L18, D21		8920 01 E59 7282 pie slices, cherry fz, 4 oz ind wrap, 48 /cs UI:CS
30	WHIPPED TOPPING	K00200	L7, D9, L13, D13, D17, L18, D19		8940 01 E09 3657 topping , whipped, non-dairy rtu in bag, 12/ 16 oz CO
30	CHILLED CND PEACHES	A01337	D1, D5, D9, D13, D17		8915-00-577-4203 peaches, canned #10 UI:CN
80	HOT CORNBREAD	Q01500	L3, D7, D9, D15, D18		8920-01-e09-8658 cornbread mix 6/ 5 lb UI:BX

The Army 21 Day CONOPS Menu

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 10				
40	BEEF NOODLE SOUP	SOP	L2, L7, L10, D14, L20		8935-01-E09-4643 soup, condensed, beef noodle 50 oz UI:CN
40	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
25	STUFFED GREEN PEPPERS	SOP or L04001	L10		8940-01-e09-1069 entrée, stuffed green peppers w/ sauce, stouffers 4/ 48CT/TRAY UI:CO
75	CHICKEN FRIED STEAK	SOP	L10		8905 01 E59 5014 beefsteak, raw, chicken fried stk, btrd & brd, fz, 4 oz ea 40LB/cs UI:LB
75	MUSHROOM GRAVY	O-01605	L10, L20		8935 01 E09 8579 soup & gravy base, beef, paste, no msg, 1 lb UI:CO , flour,spices, 8915-01-e60-1924 veg, mushrooms, cn,sliced, 6 #10 cn
55	FRANCONIA POTATOES	Q05001	L4, L10		8915-00-127-9677 potatoes, white, 6/ #10 UI:CN
50	STEAMED NOODLES	E01301	L8, L10, L12, D13, D15, L20		8920 00 126 3388 noodles, egg 3/ 5 lb pg UI:LB or 8920-00-067-6146 macaroni, elbow, 10 lb bx, UI:LB
20	HERBED GREEN BEANS	Q02600	L10, D17		8915 00 616 4280 veg, beans, green 6/#10 UI:CN plus ffv:onions, celery, and spices
80	CORN ON THE COB	Q11100	D7, L10, L18		8915-01-e09-2060 veg, corn on the cob, 3", 96 ct, 28 lb/cs UI: CO
40	COLE SLAW W/ CREAMY DRESSING	M00900	L3, D6, L10, L13, L17, D19		ffv: cabbage plus 8950 01 E59 6579 dressing, salad, regular, 4/ 1 gal co, UI:CO
40	POTATO SALAD	M04002	L6, L10		8915-00-127-9677 potatoes, white, #10 UI:CN plus ffv: onions, celery and 8950 01 127 9295 relish, pickle sweet 6/ #10 UI:CN, 8915 00 935 6371 veg, pimiento, diced 24/ # 2.5 UI:CN
40	W/ VINEGAR DRESSING	M00901	L6, L10		8950-01-E09-0792 vinegar, cider / distilled, 6/ 1 gal plastic UI:BT, 8925-01-413-7811 sugar, granulated, 4/ 10 lb UI:BG
80	CARROT CAKE w/ CREAM CHEESE FROSTING	SOP	D5, L10 alt w/mix G-13 & G-27 frosting		8920-01-E59-0017 cake, carrot, fz 9" dia layer 4/CS UI:EA
40	CHILLED CND PEARS	A01341	L2, D4, L6, D8, L10, L14, D16, L18, D20		8915 00 616 0223 Pears, canned, bartlett, halves, syrup pack,#10 size UI:CN
	DINNER DAY 10				
40	BEAN w/ BACON SOUP	SOP	D5, D10, D15, L21		8935-01-e59-4417 soup, bean with bacon, 12/ 50 OZ UI:CN
40	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
35	BAKED TROUT FILLETS	L16901	D10		8905-01-e19-4551 fish, trout, fillet 8 oz raw 2-5 lb bx UI:LB
10	LEMON WEDGES	SOP	L3, D6, D10, L13, L14, D17, D19, L21		ffv
35	TARTAR SAUCE	SOP	L3, D6, D10, L13, L14, D17, D19, L21		pc 8950-01-e09-6364 sauce, tartar, 12 gm pg, 200/co UI: CO
65	PORK CHOP SUEY	L08000	D10		molasses needed; 8905 00 753 6503 pork, diced, fzn, 55 lb avg cs UI:LB, 8950 01 E09 1252 soy sauce 4/1 gal UI:BT, spices, ffv: onion, celery, cabbage: corn starch 24/ 1 lb UI:LB , 8915 01 E09 4519 veg, bean sprouts ,6/#10 CN, 8920 01 222-0601 chow mein noodles, 6/ #10 CAN
65	SOY SAUCE	SOP	D10, L12, D13		8950 01 E09 5507 sauce, soy, 24/ 5 oz UI:CO; 8950-01-e09-2513 sauce, soy 0.5 oz, 500/cs UI: CO
50	CHOW MEIN NOODLES	SOP	D10		8920-00-222-0601 noodles, chow mein, 6 #10
30	OVEN GLO POTATOES	Q05003	L1, D6, D10		8915-00-127-9677 potatoes, white, #10 UI:CN need tom juice; use crushed/diced tomatoes
80	STEAMED RICE	E00500	D2, D5, D10, L12, L16, D21		8920-01-250-6557 rice, parboiled 25 lb bg UI:BG
20	SEASONED SUCCOTASH	Q12400	D1, D10, L16, D19		8915 00 143 0983 veg, succotash, fz, 2.5 lb/pg UI:LB
60	SEASONED GREENS	Q11300	D10		8915-01-E29-0657 Collard Greens, fz Boil-In Bag UI:?? or use 8915 00 926 5936 veg, greens, mustard, fz, chopped 12/ 3 lb pg UI:LB or 8915-01-E29-0659 Turnip Greens, Boil-In-Bag UI:??
20	WALDORF SALAD	M05000	D2, L6, D10, D14		ffv: apples, celery, lettuce; 8925 01 E09 6077 walnuts, shelled, unsalted pieces 6/ 3# co UI:CO
40	ITALIAN STYLE PASTA SALAD w/	M02900	D1, D10, L14		8920-01-412-5091, macaroni rotini pasta tri-color. 10 LB UI:CO
40	VINEGAR & OIL SALAD DRESSING	SOP or M-06900	D1, D10, L14		8940 01 389 4380 Italian dressing 16 0z UI:BT or 8950 01 E59 2119 dressing, italian, 1 gal UI:CO
65	BLUEBERRY TURNOVER	SOP	D1, D10		need in catalog; use 8940 00 478 9073 pie filling, blueberry, 6/ #10 UI:CN plus 8920 01 E09 4313 pie shell, regular 10" preformed, 24 ea/cs UI:CO
20	CHILLED APPLESAUCE	A01303	D2, D6, D10, D14, D18, D21		8915 00 127 8272 fruit, applesauce, 6/ #10 UI:CN
150	HOT DINNER ROLLS	SOP	D5, D6, D8, D10, D12, D13, D17, D19		local bread/bakery contract

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 11				
35	VEGETABLE SOUP	SOP	D1, D6, L11, D17		8935-01-e09-7251 soup, condensed, vegetable 50 oz CN
35	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
45	ROAST PORK TENDERLOIN	L08101	L11		8905-01-e19-5159 pork loin, bnls, preck, fz, lightly seasoned, 8/ 6 lb avg UI:LB
55	MEAT LOAF	SOP or L03500	L3, D7, L11, L19		8905 01 E59 4038 meatloaf, beef, pre-ck, fz,,bulk, 4-5 lb loaf per cs
40	MASHED POTATOES	Q05700	L3, L5, L7, D9, L11, D14, L17, L18, L19, L20, D21		8915-00-133-5903 Potatoes, Gran, Dehy. #10 Can plus 8910 01 091 7209 nfd milk #10 cn, 8945 00 616 0078 margarine, spices
60	BAKED MACARONI & CHEESE	F00100 or SOP	L3, D6, L11, L13, L21		8920 00 067 6146 macaroni, elbow form, 10 lb pg, 3/cs UI:LB & 8910 01 418 7467 cheese, cheddar, shredded, 2/5 lb bg/cs UI:LB or not cat: 8940-01-e29-1856 mac & cheese, bib
30	LOUISIANA STYLE SMOTHERED SQUASH	Q06400	L11 (summer squash)		ffv: squash, yellow or zucchini or 8915 00 616 0229 veg, squash, sliced, 12/ 3 lb pg UI: LB plus onions, peppers, celery, spices
65	BEAN COMBO	Q00102	D11		8915 00 162 9878 veg, beans, green, french style, fz, 12/ 2.5 lb UI:LB; 8915 01 E29 0661 veg, beans, lima, boil in bag 4/ 6lb co UI:CO ; 8915 00 162 5087 veg, carrots, sliced, fz, 12/ 2 lb pg UI:LB
100	BROWN GRAVY	SOP or O-01600	L1, D2, L3, L5, D7, L11, D15, L17, L19, D20		8940 01 E60 1729 gravy mix, beef, 16 oz co, 8/cs UI:CO
40	CABBAGE, APPLE, AND RAISIN SALAD	M00102	L2, D7, L11, L19		FFV list plus 8915-01-419-6695 raisins, thompson seedless, 15 oz UI:BX box
40	CUCUMBER & ONION SALAD	M01500	L3, D8, L11, D16		ffv: cucumbers & onions, plus spices, 8950-01-E09-0792 vinegar, cider or distilled, 6/ 1 gal plastic UI:BT, 8925-01-413-7811 sugar, granulated, 4/ 10 lb UI:BG
75	OATMEAL RAISIN COOKIES	SOP or H00903	L2, L11, D15		8920-01-e09-6674 cookie dough, oatmeal raisin, pr-cut, fz, 240/co UI:CO
20	CHILLED CND APRICOTS	A01304	L3, L7, L11, L15, L19		8915-01-e09-2581 fruit, apricots, 6/ #10 CN
	DINNER DAY 11				
20	TOMATO SOUP	SOP	L3, L5, L8, D11, L14, D20		8935-01-e09-4646 soup, tomato, condensed no. 5 size can, 12/CS
20	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
40	HONEY GLAZED CORNISH HENS	L14200	L4, D11		8905-01-e59-0706 cornish hen, halved, fz, 11oz avg, 24 ea /cs UI:LB
60	VEAL PARMESAN with	L10300	D11		need mozarella cheese; 8905-01-E59-6322 veal steak, preck, brd, fz, 160-4 oz ea/cs UI:LB ,parmesan,
60	TOMATO SAUCE	O01500	D11		need tomato paste or tomato juice concentrate; plus ffv: onions, flour, spices
60	PASTA W/	E00400	D11		8920-00-125-9441 pasta, spaghetti, thin, 3/ 10 lb UI:BX
60	MARINARA SAUCE	O00400	D11		8950 01 E09 6782 sauce, spaghetti, 6/ #10 CN; want added Victoria all natural bib
40	AU GRATIN POTATOES	Q05101	L8, D11, L16		8915 00 139 7426 veg, potatoes, sliced, dehy, 4/ 5 lb bg UI:BG plus 8910 01 418 7467cheese, cheddar, shredded 2/ 5 lb bag UI:LB, bread crumbs, spices use: 8920-01-E19-3546 Bread Dressing 6/3.5 LB BGs
65	HERBED BROCCOLI	Q06500	D2, D4, D11		8915 00 129 0825 veg, broccoli spears, fz, 12/ 2.5# pg, UI:LB
25	HARVARD BEETS	Q00800	D11		8915 00 127 8835 veg, beets, sliced, 6/ #10 UI:CN; vinegar, starch, sugar, spices
45	GERMAN STYLE TOMATO SALAD	M05300	L4, D8, D11, L16		ffv: tomatoes, onion, parsley, plus 8950 01 E59 6579 dressing, salad, regular, 4/ 1 gal co, UI:CO, and cream, bacon
20	SPINACH SALAD	M00200	D2, D11, L17		ffv: spinach, onions, mushrooms; 8905-01-E59-2158 bacon, preck, sliced, fz, 200 sl/pg, 6pg/cs, 24 lb UI:LB 8910 00 926 6048 eggs, fresh, 30 dz/cs, UI:DZ or 8910 01 E59 5089 eggs, ckd, chl 12/pg, 8 pg/cs UI:PG
75	BLUEBERRY CRUNCH	J01002	L6, D11, L19		8940 00 478 9073 pie filling, blueberry, 6/ #10 UI:CN, 8920 00 823 7229 cake mix, yellow, 6/ #10 UI:CN, coconut, butter, lemon juice
40	CHILLED CND FRUIT COCKTAIL	A01317	L1, L5, D7, L9, D11, L13, L17		8915-00-286-5482 fruit cocktail, #10, UI:CN
100	TOASTED PARMESAN BREAD	D00701	D11, D20		localcontract french bread; 8945 00 616 0078 margarine ,1 lb print, 30/CS UI:LB; 8910-00-782-3765 cheese, parmesan grated, 1lb co UI:CO

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 12				
30	CHICKEN NOODLE SOUP	SOP	L4, L12, L17, L19		8935-01-e09-4654 soup, chicken noodle, condensed, 12/ 51 oz UI: CN
30	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
40	SHRIMP CURRY	L13800	L12		need curry spice 8905 01 E59 7047 fish, shrimp, raw p&d, fz 26-30 ct, 36 lb cs UI:LB ; ffv: apples, celery, onion, peppers and oil, flour, spices, mushrooms, lemon juice
60	BEEF STROGANOFF	L05300	L12		8905-00-133-5889 beef, braising steak, swiss, portion-cut, 6oz portions, 147 pcs/cs UI:LB or 8905 01 388 1164 beef, fajita strip, marin, fzn, raw, seasoned or marin, 4/5lb pg/cs pls 8915-01-e60-1924 veg, mushrooms, cn,sliced, 6 #10 cn, onion, flour, spices. nfd milk, sour cream
60	STEAMED NOODLES	E01301	L8, L10, L12, D13, D15, L20		8920 00 126 3388 noodles, egg 3/ 5 lb pg UI:LB or 8920-00-067-6146 macaroni, elbow, 10 lb bx, UI:LB
40	STEAMED RICE	E00500	D2, D5, D10, L12, L16, D21		8920-01-250-6557 rice, parboiled 25 lb bg UI:BG
50	SOY SAUCE	SOP	D10, L12, D13		8950 01 E09 5507 sauce, soy, 24/ 5 oz UI:CO; 8950-01-e09-2513 sauce, soy 0.5 oz, 500/cs UI: CO
50	SEASONED GREEN BEANS	Q10100	D5, L12, D16, D21		8915 00 128 1176 veg, beans green, fz, 12/ 2.5# pg UI:LB or 8915 00 162 9878 eg, beans green, french style, fz, 12/ 2.5# pg UI:LB, or 8915 00 616 4280 veg, beans, green 6/#10 UI:CN
30	SEASONED CARROTS	Q10801	D2, D9, L12, D14, D17		8915 00 162 5087 veg, carrots, sliced, fz, 12/ 2 lb pg UI:LB or 8915 00 006 2436 veg, carrots, sliced, 6/ #10 UI:CN
40	MACARONI SALAD	M03400	L1, D3, D5, L7, D9, L12, D14, D17		8920-00-067-6146 macaroni, elbow, 10 lb bx, UI:LB plus 8950 01 E59 6579 salad dressing, 8950 01 127 9295 relish, 8910 00 926 6048 eggs or 8910 01 E59 5089 eggs, ckd; ffv: celery, onion, spices, oil, vinegar, pimientos
20	KIDNEY BEAN SALAD	M03100	L5, L12, L19		8915 00 926 6793 veg, beans, kidney, 6/ #10 UI:CN
75	CHOCOLATE CAKE w/ frosting	SOP	L1, L12, L20 alt recipe G01201 w/ frosting G00500		8920-01-E59-1485 cake, choc, sheet or 8920-00-823-7221cake mis, devil's food, #10 UI:CN w/ 8925 01 419 7027 icing mix, vanilla
25	CHILLED CND MANDARIN ORANGES	A01333	L4, L8, L12, L16, L20		8915 01 235 3548 fruit, orange, mandarin 6/ #10 UI:CN, 6/CS
	DINNER DAY 12				
20	CREAM OF BROCCOLI SOUP	SOP	D8, D12, L18		8935-01-e59-4424 soup, cream of broccoli, condensed 12/ 50 oz UI:CN
20	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
50	HERBED BAKED CHICKEN	SOP or L14302	D12, D15		8905-01-e19-4811 chicken, precked, herb roast, 7-8 oz, 24 ct cs UI: lb
50	PEPPER STEAK	L01300	D12		need tomato paste, 8905-00-133-5889 beef, braising steak, swiss, portion-cut, 6oz portions, 147 pcs/cs UI:LB ffv: onions, peppers, spices, soy, corn starch
50	RICE PILAF	E00800	D9, D12, D17, D20		8920-01-250-6557 rice, parboiled 25 lb bg UI:BG, ffv: onion, 8935 01 E09 8162 soup and gravy base, chicken 6/16 OZ UI:CO, spices
50	O'BRIEN POTATOES	Q05402	D2, L6, D12, L14		FFV list fresh or 8915 00 139 7426 veg, potatoes, sliced, dehy, 4/5 LB PG, UI:BG
30	PEAS W/ MUSHROOMS	Q04100	D12		8915 00 127 8021 peas, green, fz, 12/2.5 LB PG/CS UI:LB; 8915-01-e60-1924 veg, mushrooms, cn,sliced, 6 #10 cn
45	SEASONED CORN	Q11000	L6, D12		8915 00 127 8018 veg, corn, fz, 12/ 2.5 lb pg, UI:LB or 8915 00 257 3947 veg, corn, 6/ #10 UI:CN
50	CHICKEN GRAVY	SOP	D9, D12, D21		8940 01 E60 1623 gravy mix, chicken, inst 8/ 16 oz UI: CO
40	POTATO SALAD	M04000	D1, L5, D12, L15, L18, L20		fresh potatoes, 8950 01 E59 6579 salad dressing, 8950 01 127 9295 relish, 8910 00 926 6048 eggs or 8910 01 E59 5089 eggs, ckd; ffv: celery, onion, parsley, and spices, oil, vinegar, pimientos
40	COUNTRY STYLE TOMATO SALAD	M05301	D6, D12, L15, L21		ffv: tomatoes, onion, peppers, celery plus oil, vinegar, sugar
60	CHERRY CRUNCH	J01003	D12		8940 00 616 0227 pie filling, cherry, 6/ #10 UI:CN, 8920 00 823 7229 cake mix, yellow, 6/ #10 UI:CN, coconut, butter, lemon juice
20	CHILLED CND PINEAPPLE	A01345	D3, D12, D15, L21		8915 00 170 5148 pineapple, sliced, 6/# 10 UI:CN
150	HOT DINNER ROLLS	SOP	D5, D6, D8, D10, D12, D13, D17, D19		local bread/bakery contract

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 13				
30	MINESTRONE SOUP	SOP	D4, D9, L13, L15		8935-01-e09-7253 soup, minestrone, condensed 12/ 50 oz UI:CN
30	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
45	CHILI CONQUISTADOR	SOP w/ L04200	L13		8940 01 E59 7930 entrée, chili with beans, multi-serve, fz 4/ 5 lb CO plus 8920-01-250-6557 rice, parboiled 25 lb bg UI:BG
70	BAKED STUFFED FISH	L12000	L13		8905 01 E19 4541 fish, trout fillet approx 8 oz ea 2/ 5 lb co UI:LB; prefer 5 oz fillet of cold water sea-fish
70	SEAFOOD COCKTAIL SAUCE	SOP	L13, D19		8950-01-e19-0588 sauce, seafood cocktail 1.5 oz UI: ??cs
20	LEMON WEDGES	SOP	L3, D6, D10, L13, L14, D17, D19, L21		ffv
70	TARTAR SAUCE	SOP	L3, D6, D10, L13, L14, D17, D19, L21		pc 8950-01-e09-6364 sauce, tartar, 12 gm pg, 200/co UI: CO
2x 50	WILD RICE	E80100	D1, D8, L13 dble portion size to 1 cup		8920 01 226 3368 rice, long grain & wild rice blend, 36 oz UI:BX
60	BAKED MACARONI & CHEESE	F00100 or SOP	L3, D6, L11, L13, L21		8920 00 067 6146 macaroni, elbow form, 10 lb pg, 3/cs UI:LB & 8910 01 418 7467 cheese, cheddar, shredded, 2/5 lb bg/cs UI:LB or not cat: 8940-01-e29-1856 mac & cheese, bib
50	ONION RINGS	Q03501	L13		8915 00 191 3461 veg, onion rings, raw, brd, fz 12/ 2 lb pg UI:LB
20	SEASONED SPINACH	Q12101	L13		8915 00 143 0931 veg, spinach 6/ #10 UI:CN fz better;
50	CARROTS ORANGE AMANDINE	Q01400	L13, also known as Carrots Amandine		need almonds; 8915 00 162 5087 veg, carrots, sliced, fz 12/ 2# PG UI:LB or ffv: carrots fresh, brown sugar, orange & juice
50	COLE SLAW W/ CREAMY DRESSING	M00900	L3, D6, L10, L13, L17, D19		ffv: cabbage plus 8950 01 E59 6579 dressing, salad, regular, 4/ 1 gal co, UI:CO
20	TACO SALAD	M02800	L4, L13, D17, D21		8920-00-043-5352 taco shell bowls, preformed, plus 8940 00 126 3394 chili con carne 6/#10 UI:CN, ffv, cheesechips, sauce
80	STRAWBERRY SHORTCAKE (MIX)	G01601	L13, D19		need frozen strawberries,; 8920 00 823 7229 cake mix, yellow, 6/ #10 UI:CN, alt canned cherry or blueberry berry
80	WHIPPED TOPPING	K00200	L7, D9, L13, D13, D17, L18, D19		8940 01 E09 3657 topping , whipped, non-dairy rtu in bag, 12/ 16 oz CO
20	CHILLED CND FRUIT COCKTAIL	A01317	L1, L5, D7, L9, D11, L13, L17		8915-00-286-5482 fruit cocktail, #10, UI:CN
	DINNER DAY 13				
40	VEGETABLE BEEF SOUP	SOP	D3, D13, L16, D19		add to catalog: vegetable beef soup
40	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
25	BRAISED BEEF CUBES	L01701	D13		8905 00 177 5017 beef for stewing,fzn, diced, unckd, us select gr, 7/ 8lb bg UI:CN; onions, 8935 01 E09 8579 soup & gravy base, beef, paste, no msg, 1 lb UI:CO, catsup, spices, flour, 8920-00-126-3388 egg noodles lb 5 lb bx UI:LB
75	CANTONESE SPARERIBS	L09500	D13		8905 01 E59 5866 pork ribs, pre-ck, no sauce, boil in bag, fz, 10/ 2.5 lb UI:LB; soy, sugar, catsup
75	FILIPINO FRIED RICE	E00702	D13		ilo brown rice: 8920 01 226 3368 rice, long grain & wild rice blend 6/ 36 oz box UI:BX; onion, eggs, spices, soy 8905 00 753 6503 diced pork
75	SOY SAUCE	SOP	D10, L12, D13		8950 01 E09 5507 sauce, soy, 24/ 5 oz UI:CO; 8950-01-e09-2513 sauce, soy 0.5 oz, 500/cs UI: CO
25	STEAMED NOODLES	E01301	L8, L10, L12, D13, D15, L20		8920 00 126 3388 noodles, egg 3/ 5 lb pg UI:LB or 8920-00-067-6146 macaroni, elbow, 10 lb bx, UI:LB
40	ORIENTAL FRIED CABBAGE	Q01500	D13		cabbage, onion, peppers, 8905-01-E59-2158 bacon, 8915 01 E09 4519 bean sprouts,8915 00 935 6371 pimientos, spices egg
50	SEASONED LIMA BEANS	Q10200	D6, D13		8915-00-127-7984 lima beans, fz, bib ?pk
25	PINEAPPLE COLE SLAW	M00903	D4, L8, D13, D20		ffv: cabbage, 8915 00 170 5148 pineapple, sliced, 6/# 10 UI:CN, plus 8950 01 E59 6579 dressing, salad, regular, 4/ 1 gal co, UI:CO, vinegar
45	PASTA SALAD	M03800	D4, L8, D13, L16, D20		8920 01 412 5091 macaroni, rotini spiral, tri-color, 10 lb pg, 3/CS UI:CO plus ffv items, 8940 01 389 4380 italian dressing, 16 oz, 6/ 16 oz UI:BT
70	APPLE PIE	SOP	L3, D13		8920 01 E59 7281 pie slices, apple, fz, 4 oz ea ind wrap, 48/ UI:CS or 8920 01 E09 4313 pie shell, reg 10" preform, 24/cs UI:CO plus 8940 00 616 0226 pie, filling, apple, 6/ #10 UI:CN
20	WHIPPED TOPPING	K00200	L7, D9, L13, D13, D17, L18, D19		8940 01 E09 3657 topping , whipped, non-dairy rtu in bag, 12/ 16 oz CO
30	CHILLED CND PEACHES	A01337	D1, D5, D9, D13, D17		8915-00-577-4203 peaches, canned #10 UI:CN
150	HOT DINNER ROLLS	SOP	D5, D6, D8, D10, D12, D13, D17, D19		local bread/bakery contract
					8910 01 E59 6929 eggs, liquid pasteurized scrambled egg fz, 6/ 5 lb UI:CO

SERV PER 100	MEAL / DAY	RECIPE / SOP	FREQUENCY		
	LUNCH DAY 14				
20	TOMATO SOUP	SOP	L3, L5, L8, D11, L14, D20		8935-01-e09-4646 soup, tomato, condensed no. 5 size can, 12/CS
20	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
30	MANICOTTI, BEEF & CHEESE varieties	SOP w/ L07	L14 mix and match 2 per diner		need beef manicotti; 8920 01 E19-3323 pasta, manicotti , cheese, no sauce, fz 2.7oz ea 60ea/10 lb co, UI:PG; ready made w/out sauce need to add; 8920-01-e19-3323 cheese only so far
30	MARINARA SAUCE	SOP	L14 with manicotti		8950-01-e09-6782 sauce, spaghetti rtu 6 #10 UI:CN;
30	GRATED PARMESAN CHEESE	SOP	D4, L9, L14, D16, D18		8910-00-782-3765 cheese, parmesan grated, 1lb co UI:CO
tbd	SPAGHETTI W/ MEAT BALLS	L03901	D4, L14 (L14 as alt to beef manicotti)		8905-01-E59-2905 meatballs, beef, prckd, fz 0.5 oz ea, 10 lb cs UI:LB plus : rtu sauce 8950-01-e09-6782 sauce, spaghetti 6 #10 UI:CN; spaghetti 8920-00-125-9441 pasta, spaghetti, thin, long form, reg cook, 3/ 10 lb bx UI: LB or BX
70	FRIED CATFISH	L05600	L3, L14		need in cat: plain catfish fillet; 8905-01-e19-5285 catfish fillets; fz, brd, cajun style, RTC, 4-6 OZ EA, 15LB UI:LB 8920-00-616-0024 cornmeal, yellow 12/ 24 oz UI:BX
20	LEMON WEDGES	SOP	L3, D6, D10, L13, L14, D17, D19, L21		ffv
70	TARTAR SAUCE	SOP	L3, D6, D10, L13, L14, D17, D19, L21		pc 8950-01-e09-6364 sauce, tartar, 12 gm pg, 200/co UI: CO
60	O'BRIEN POTATOES	Q05402	D2, L6, D12, L14		FFV list fresh or 8915 00 139 7426 veg, potatoes, sliced, dehy, 4/5 LB PG, UI:BG
60	HUSHPUPPIES	D01502	L14		8920-01-e09-8658 cornbread mix 6/ 5 lb UI:BX; onions, black pepper
60	MEXICAN CORN	Q02702	L14		8915 00 127 8018 veg, corn, fz, 12/ 2.5 lb pg, UI:LB or 8915 00 257 3947 veg, corn, 6/ #10 UI:CN plus ffv: green peppers & 8915 00 935 6371 veg, pimiento, diced 24/ # 2.5 UI:CN
35	PEAS W/ ONIONS	Q04103	D8, L14, D19		ffv: onions plus 8915 00 127 8021 peas, green, fz, 12/ 2.5lb pgUI:LB or 8915 00 127 9282 veg, peas, sweet 6/ #10 UI:CN
35	GERMAN COLE SLAW	M02700	D9, L14, L18		ffv: cabbage, onion, peppers, celery, plus spices, 8950-01-E09-0792 vinegar, cider or distilled, 6/ 1 gal plastic UI:BT, 8925-01-413-7811 sugar, granulated, 4/ 10 lb UI:BG, 8915 00 935 6371 veg, pimiento, diced 24/ # 2.5 UI:CN
40	ITALIAN STYLE PASTA SALAD w/	M02900	D1, D10, L14		8920-01-412-5091, macaroni rotini pasta tri-color. 10 LB UI:CO
40	VINEGAR & OIL SALAD DRESSING	SOP or M-06	D1, D10, L14		8940 01 389 4380 Italian dressing 16 0z UI:BT or 8950 01 E59 2119 dressing, italian, 1 gal UI:CO
75	CHOCOLATE CHIP COOKIES vary types	SOP	D8, L14, L21 alt recipe H02001		8920 01 E09 6672 cookie dough, choc w/ choc chip, pre-cut, fz, 240/ 1.3 OZ ea UI:CO
25	CHILLED CND PEARS	A01341	L2, D4, L6, D8, L10, L14, D16, L18, D20		8915 00 616 0223 Pears, canned, bartlett, halves, syrup pack,#10 size UI:CN
	DINNER DAY 14				
30	BEEF NOODLE SOUP	SOP	L2, L7, L10, D14, L20		8935-01-E09-4643 soup, condensed, beef noodle 50 oz UI:CN
20	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
70	ROAST TURKEY	L16200	L7, D14, L18 use both nsn		8905-01-E19-1811 turkey, bnls, pre-ckd, fz, white&dark, 4/cs, avg 42 lb/csand 8905-01-E09-9149 turkey, beast, roast, raw, fzin foil bag, 2/ 8lb UI:LB
30	CRANBERRY SAUCE	SOP	L7, D14, L18		8915-01-e19-8012 cranberry sauce, jellied, squat 6 -#101 cn
70	CORNBREAD DRESSING	O02000	D14		8920 01 E09 3922 stuffing mix, cornbread 6/ 3.5 lb co,UI:BX or use ilo: Bread Dressing 8920-01-E19-3546 6/3.5 LB BGs
30	BBQ PORK LOIN	L08102	D14		8905-01-e19-5159 pork loin, bnls, preck, fz, lightly seasoned, 8/ 6 lb avg UI:LB plus 8950 01 E09 5966 barbecue sauce, w/ hickory smoke flavor, 4/ 1 gal co UI:CO
75	MASHED POTATOES	Q05700	L3, L5, L7, D9, L11, D14, L17, L18, L19, L20, D21		8915-00-133-5903 Potatoes, Gran, Dehy. #10 Can plus 8910 01 091 7209 nfd milk #10 cn, 8945 00 616 0078 margarine, spices
75	TURKEY GRAVY	SOP	L7, D14, L18		8940 01 E60 1620 gravy mix, turkey inst, 8/ 16 oz UI:CO
30	SCALLOPED POTATOES	Q05300	D14		ffv: potatoes, round plus 8910 01 091 7209 non-fat dry milk, 6/ 4 lb #10 UI:CN; 8945 00 616 0078 margarine, 8920 01 449 9598 flour, spices
20	STEWED TOMATOES	Q05800	L14		8915 01 373 4978 veg, tomatoes, diced, 6/ #10 UI:CN, plus ffv: onions,sweet green peppers, celery, & spice; black pepper
45	SEASONED CARROTS	Q10801	D2, D9, L12, D14, D17		8915 00 162 5087 veg, carrots, sliced, fz, 12/ 2 lb pg UI:LB or 8915 00 006 2436 veg, carrots, sliced, 6/ #10 UI:CN
25	WALDORF SALAD	M05000	D2, L6, D10, D14		ffv: apples, celery, lettuce; 8925 01 E09 6077 walnuts, shelled, unsalted pieces 6/ 3# co UI:CO
40	MACARONI SALAD	M03400	L1, D3, D5, L7, D9, L12, D14, D17		8920-00-067-6146 macaroni, elbow, 10 lb bx, UI:LB plus 8950 01 E59 6579 salad dressing, 8950 01 127 9295 relish, 8910 00 926 6048 eggs or 8910 01 E59 5089 eggs, ckd; ffv: celery, onion, spices, oil, vinegar, pimientos
75	CHEESE CAKE w/	SOP	L8, D14		8920 01e59 2848 or alt napa cheese cake, fz, sliced size & UI:??
	W/ BLUEBERRY TOPPING				8940 00 478 9073 pie filling, blueberry, 6/ #10 UI:CN
20	CHILLED APPLESAUCE	A01303	D2, D6, D10, D14, D18, D21		8915 00 127 8272 fruit, applesauce, 6/ #10 UI:CN
80	BAKING POWDER BISCUITS	D00101	D1, D14		mix not in catalog; use 8920 01 E09 9276 biscuits, buttermilk fz, sliced, 2 oz ea, 120/co UI:CO

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 15				
35	MINESTRONE SOUP	SOP	D4, D9, L13, L15		8935-01-e09-7253 soup, minestrone, condensed 12/ 50 oz UI:CN
35	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
50	BEEF STEW	L02200	L15		8905 00 177 5017 beef for stewing, diced, fz 7/ 8lb bg, UI:LB; plus 8915 01 373 4978 veg, tomatoes, diced, 6/ #10 UI:CN, plus ffv: onions,potatoes, carrots, celery; and oil, flour & spices
50	BAKED ITALIAN SAUSAGE W/	L08801	L15		8905 00 080 5565 italian sausage, all pork, hot, fz 4 oz ea, 10 LB UI:LB
50	SAUTEED PEPPERS & ONIONS	SOP	L15 substitute peppers for mushrooms in Q-30-1		ffv: green peppers & onions
50	LINGUINE or Rigatoni or Spaghetti	E00406	L15 pasta variation: linguine/rigatoni		linguine not in catalog use: 8920 00 483 1353 macaroni, rigatoni, regular cooking, enriched, 5 lb pg, 2/CS UI:LB; or 8920-00-125-9441 pasta, spaghetti 3/ 10 lb bg UI:BX
50	RISSOLE POTATOES	Q05200	L15		ffv: potatoes, round or 8915 00 127 9677 potatoes, white, whole 60-90ct/cn, 6/ #10 cn/cs UI:CN
60	SEASONED PEAS & CARROTS	Q04101	L15		8915 00 143 0997 veg, peas & carrots, fz 12/ 2.5 lb pg UI:LB
20	CAULIFLOWER POLONAISE	Q01002	L1, L15		8915-00-160-6156 cauliflower, fz, 2 lb pg UI: LB
40	POTATO SALAD	M04000	D1, L5, D12, L15, L18, L20		fresh potatoes, 8950 01 E59 6579 salad dressing, 8950 01 127 9295 relish, 8910 00 926 6048 eggs or 8910 01 E59 5089 eggs, ckd; ffv: celery, onion, parsley, and spices, oil, vinegar, pimientos
40	COUNTRY STYLE TOMATO SALAD	M05301	D6, D12, L15, L21		ffv: tomatoes, onion, peppers, celery plus oil, vinegar, sugar
65	CHERRY PIE	SOP	D9, L15, L18, D21		8920 01 E59 7282 pie slices, cherry fz, 4 oz ind wrap, 48 /cs UI:CS
25	CHILLED CND APRICOTS	A01304	L3, L7, L11, L15, L19		8915-01-e09-2581 fruit, apricots, 6/ #10 CN
	DINNER DAY 15				
40	BEAN w/ BACON SOUP	SOP	D5, D10, D15, L21		8935-01-e59-4417 soup, bean with bacon, 12/ 50 OZ UI:CN
40	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
60	HERBED BAKED CHICKEN	SOP or L14302	D12, D15		8905-01-e19-4811 chicken, precked, herb roast, 7-8 oz, 24 ct cs UI: lb
40	SWEDISH MEATBALLS	L04100	D15		ready made in catalog have wrong spices; need bread crumbs, plus use 8905-01-E19-4313 beef, ground, bulk fz 85% lean, 3/ 10 lb bg/cs UI:LB plus nfd milk, eggs, bread crumbs, spices: allspice, nutmeg, paprika and onions, flour, oil, beef gravy base
30	BAKED POTATO	Q04400	L2, D8, D15, D19, L21		FFV list
30	w/ SOUR CREAM	SOP	L2, D3, D8, D15, D18, D19, L21		8910 01 E19 7252 sour cream, chl, 200 gm co (approz 7 oz) 24/case
70	STEAMED NOODLES	E01301	L8, L10, L12, D13, D15, L20		8920 00 126 3388 noodles, egg 3/ 5 lb pg UI:LB or 8920-00-067-6146 macaroni, elbow, 10 lb bx, UI:LB
65	CORN COMBO	Q00106	D15		8915 00 127 8018 veg, corn, fz, 12/ 2.5 lb pg, UI:LB; 8915-00-162-9878 beans, green fzn, 2.5 lb pg, UI:LB; 8915 00 162 5087 veg, carrots, sliced, fz, 12/ 2 lb pg UI:LB
35	SOUTHERN STYLE GREENS	Q02901	L15, D21		8915-01-E29-0659 Turnip Greens, Boil-In-Bag UI:?? Or bib 8915-00-926-5936 turnip greens or 8915 00 926 5936 veg, greens, mustard, fz, chopped 12/ 3 lb pg UI:LB or 8915-01-E29-0657 Collard Greens, fz Boil-In Bag UI:??
70	BROWN GRAVY	SOP or O-01600	L1, D2, L3, L5, D7, L11, D15, L17, L19, D20		8940 01 E60 1729 gravy mix, beef, 16 oz co, 8/cs UI:CO
40	CHEF's SALAD	M07000	D3, D7, D15, D18		ffv: lettuce, tomato, cucumber, celery, green peppers, cabbage plus swiss cheese, turkey, ham, eggs
50	Assorted dressings	SOP	D3, D7, D15, D18		8940 01 389 4380 italian dressing, 16 oz, 6/ 16 oz UI:BT, 8940 01 389 4434 ranch dressing, 16 oz, 6/ 16 oz UI:BT, 8940 01 389 6155 french dressing, 16 oz, 6/ 16 oz UI:BT, 8940 01 452 3108 thousand island dressing, 16 oz, 6/ 16 oz UI:BT
20	GOLDEN GLOW GELATIN SALAD	M03601	L2, D15, D19		8940-01-419-6681 dessert pdr gelatin, orange, foil pg 12 /24 oz pkg UI:PG orange gelatin ilo lemon plus carrots, & pineapple
75	OATMEAL RAISIN COOKIES	SOP or H00903	L2, L11, D15		8920-01-e09-6674 cookie dough, oatmeal raisin, pr-cut, fz, 240/co UI:CO
20	CHILLED CND PINEAPPLE	A01345	D3, D12, D15, L21		8915 00 170 5148 pineapple, sliced, 6/# 10 UI:CN
100	HOT CORNBREAD	Q01500	L3, D7, D9, D15, D18		8920-01-e09-8658 cornbread mix 6/ 5 lb UI:BX
					or use or

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 16				
25	VEGETABLE BEEF SOUP	SOP	D3, D13, L16, D19		add to catalog: vegetable beef soup
25	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
40	BAKED HAM	L06900	L9, L16		8905-01-e59-3723 ham, buffet, fully cked,boneless, wtr add, chl 2 ea in 24 lb cs UI:LB
60	VEAL PAPRIKA STEAKS	L10200	L16		8905-01-E59-6322 veal steak, preck, brd, fz, 160-4 oz ea/cs UI:LB plus 8910 01 E19 7252sour cream and onions, oil, flour, beef gravy base, paprika,
60	STEAMED RICE	E00500	D2, D5, D10, L12, L16, D21		8920-01-250-6557 rice, parboiled 25 lb bg UI:BG
40	AU GRATIN POTATOES	Q05101	L8, D11, L16		8915 00 139 7426 veg, potatoes, sliced, dehy, 4/ 5 lb bg UI:BG plus 8910 01 418 7467cheese, cheddar, shredded 2/ 5 lb bag UI:LB, bread crumbs, spices use: 8920-01-E19-3546 Bread Dressing 6/3.5 LB BGs
20	SEASONED SUCCOTASH	Q12400	D1, D10, L16, D19		8915 00 143 0983 veg, succotash, fz, 2.5 lb/pg UI:LB
60	STEAMED BROCCOLI	Q10500	L6, L16, L20		8915 00 129 0825 veg, broccoli spears, fz 12/ 2.5# pg UI:LB
40	GERMAN STYLE TOMATO SALAD	M05300	L4, D8, D11, L16		ffv: tomatoes, onion, parsley, plus 8950 01 E59 6579 dressing, salad, regular, 4/ 1 gal co, UI:CO, and cream, bacon
40	PASTA SALAD	M03800	D4, L8, D13, L16, D20		8920 01 412 5091 macaroni, rotini spiral, tri-color, 10 lb pg, 3/CS UI:CO plus ffv items, 8940 01 389 4380 italian dressing, 16 oz, 6/ 16 oz UI:BT
60	PEACH CRISP	J00803	L16		8940-00-616-0228 pie filling, peach, #10 UI:CN not cat:: 8920-00-935-3264 oatmeal cookie mix 6-#10 cn 8945 00 616 0078 margarine ,1 lb print, 30/CS UI:LB
25	CHILLED CND MANDARIN ORANGES	A01333	L4, L8, L12, L16, L20		8915 01 235 3548 fruit, orange, mandarin 6/ #10 UI:CN, 6/CS
	DINNER DAY 16				
20	CREAM OF MUSHROOM SOUP	SOP	L1, L6, L9, D16		8935-01-e09-4649 soup,condensed cr of mush, UI CN
25	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
70	BEEF RIB ROAST (Prime rib)	L00403	D6, D16		**Beef Rib Roast Bnls napa tbd or** 8905 01 E09 6900 beef, ribeye roll UI:LB
30	SPAGHETTI W/ MEAT SAUCE	L03801	D16		8905-01-E19-4313 beef, ground, bulk fz 85% lean, 3/ 10 lb bg/cs UI:LB plus rtu sauce 8950-01-e09-6782 sauce, spaghetti 6 #10 UI:CN; and 8920-00-125-9441 pasta, spaghetti, thin, long form, reg cook, 3/ 10 lb bx UI: LB or BX
30	GRATED PARMESAN CHEESE	SOP	D4, L9, L14, D16, D18		8910-00-782-3765 cheese, parmesan grated, 1lb co UI:CO
70	GARLIC MASHED POTATOES	Q05700	D16, add 2 tsp garlic powder to Q-57		8915-00-133-5903 Potatoes, Gran, Dehy. #10 Can plus 8910 01 091 7209 nfd milk #10 cn, 8945 00 616 0078 margarine, andsalt, pepper, garlic powder
70	NATURAL PAN GRAVY (AU JUS)	SOP or O-01800	D1, D6, D16		8940-01-e59-9728 gravy, au jus mix, 6/24 oz pkg yield?
40	SEASONED GREEN BEANS	Q10100	D5, L12, D16, D21		8915 00 128 1176 veg, beans green, fz, 12/ 2.5# pg UI:LB or 8915 00 162 9878 eg, beans green, french style, fz, 12/ 2.5# pg UI:LB, or 8915 00 616 4280 veg, beans, green 6/#10 UI:CN
60	VEGETABLE STIR FRY	Q02500	D1, D7, D16		multi ingredient, inclu fresh cabbage, carrot, celery, onion, pepper
55	MIXED FRUIT SALAD	M03500	L9, D16		ffv: lettuce leaf, 3 assorted fruits
45	CUCUMBER & ONION SALAD	M01500	L3, D8, L11, D16		ffv: cucumbers & onions, plus spices, 8950-01-E09-0792 vinegar, cider or distilled, 6/ 1 gal plastic UI:BT, 8925-01-413-7811 sugar, granulated, 4/ 10 lb UI:BG
80	WHITE CAKE W/ CHOCOLATE ICING	SOP	D7, D16 or alt recipe G03001 w/G00900		8920 01 E19 7261 cake, white W/ VANILLA ICING, 4 sheets/CS UI: EA sheet or 8920 00 823 7227 cake mix, white 6/ #10 UI:CN plus 8925 01 419 7025 icing mix, fudge, add water 6/ 5 lb bg UI: BG
20	CHILLED CND PEARS	A01341	L2, D4, L6, D8, L10, L14, D16, L18, D20		8915 00 616 0223 Pears, canned, bartlett, halves, syrup pack,#10 size UI:CN
100	TOASTED GARLIC BREAD	D00700	D2, D4, L9, D16		localcontract french bread; 8945 00 616 0078 margarine ,1 lb print, 30/CS UI:LB; 8950 01 254 2691 spice, garlic powder, 16 oz UI:JR
20	HORSERADISH SAUCE	SOP or O-02300	D1, D6, D16		8950 00 127 9806 horseradish, prep, 32 oz, chl UI:QT

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 17				
40	CHICKEN NOODLE SOUP	SOP	L4, L12, L17, L19		8935-01-e09-4654 soup, chicken noodle, condensed, 12/ 51 oz UI: CN
40	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
60	GRILLED Strip Loin STEAK	L00700	L2,L17 (D8=T)		8905-01-E59-6494 beef loin, strip loin steak, bnls, fzn 8 oz UI:LB
80	STEAK SAUCE	SOP	L2, D8, L17		8950 01 E09 5681 sauce, steak, A-1, 15OZ btl, 12/cs UI:BT or 8950-01-e09-6033 heinz 57 steak sauce12 10 oz UI:BT or 8950 01 389 7653 steak sauce, aged, 15 fluid oz glass bottle, 12/CS UI:BT 8950-01-e09-5681 A-1 12 15 oz; 8950-01-e19-0573 Buff Bob Extra spicy 10 10 oz
60	MUSHROOMS & ONIONS	Q03001	L2, D8, L17		fresh onion plus 8915-01-e60-1924 veg, mushrooms, cn,sliced, 6 #10 cn
40	HERBED CORNISH HENS	L14202	L17		8905-01-e59-0706 cornish hen, halved, fz, 11oz avg, 24 ea /cs UI:LB lemon juice, spices incl thyme
60	LYONNAISE POTATOES	Q04603	D4, L17		ffv potatoes, onions
40	MASHED POTATOES	Q05700	L3, L5, L7, D9, L11, D14, L17, L18, L19, L20, D21		8915-00-133-5903 Potatoes, Gran, Dehy. #10 Can plus 8910 01 091 7209 nfd milk #10 cn, 8945 00 616 0078 margarine, spices
30	SAVORY BAKED BEANS	Q00301	L17		8915 00 184 5601 veg, beans, white, in tomato sauce w/ pork, #10 CN, 6/CS UI:CN with onions
30	SEASONED ASPARAGUS	Q10000	L5, L17		8915 00 404 6065 veg, asparagus, cuts & tips, fz, 12/ 2.5 lb pg UI:LB
60	BROWN GRAVY	SOP or O-01600	L1, D2, L3, L5, D7, L11, D15, L17, L19, D20		8940 01 E60 1729 gravy mix, beef, 16 oz co, 8/cs UI:CO
50	COLE SLAW W/ CREAMY DRESSING	M00900	L3, D6, L10, L13, L17, D19		ffv: cabbage plus 8950 01 E59 6579 dressing, salad, regular, 4/ 1 gal co, UI:CO
20	SPINACH SALAD	M00200	D2, D11, L17		ffv: spinach, onions, mushrooms; 8905-01-E59-2158 bacon, preck, sliced, fz, 200 sl/pg, 6pg/cs, 24 lb UI:LB 8910 00 926 6048 eggs, fresh, 30 dz/cs, UI:DZ or 8910 01 E59 5089 eggs, ckd, chl 12/pg, 8 pg/cs UI:PG
80	CHOCOLATE BROWNIES	SOP	D4, L9, L17 alt recipe H00201		8920 01 E09 7075 brownies, choc, fz, w/nuts, 71 oz sheet, 4/CS UI:EA (sheet)
20	CHILLED CND FRUIT COCKTAIL	A01317	L1, L5, D7, L9, D11, L13, L17		8915-00-286-5482 fruit cocktail, #10, UI:CN
	DINNER DAY 17				
35	VEGETABLE SOUP	SOP	D1, D6, L11, D17		8935-01-e09-7251 soup, condensed, vegetable 50 oz CN
35	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
50	HERBED BAKED FISH	L11904	D17		need unbreaded white fish in catalog: use 8905 01 E59 7392 pollock, brd, raw, fz 4 oz portion
20	LEMON WEDGES	SOP	L3, D6, D10, L13, L14, D17, D19, L21		ffv
50	TARTAR SAUCE	SOP	L3, D6, D10, L13, L14, D17, D19, L21		pc 8950-01-e09-6364 sauce, tartar, 12 gm pg, 200/co UI: CO
50	CREOLE PORK CHOPS	L08300	D17 (double lb for portions due to chop size)		8905 01 E60 1030 pork, loin chops, center,portion-cut, marin, fz, 6 oz
50	CREOLE SAUCE variation	O-00500 vary	L17, (L1, D8)		need tomato paste; 8915 01 373 4978 veg, tomatoes, diced, 6/ #10 UI:CN, plus ffv: onions,sweet green peppers, celery;oil, flour & spices
40	RICE PILAF	E00800	D9, D12, D17, D20		8920-01-250-6557 rice, parboiled 25 lb bg UI:BG, ffv: onion, 8935 01 E09 8162 soup and gravy base, chicken 6/16 OZ UI:CO, spices
60	QUICK BAKED POTATOES W/	Q04401	D17		ffv: potatoes, baking
60	CHEESE SAUCE	SOP	L6, D17		8950-01-244-4288 cheese sauce, cheddar, 6/ #10 cn
50	HERBED GREEN BEANS	Q02600	L10, D17		8915 00 616 4280 veg, beans, green 6/#10 UI:CN plus ffv:onions, celery, and spices
50	SEASONED CARROTS	Q10801	D2, D9, L12, D14, D17		8915 00 162 5087 veg, carrots, sliced, fz, 12/ 2 lb pg UI:LB or 8915 00 006 2436 veg, carrots, sliced, 6/ #10 UI:CN
40	MACARONI SALAD	M03400	L1, D3, D5, L7, D9, L12, D14, D17		8920-00-067-6146 macaroni, elbow, 10 lb bx, UI:LB plus 8950 01 E59 6579 salad dressing, 8950 01 127 9295 relish, 8910 00 926 6048 eggs or 8910 01 E59 5089 eggs, ckd; ffv: celery, onion, spices, oil, vinegar, pimientos
40	TACO SALAD	M02800	L4, L13, D17, D21		8920-00-043-5352 taco shell bowls, preformed, plus 8940 00 126 3394 chili con carne 6/#10 UI:CN, ffv, cheesechips, sauce
75	PINEAPPLE UPSIDE DOWN CAKE (MIX)	G02901	L7, D17		8920 00 823 7229 cake mix, yellow, 6/ #10 UI:CN, 8915 00 170 5148 pineapple, sliced, 6/# 10 UI:CN, 8915 01 078 9271 fruit, maraschino cherries, 12/ 16 oz UI:JR, plus brown sugar, margerine
45	WHIPPED TOPPING	K00200	L7, D9, L13, D13, D17, L18, D19		8940 01 E09 3657 topping , whipped, non-dairy rtu in bag, 12/ 16 oz CO
45	CHILLED CND PEACHES	A01337	D1, D5, D9, D13, D17		8915-00-577-4203 peaches, canned #10 UI:CN
100	HOT DINNER ROLLS	SOP	D5, D6, D8, D10, D12, D13, D17, D19		local bread/bakery contract

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 18				
40	CREAM OF BROCCOLI SOUP	SOP	D8, D12, L18		8935-01-e59-4424 soup, cream of broccoli, condensed 12/ 50 oz UI:CN
40	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
50	ROAST TURKEY	L16200	L7, D14, L18 use both nsn		8905-01-E19-1811 turkey, bnls, pre-ckd, fz, white&dark, 4/cs, avg 42 lb/csand 8905-01-E09-9149 turkey, beast, roast, raw, fzin foil bag, 2/ 8lb UI:LB
50	BBQ RIBS	L09201	L18		8905 01 E59 5866 pork ribs, spareribs, ckd, boil in bag, fz St Louis style, no sauce, 10/ 2.5#PG/CS UI:LB plus catsup, chili sauce, worcestershire, vinegar, spices
60	SAVORY BREAD DRESSING	O02100	L18		8920-01-E19-3546 Bread Dressing 6/3.5 LB BGs UI:??, onions, celery, chicken gravy base, spices
40	CANDIED SWEET POTATOES	Q06700	L18		8915 00 982 6036 potatoes, sweet 6/ #10 UI:CN plus 8925 01 060 7500 brown sugar 12/ 2 lb poly bag per cs UI:BG; margarine, orange
60	MASHED POTATOES	Q05700	L3, L5, L7, D9, L11, D14, L17, L18, L19, L20, D21		8915-00-133-5903 Potatoes, Gran, Dehy. #10 Can plus 8910 01 091 7209 nfd milk #10 cn, 8945 00 616 0078 margarine, spices
40	HOPPING JOHN (beans & rice)	E01001	L18 black-eye peas with rice		bacon, onion,, 8915 00 007 5309 veg, black- eye peas, 6/ #10 UI:CN, 8920-01-250-6557 rice, parboiled 25 lb bg UI:BG, spices
70	CORN ON THE COB	Q11100	D7, L10, L18		8915-01-e09-2060 veg, corn on the cob, 3", 96 ct, 28 lb/cs UI: CO
40	HOT SPICED BEETS	Q00900	D8, L18		8915 00 127 8835 veg, beets, sliced, 6/ #10 UI:CN plus vinegar, spices, sugars
70	TURKEY GRAVY	SOP	L7, D14, L18		8940 01 E60 1620 gravy mix, turkey inst, 8/ 16 oz UI:CO
30	CRANBERRY SAUCE	SOP	L7, D14, L18		8915-01-e19-8012 cranberry sauce, jellied, squat 6 -#101 cn
25	POTATO SALAD	M04000	D1, L5, D12, L15, L18, L20		fresh potatoes, 8950 01 E59 6579 salad dressing, 8950 01 127 9295 relish, 8910 00 926 6048 eggs or 8910 01 E59 5089 eggs, ckd; ffv: celery, onion, parsley, and spices, oil, vinegar, pimientos
40	GERMAN COLE SLAW	M02700	D9, L14, L18		ffv: cabbage, onion, peppers, celery, plus spices, 8950-01-E09-0792 vinegar, cider or distilled, 6/ 1 gal plastic UI:BT, 8925 01-413-7811 sugar, granulated, 4/ 10 lb UI:BG, 8915 00 935 6371 veg, pimiento, diced 24/ # 2.5 UI:CN
65	CHERRY PIE	SOP	D9, L15, L18, D21		8920 01 E59 7282 pie slices, cherry fz, 4 oz ind wrap, 48 /cs UI:CS
65	WHIPPED TOPPING	K00200	L7, D9, L13, D13, D17, L18, D19		8940 01 E09 3657 topping , whipped, non-dairy rtu in bag, 12/ 16 oz CO
25	CHILLED CND PEARS	A01341	L2, D4, L6, D8, L10, L14, D16, L18, D20		8915 00 616 0223 Pears, canned, bartlett, halves, syrup pack,#10 size UI:CN
	DINNER DAY 18				
40	CREAM OF CHICKEN SOUP	SOP	D2, D7, D18, D21		8935-01-e09-4653 soup, cream of chicken condensed 12/ 50 oz cn/cs UI:CN
40	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
80	BEEFand/or CHICKEN FAJITAS	L04300 /L04302	D3, D18		8905-01-388-1164 beef, fajita strips fz, raw, marinated plus 8905-01-388-1064 chicken, breast, fajita strips, raw, marinated 5/ 10 lb pg/cs UI:LB and 8920 00 080 9096 tortillas, fz, wheat, 10" dia, 12/12 ct bg UI:BG
80	SALSA	SOP	D3, D18		8950 01 E09 4311 sals, mild 4/ 1 gal UI: CO
80	w/ SOUR CREAM	SOP	L2, D3, D8, D15, D18, D19, L21		8910 01 E19 7252 sour cream, chl, 200 gm co (approz 7 oz) 24/case
20	VEGETABLE LASAGNA	L00900	D18		8940 01 E19 4427 entrée, vegetable lasagna, 4/ 5.75 lb co UI:CO
25	GRATED PARMESAN CHEESE	SOP	D4, L9, L14, D16, D18		8910-00-782-3765 cheese, parmesan grated, 1lb co UI:CO
80	SPANISH RICE	E00900	D7, D18		8920-01-250-6557 rice, parboiled 25 lb bg UI:BG plus crushed tom, bacon, ffv: onions, peppers and spices
50	SEASONED MIXED VEGETABLES	Q12600	D3, L5, D6, L9, D18, D21		8915 00 935 6620 vegetables, mixed, fz 12/ 2.5 lb pg UI:LB
40	REFRIED BEANS	Q03801	D3, D18		8940 01 418 2700 beans, refried, 6/ #10 UI:CN
20	SALSA PASTA SALAD	M07100	D2, L6, D10, D14, D18		8920 00 483 1353 rigatoni, 5 lb pg, 2/CS UI:LB; 8915 00 143 0997 peas & carrots, fz ; 8915 00 127 8018 corn, fz, 12/ 2.5 lb pg, UI:LB ; 8915 01 E09 0156 bean, garbanzo (chickpea) 6/ #10 UI:CN; 8950 01 E09 2898 black olives, sliced, 6/ #10 UI:CN, jalapenos, tomatoes, onions
35	CHEF's SALAD	M07000	D3, D7, D15, D18		ffv: lettuce, tomato, cucumber, celery, green peppers, cabbage plus swiss cheese, turkey, ham, eggs
50	Assorted dressings	SOP	D3, D7, D15, D18		8940 01 389 4380 italian dressing, 16 oz, 6/ 16 oz UI:BT, 8940 01 389 4434 ranch dressing, 16 oz, 6/ 16 oz UI:BT, 8940 01 389 6155 french dressing, 16 oz, 6/ 16 oz UI:BT, 8940 01 452 3108 thousand island dressing, 16 oz, 6/ 16 oz UI:BT
75	PEANUT BUTTER COOKIES	SOP	D6, D18		8920 01 E09 6676 cookie dough, peanut butter, pre-cut, fz, 240/ 1.3 oz ea UI:CO
25	CHILLED APPLESAUCE	A01303	D2, D6, D10, D14, D18, D21		8915 00 127 8272 fruit, applesauce, 6/ #10 UI:CN
100	HOT CORNBREAD	Q01500	L3, D7, D9, D15, D18		8920-01-e09-8658 cornbread mix 6/ 5 lb UI:BX

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 19				
40	CHICKEN NOODLE SOUP	SOP	L4, L12, L17, L19		8935-01-e09-4654 soup, chicken noodle, condensed, 12/ 51 oz UI: CN
40	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
50	PINEAPPLE CHICKEN	L15700	L19		need unseasoned raw cutup chix; use 8905 01 369 4422 chicken breast, fz, skinless, bnls, 4 to 5 oz, 10lb bg, 4/cs UI:LB or 8905 01 E19 4811 chicken, qtr, pre-ck, fz, oven roasted, herb seas, 7-8 oz ea or 8905-01-e60-2712 chicken, quartered, pre-cked, frz, rotisserie style, marinated, 8 oz ea bib zartic
50	MEAT LOAF	SOP or L03500	L3, D7, L11, L19		8905 01 E59 4038 meatloaf, beef, pre-ck, fz,,bulk, 4-5 lb loaf per cs
35	ORANGE RICE	E00801	L19		catalog needs orange juice conc; 8920-01-250-6557 rice, parboiled 25 lb bg UI:BG, ffv: onion, 8935 01 E09 8162 soup and gravy base, chicken 6/16 OZ UI:CO, , oil, spices use 8915 01 E09 6422 OJ, single strength, 12 oz
65	MASHED POTATOES	Q05700	L3, L5, L7, D9, L11, D14, L17, L18, L19, L20, D21		8915-00-133-5903 Potatoes, Gran, Dehy. #10 Can plus 8910 01 091 7209 nfd milk #10 cn, 8945 00 616 0078 margarine, spices
40	MUSTARD GREENS	QG0313	L19		8915 00 926 5936 veg, greens, mustard, fz, chopped 12/ 3 lb pg UI:LB; alt 8915-01-E29-0659 Turnip Greens, Boil-In-Bag UI:?? Or bib 8915-00-926-5936 turnip greens or 8915-01-E29-0657 Collard Greens, fz Boil-In Bag UI:??
30	LYONNAISE WAX BEANS	Q00700	L18		8915 00 616 4819 veg, beans, wax, fz 12/ 2 lb pg UI:LB plus onions, margarine, spices
70	BROWN GRAVY	SOP or O-01600	L1, D2, L3, L5, D7, L11, D15, L17, L19, D20		8940 01 E60 1729 gravy mix, beef, 16 oz co, 8/cs UI:CO
45	CABBAGE, APPLE, AND RAISIN SALAD	M00102	L2, D7, L11, L19		FFV list plus 8915-01-419-6695 raisins, thompson seedless, 15 oz UI:BX box
25	KIDNEY BEAN SALAD	M03100	L5, L12, L19		8915 00 926 6793 veg, beans, kidney, 6/ #10 UI:CN
55	BLUEBERRY CRUNCH	J01002	L6, D11, L19		8940 00 478 9073 pie filling, blueberry, 6/ #10 UI:CN, 8920 00 823 7229 cake mix, yellow, 6/ #10 UI:CN, coconut, butter, lemon juice
30	CHILLED CND APRICOTS	A01304	L3, L7, L11, L15, L19		8915-01-e09-2581 fruit, apricots, 6/ #10 CN
	DINNER DAY 19				
20	VEGETABLE BEEF SOUP	SOP	D3, D13, L16, D19		add to catalog: vegetable beef soup
40	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
40	STEAMED CRAB LEGS	L12703	D19		**need napa for Crab Legs, Snow Crab**
40	FRIED SHRIMP	L13702	D19		8905 01 E60 2933Fish, Shrimp, Brd, Fzn, 21/25, Tail-Off, 10/3 lb pg
75	SEAFOOD COCKTAIL SAUCE	SOP	L13, D19		8950-01-e19-0588 sauce, seafood cocktail 1.5 oz 60/cs UI: ??EA
75	LEMON WEDGES	SOP	L3, D6, D10, L13, L14, D17, D19, L21		ffv
30	TARTAR SAUCE	SOP	L3, D6, D10, L13, L14, D17, D19, L21		pc 8950-01-e09-6364 sauce, tartar, 12 gm pg, 200/co UI: CO
70	DRAWN BUTTER/ margarine for seafood	L127 note 2	D19 10 lb margarine per 100 portions		8945 00 616 0078 margarine, 1 lb print, 30/CS UI:LB
40	LOBSTER TAIL	L12701	D19		8905 00 267 1933 lobster tail, spiny, raw, fz, 5 to 8 oz ea, 10 lb cs, UI:LB
70	BAKED POTATO	Q04400	L2, D8, D15, D19, L21		FFV list
70	w/ SOUR CREAM	SOP	L2, D3, D8, D15, D18, D19, L21		8910 01 E19 7252 sour cream, chl, 200 gm co (approz 7 oz) 24/case
30	NOODLES JEFFERSON	E01200	L1, D19		8920-00-126-3388 egg noodles lb 5 lb bx UI:LB plus 8910-00-782-3765 cheese, parmesan grated, 1lb co UI:CO, oil, spices
50	PEAS W/ ONIONS	Q04103	D8, L14, D19		ffv: onions plus 8915 00 127 8021 peas, green, fz, 12/ 2.5lb pgUI:LB or 8915 00 127 9282 veg, peas, sweet 6/ #10 UI:CN
20	SEASONED SUCCOTASH	Q12400	D1, D10, L16, D19		8915 00 143 0983 veg, succotash, fz, 2.5 lb/pg UI:LB
40	COLE SLAW W/ CREAMY DRESSING	M00900	L3, D6, L10, L13, L17, D19		ffv: cabbage plus 8950 01 E59 6579 dressing, salad, regular, 4/ 1 gal co, UI:CO
20	GOLDEN GLOW GELATIN SALAD	M03601	L2, D15, D19		8940-01-419-6681 dessert pdr gelatin, orange, foil pg 12 /24 oz pkg UI:PG orange gelatin ilo lemon plus carrots, & pineapple
	STRAWBERRY SHORTCAKE (MIX)	G01601	L13, D19		need frozen strawberries,; 8920 00 823 7229 cake mix, yellow, 6/ #10 UI:CN, alt canned cherry or blueberry berry
70	WHIPPED TOPPING	K00200	L7, D9, L13, D13, D17, L18, D19		8940 01 E09 3657 topping , whipped, non-dairy rtu in bag, 12/ 16 oz CO
30	CHILLED CND FRUIT COCKTAIL	A01317	L1, L5, D7, L9, D11, L13, L17		8915-00-286-5482 fruit cocktail, #10, UI:CN
150	HOT DINNER ROLLS	SOP	D5, D6, D8, D10, D12, D13, D17, D19		local bread/bakery contract

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 20				
30	BEEF NOODLE SOUP	SOP	L2, L7, L10, D14, L20		8935-01-E09-4643 soup, condensed, beef noodle 50 oz UI:CN
30	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
70	SWISS STEAK W/	L01604	L20		8905 00 133 5889 beef, braising steak, swiss,fzn, portion-cut, 6oz portions, 147 pcs/cs
70	MUSHROOM GRAVY	O-01605	L10, L20		8935 01 E09 8579 soup & gravy base, beef, paste, no msg, 1 lb UI:CO , flour,spices, 8915-01-e60-1924 veg, mushrooms, cn,sliced, 6 #10 cn
30	KNOCKWURST W/ SAUERKRAUT	L11301	L20		8905 00 080 5325 knockwurst, fzn, all beef, 5 in, 5 per lb 2/ 5LB PG/CS UI:LB; 8915 00 957 9558 veg, sauerkraut, 6/ #10 UI:CN
50	MASHED POTATOES	Q05700	L3, L5, L7, D9, L11, D14, L17, L18, L19, L20, D21		8915-00-133-5903 Potatoes, Gran, Dehy. #10 Can plus 8910 01 091 7209 nfd milk #10 cn, 8945 00 616 0078 margarine, spices
50	STEAMED NOODLES	E01301	L8, L10, L12, D13, D15, L20		8920 00 126 3388 noodles, egg 3/ 5 lb pg UI:LB or 8920-00-067-6146 macaroni, elbow, 10 lb bx, UI:LB
50	MUSHROOM GRAVY (added portions)	O-01605	L10, L20		8935 01 E09 8579 soup & gravy base, beef, paste, no msg, 1 lb UI:CO , flour,spices, 8915-01-e60-1924 veg, mushrooms, cn,sliced, 6 #10 cn
75	STEAMED BROCCOLI	Q10500	L6, L16, L20		8915 00 129 0825 veg, broccoli spears, fz 12/ 2.5# pg UI:LB
40	POTATO SALAD	M04000	D1, L5, D12, L15, L18, L20		fresh potatoes, 8950 01 E59 6579 salad dressing, 8950 01 127 9295 relish, 8910 00 926 6048 eggs or 8910 01 E59 5089 eggs, ckd; ffv: celery, onion, parsley, and spices, oil, vinegar, pimientos
30	THREE (or four) BEAN SALAD	SOP or M04500	L9, L20		8915-01-037-3258 veg, bean salad, four bean 6/ #10 UI:CN
75	CHOCOLATE CAKE w/ frosting	SOP	L1, L12, L20 alt recipe G01201 w/ frosting G00500		8920-01-E59-1485 cake, choc, sheet or 8920-00-823-7221cake mis, devil's food, #10 UI:CN w/ 8925 01 419 7027 icing mix, vanilla
30	CHILLED CND MANDARIN ORANGES	A01333	L4, L8, L12, L16, L20		8915 01 235 3548 fruit, orange, mandarin 6/ #10 UI:CN, 6/CS
	DINNER DAY 20				
30	TOMATO SOUP	SOP	L3, L5, L8, D11, L14, D20		8935-01-e09-4646 soup, tomato, condensed no. 5 size can, 12/CS
30	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
45	PORK SCHNITZEL	L08603	D20 also see L86 & note L86-2		need in catalog pork steak; use 1 ea 8905 01 E60 1030 pork, loin chops, center,portion-cut, marin, fz, 6 oz; lemon
55	GRILLED SALISBURY STEAK	SOP or L03700	L1, L5, D20		8905-01-E59-6314 beefsteak, salibury, pre-ck, fz, 160/4 oz ea, 40 LB CASE
45	RICE PILAF	E00800	D9, D12, D17, D20		8920-01-250-6557 rice, parboiled 25 lb bg UI:BG, ffv: onion, 8935 01 E09 8579 soup and gravy base, beef 6/16 OZ UI:CO, spices
55	PAPRIKA POTATOES	Q03301	D20		ffv: potatoes, round or 8915-00-127-9677 potatoes, white, 6/ #10 UI:CN plus magarine and fresh parsley
60	GLAZED CARROTS	Q01701	L4, L7, D20		8915 00 162 5087 veg, carrots, sliced, 12/ 2# pg UI:LB plus butter, ginger, sugar
20	CAULIFLOWER AU GRATIN	Q01800	D20		8915-00-160-6156 cauliflower, fz, 2 lb pg UI: LB plus 8910 01 091 7209 nfd milk; 8910 01 418 7467 cheddar cheese, shredded; and margarine, flour, spices
75	BROWN GRAVY	SOP or O-01600	L1, D2, L3, L5, D7, L11, D15, L17, L19, D20		8940 01 E60 1729 gravy mix, beef, 16 oz co, 8/cs UI:CO
20	PINEAPPLE COLE SLAW	M00903	D4, L8, D13, D20		ffv: cabbage, 8915 00 170 5148 pineapple, sliced, 6/# 10 UI:CN, plus 8950 01 E59 6579 dressing, salad, regular, 4/ 1 gal co, UI:CO, vinegar
45	PASTA SALAD	M03800	D4, L8, D13, L16, D20		8920 01 412 5091 macaroni, rotini spiral, tri-color, 10 lb pg, 3/CS UI:CO plus ffv items, 8940 01 389 4380 italian dressing, 16 oz, 6/ 16 oz UI:BT
65	APPLE CRISP	J00101	D20		8940-00-616-0226 pie filling, apple, #10 UI:CN not cat:: 8920-00-935-3264 oatmeal cookie mix 6-#10 cn 8945 00 616 0078 margarine ,1 lb print, 30/CS UI:LB
20	CHILLED CND PEARS	A01341	L2, D4, L6, D8, L10, L14, D16, L18, D20		8915 00 616 0223 Pears, canned, bartlett, halves, syrup pack,#10 size UI:CN
100	TOASTED PARMESAN BREAD	D00701	D11, D20		localcontract french bread; 8945 00 616 0078 margarine ,1 lb print, 30/CS UI:LB; 8910-00-782-3765 cheese, parmesan grated, 1lb co UI:CO

SERV PER 100	MEAL / DAY	RECIPE SOP	FREQUENCY		
	LUNCH DAY 21				
30	BEAN w/ BACON SOUP	SOP	D5, D10, D15, L21		8935-01-e59-4417 soup, bean with bacon, 12/ 50 OZ UI:CN
30	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
45	FRIED CAJUN CATFISH FILLETS	LO5600	L21		8905-01-e19-5285 catfish fillets; fz, brd, cajun style, RTC, 4-6 OZ EA, 15LB UI:LB 8920-00-616-0024 cornmeal, yellow 12/ 24 oz UI:BX
10	LEMON WEDGES	SOP	L3, D6, D10, L13, L14, D17, D19, L21		ffv
45	TARTAR SAUCE	SOP	L3, D6, D10, L13, L14, D17, D19, L21		pc 8950-01-e09-6364 sauce, tartar, 12 gm pg, 200/co UI: CO
55	CHUCK WAGON BEEF STEW	L16700	L21		8905-01-E19-4313 beef, ground, bulk fz 85% lean, 3/ 10 lb bg/cs UI:LB, onion, peppers, 8950 00 127 9789 catsup #10 CN: 8915 00 184 5601 beans, white, 6/ #10 UI:CN
50	BAKED MACARONI & CHEESE	F00100 or SOP	L3, D6, L11, L13, L21		8920 00 067 6146 macaroni, elbow form, 10 lb pg, 3/cs UI:LB & 8910 01 418 7467 cheese, cheddar, shredded, 2/5 lb bg/cs UI:LB or not cat: 8940-01-e29-1856 mac & cheese, bib
50	BAKED POTATO	Q04400	L2, D8, D15, D19, L21		FFV list
50	w/ SOUR CREAM	SOP	L2, D3, D8, D15, D18, D19, L21		8910 01 E19 7252 sour cream, chl, 200 gm co (approz 7 oz) 24/case
60	SEASONED MIXED VEGETABLES	Q12600	D3, L5, D6, L9, D18, D21		8915 00 935 6620 vegetables, mixed, fz 12/ 2.5 lb pg UI:LB
30	OKRA and TOMATO GUMBO	Q03100	L3, L21		8915 00 252 3785 veg, okra, cut, fz, 12/ 3 lb pg UI:LB plus 8915 01 373 4978 veg, tomatoes diced, 6/ #10 UI:CN
40	PERFECTON SALAD	M04000	D1, L5, D12, L15, D16, L18, L20, L21		ilo lemon use:8940-01-419-6681 dessert pdr gelatin, orange, foil pg 12 /24 oz pkg UI:PG ; vinegar, ffv lettuce leaf, cabbage, carrots, celery, sweet peppers; & pimientos
40	COUNTRY STYLE TOMATO SALAD	M05301	D6, D12, L15, L21		ffv: tomatoes, onion, peppers, celery plus oil, vinegar, sugar
70	CHOCOLATE CHIP COOKIES vary types	SOP	D8, L14, L21 alt recipe H02001		8920 01 E09 6673 cookie dough, choc chip w/ walnuts, pre-cut, fz, 240/ 1.3 OZ ea UI:CO
20	CHILLED CND PINEAPPLE	A01345	D3, D12, D15, L21		8915 00 170 5148 pineapple, sliced, 6/# 10 UI:CN
	DINNER DAY 21				
30	CREAM OF CHICKEN SOUP	SOP	D2, D7, D18, D21		8935-01-e09-4653 soup, cream of chicken condensed 12/ 50 oz cn/cs UI:CN
30	CRACKERS	SOP	ALL		8920 -01-200-1644 crackers, asst 2 ea/pg, 400pg/bx UI:LB or 8920-01-e09-3929 cracker, 2 per pk, saltines, 500/co UI: CO
50	FRIED CHICKEN	SOP or L15500	D9, D21		8905-01-e59-5537 chicken brded 'super chix" 8 pc, fully cked, fz 100 pc/cs UI:CS
50	CHICKEN GRAVY	SOP	D9, D12, D21		8940 01 E60 1623 gravy mix, chicken, inst 8/ 16 oz UI: CO
50	STEAK RANCHERO	L05400	D21		8905 00 133 5889 beef, braising steak, swiss,fzn, portion-cut, 6oz portions, 147 pcs/cs; flour, spices, oil, ffv: onions, peppers; beef gravy base, 8935-01-e09-4646 soup, tomato, condensed no. 5 size can, 12/CS
55	MASHED POTATOES	Q05700	L3, L5, L7, D9, L11, D14, L17, L18, L19, L20, D21		8915-00-133-5903 Potatoes, Gran, Dehy. #10 Can plus 8910 01 091 7209 nfd milk #10 cn, 8945 00 616 0078 margarine, spices
55	STEAMED RICE	E00500	D2, D5, D10, L12, L16, D21		8920-01-250-6557 rice, parboiled 25 lb bg UI:BG
35	SEASONED MIXED VEGETABLES	Q12600	D3, L5, D6, L9, D18, D21		8915 00 935 6620 vegetables, mixed, fz 12/ 2.5 lb pg UI:LB
55	SEASONED GREEN BEANS	Q10100	D5, L12, D16, D21		8915 00 128 1176 veg, beans green, fz, 12/ 2.5# pg UI:LB or 8915 00 162 9878 eg, beans green, french style, fz, 12/ 2.5# pg UI:LB, or 8915 00 616 4280 veg, beans, green 6/#10 UI:CN
40	GARDEN COTTAGE CHEESE SALAD	M01800	D21		need cottage cheese in catalog; ffv: cucumbers, celery, onion, peppers, lettuce leaf, radishes
40	TACO SALAD	M02800	L4, L13, D17, D21		8920-00-043-5352 taco shell bowls, preformed, plus 8940 00 126 3394 chili con carne 6/#10 UI:CN, ffv, cheesechips, sauce
60	CHERRY PIE	SOP	D9, L15, L18, D21		8920 01 E59 7282 pie slices, cherry fz, 4 oz ind wrap, 48 /cs UI:CS
40	CHILLED CND PINEAPPLE	A01345	D3, D12, D15, L21		8915 00 170 5148 pineapple, sliced, 6/# 10 UI:CN
100	FRENCH BREAD	SOP	D21; alt recipe D00401		localcontract french bread

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day One**			
Juice		orange/ apple/ grape	65,25, 15	SOP	DAILY
Omelets		NONE			Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		griddle fried eggs	40	F7	Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	30	F10	DAILY
Eggs		hard boiled	15	F4 or SOP	DAILY
Handhelds		breakfast burrito (8940-01-e59-4138 egg cheese salsa)	75	SOP or F12	Days 1, 13, 19
Meats		bacon / creamed beef / pork sausage patty	30, 20, 20	L1, SOP or L30, L89.03	DAILY
		canadian bacon	30	L2.01	Days 1, 5, 9, 13, 17
Potato		hashed browns	75	Q46.2	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst. oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereals	90	SOP	DAILY
Hot cakes		pancakes	75	D25 or SOP	Days 1, 4, 7, 10, 13, 16, 19
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		english muffin	50	SOP	Days 1, 4, 7, 11, 13, 16, 19
Sweet bread		danish	75	SOP	Days 1, 4, 7, 10, 13, 16, 19
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		honey	15	SOP	Days 1, 4, 8, 10, 11, 13, 16, 19
Fresh fruit		banana, 1/2 grapefruit, plum +	60, 15, 25	SOP	Days 1, 4, 7, 10, 13, 16, 19
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Two**			
Juice		orange, apple, grape (alternative cranberry)	65,25, 15	SOP	DAILY
Omelets		spanish, ham & cheese, mushroom, cheese	5, 40, 10, 10	F8.12, F8.6 or SOP, F8.8, F8.3 or SOP	Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		NONE			Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	20	F10	DAILY
Eggs		hard boiled	10	F4 or SOP	DAILY
Handhelds		breakfast sandwich croissant, ham, swiss & american cheese 8940-01-e19-6926	75	SOP	Days 2, 9, 14
Meats		bacon / creamed beef / pork sausage patty	30, 20, 25	L1, SOP or L30, L89.03	DAILY
		turkey sausage links	20	L512	Days 2, 6, 10, 14, 18, 21
Potato		hashed browns	75	Q46.2	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereal	90	SOP	DAILY
Hot cakes		waffles	75	SOP	Days 2, 5, 8, 11, 14, 17, 20
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		bagel	50	SOP	Days 2, 5, 9, 14, 17, 20
Sweet bread		assorted sweet muffins	75	SOP	Days 2, 5, 8, 11, 14, 17, 20
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		cream cheese	50	SOP	Days 2, 5, 7, 9, 14, 17, 20
Fresh fruit		banana, grapes, orange +	60, 15, 25	SOP	Days 2, 5, 8, 11, 14, 17, 20
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50,75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Three**			
Juice		orange, apple, grape (alternatives pineapple, tomato)	65,25,15	SOP	DAILY
Omelets		NONE			Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		griddle fried eggs	40	F7	Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	30	F10	DAILY
Eggs		hard boiled	15	SOP, F4	DAILY
Handhelds		English muffin sandwich w/ canadian bacon, egg, cheese	75	N00701	Days 3, 10, 15, 21
Meats		bacon / creamed beef / pork sausage patty	30, 20, 25	L1, SOP or L30, L89.03	DAILY
		corned beef hash	20	L71.03 or L110	Days 3, 7, 11, 15, 19
Potato		hashed browns	75	Q46.2	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst. oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereal	90	SOP	DAILY
Hot cakes		french toast sticks	75	SOP (alt D22)	Days 3, 6, 9, 12, 15, 18, 21
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		croissant	50	SOP	Days 3, 6, 8, 10, 12, 15, 18, 21
Sweet bread		cinnamon roll	75	SOP	Days 3, 6, 9, 12, 15, 18, 21
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		berry jam	15	SOP	Days 3, 6, 9, 12, 15, 18, 21
Fresh fruit		banana, pear, cut-up melon +	60, 15, 25	SOP	Days 3, 6, 9, 12, 15, 18, 21
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Four**			
Juice		orange/ apple/ grape	65,25, 15	SOP	DAILY
Omelets		NONE			Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		griddle fried eggs	40	F7	Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	30	F10	DAILY
Eggs		hard boiled	15	F4 or SOP	DAILY
Handhelds		breakfast sandwich biscuit, sausage, egg 8920-01-e09-4681	75	SOP	Days 4, 7, 12, 17, 20
Meats		bacon / creamed beef / pork sausage patty	30, 20, 20	L1, SOP or L30, L89.03	DAILY
		grilled ham slices	30	L71.03	Days 4, 8, 12, 16, 20
Potato		hashed browns	75	Q46.2	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst. oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereals	90	SOP	DAILY
Hot cakes		pancakes	75	D25 or SOP	Days 1, 4, 7, 10, 13, 16, 19
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		english muffin	50	SOP	Days 1, 4, 7, 11, 13, 16, 19
Sweet bread		danish	75	SOP	Days 1, 4, 7, 10, 13, 16, 19
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		honey	15	SOP	Days 1, 4, 8, 10, 11, 13, 16, 19
Fresh fruit		banana, 1/2 grapefruit, plum +	60, 15, 25	SOP	Days 1, 4, 7, 10, 13, 16, 19
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Five**			
Juice		orange, apple, grape (alternative cranberry)	65,25, 15	SOP	DAILY
Omelets		spanish, ham & cheese, mushroom, cheese	5, 40, 10, 10	F8.12, F8.6 or SOP, F8.8, F8.3 or SOP	Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		NONE			Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	20	F10	DAILY
Eggs		hard boiled	10	F4 or SOP	DAILY
Handhelds		breakfast burrito (egg, bacon, cheese 8940-01-e19-3382)	75	SOP	Days 5, 16
Meats		bacon / creamed beef / pork sausage patty	30, 20, 25	L1, SOP or L30, L89.03	DAILY
		canadian bacon	30	L2.01	Days 1, 5, 9, 13, 17
Potato		hashed browns	75	Q46.2	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereal	90	SOP	DAILY
Hot cakes		waffles	75	SOP	Days 2, 5, 8, 11, 14, 17, 20
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		bagel	50	SOP	Days 2, 5, 9, 14, 17, 20
Sweet bread		assorted sweet muffins	75	SOP	Days 2, 5, 8, 11, 14, 17, 20
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		cream cheese	50	SOP	Days 2, 5, 7, 9, 14, 17, 20
Fresh fruit		banana, grapes, orange +	60, 15, 25	SOP	Days 2, 5, 8, 11, 14, 17, 20
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Six**			
Juice		orange, apple, grape (alternatives pineapple, tomato)	65,25,15	SOP	DAILY
Omelets		NONE			Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		griddle fried eggs	40	F7	Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	30	F10	DAILY
Eggs		hard boiled	15	SOP, F4	DAILY
Handhelds		breakfast sandwich bagel ham, swiss & american cheese 8940-01-e19-6927	75	SOP	Days 6, 18
Meats		bacon / creamed beef / pork sausage patty	30, 20, 25	L1, SOP or L30, L89.03	DAILY
		turkey sausage links	20	L512	Days 2, 6, 10, 14, 18, 21
Potato		hashed browns	75	Q46.2	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst. oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereal	90	SOP	DAILY
Hot cakes		french toast sticks	75	SOP (alt D22)	Days 3, 6, 9, 12, 15, 18, 21
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		croissant	50	SOP	Days 3, 6, 8, 10, 12, 15, 18, 21
Sweet bread		cinnamon roll	75	SOP	Days 3, 6, 9, 12, 15, 18, 21
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		berry jam	15	SOP	Days 3, 6, 9, 12, 15, 18, 21
Fresh fruit		banana, pear, cut-up melon +	60, 15, 25	SOP	Days 3, 6, 9, 12, 15, 18, 21
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Seven**			
Juice		orange/ apple/ grape	65,25, 15	SOP	DAILY
Omelets		NONE			Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		griddle fried eggs	40	F7	Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	30	F10	DAILY
Eggs		hard boiled	15	SOP	DAILY
Handhelds		breakfast sandwich biscuit, sausage, egg 8920-01-e09-4681	75	SOP or F12	Days 4, 7, 12, 17, 20
Meats		bacon / creamed beef / pork sausage patty	30, 20, 20	L1, SOP or L30, L89.03	DAILY
		corned beef hash	20	L71.03 or L110	Days 3, 7, 11, 15, 19
Potato		cottage fried potatoes	75	Q46.1	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst. oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereals	90	SOP	DAILY
Hot cakes		pancakes	75	D25 or SOP	Days 1, 4, 7, 10, 13, 16, 19
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		english muffin	50	SOP	Days 1, 4, 7, 11, 13, 16, 19
Sweet bread		danish	75	SOP	Days 1, 4, 7, 10, 13, 16, 19
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		cream cheese	40	SOP	Days 2, 5, 7, 9, 14, 17, 20
Fresh fruit		banana, 1/2 grapefruit, plum +	60, 15, 25	SOP	Days 1, 4, 7, 10, 13, 16, 19
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Eight**			
Juice		orange, apple, grape (alternative cranberry)	65,25, 15	SOP	DAILY
Omelets		spanish, ham & cheese, mushroom, cheese	5,40, 10, 10	F8.12, F8.6 or SOP, F8.8, F8.3 or SOP	Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		NONE			Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	20	F10	DAILY
Eggs		hard boiled	10	F4 or SOP	DAILY
Handhelds		breakfast sandwich bagel egg & sausage 8940-01-e59-7111	75	SOP	Days 8, 11
Meats		bacon / creamed beef / pork sausage patty	30, 20, 25	L1, SOP or L30, L89.03	DAILY
		grilled ham slices	30	L71.03	Days 4, 8, 12, 16, 20
Potato		hashed browns	75	Q46.2	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereal	90	SOP	DAILY
Hot cakes		waffles	75	SOP	Days 2, 5, 8, 11, 14, 17, 20
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		croissant	50	SOP	Days 3, 6, 8, 10, 12, 15, 18, 21
Sweet bread		assorted sweet muffins	75	SOP	Days 2, 5, 8, 11, 14, 17, 20
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		honey	30	SOP	Days 1, 4, 8, 10, 11, 13, 16, 19
Fresh fruit		banana, grapes, orange +	60, 15, 25	SOP	Days 2, 5, 8, 11, 14, 17, 20
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Nine**			
Juice		orange, apple, grape (alternatives pineapple, tomato)	65,25,15	SOP	DAILY
Omelets		NONE			Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		griddle fried eggs	40	F7	Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	30	F10	DAILY
Eggs		hard boiled	15	SOP, F4	DAILY
Handhelds		breakfast sandwich croissant, ham, swiss & american cheese 8940-01-e19-6926	75	SOP	Days 2, 9, 14
Meats		bacon / creamed beef / pork sausage patty	30, 20, 25	L1, SOP or L30, L89.03	DAILY
		canadian bacon	30	L2.01	Days 1, 5, 9, 13, 17
Potato		hashed browns	75	Q46.2	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst. oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereal	90	SOP	DAILY
Hot cakes		french toast sticks	75	SOP (alt D22)	Days 3, 6, 9, 12, 15, 18, 21
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		bagel	50	SOP	Days 2, 5, 9, 14, 17, 20
Sweet bread		cinnamon roll	75	SOP	Days 3, 6, 9, 12, 15, 18, 21
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		cream cheese	50	SOP	Days 2, 5, 7, 9, 14, 17, 20
Fresh fruit		banana, pear, cut-up melon +	60, 15, 25	SOP	Days 3, 6, 9, 12, 15, 18, 21
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Ten**			
Juice		orange/ apple/ grape	65,25, 15	SOP	DAILY
Omelets		NONE			Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		griddle fried eggs	40	F7	Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	30	F10	DAILY
Eggs		hard boiled	15	F4 or SOP	DAILY
Handhelds		English muffin sandwich w/ canadian bacon, egg, cheese	75	N00701	Days 3, 10, 15, 21
Meats		bacon / creamed beef / pork sausage patty	30, 20, 20	L1, SOP or L30, L89.03	DAILY
		turkey sausage links	20	L512	Days 2, 6, 10, 14, 18, 21
Potato		hashed browns	75	Q46.2	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst. oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereals	90	SOP	DAILY
Hot cakes		pancakes	75	D25 or SOP	Days 1, 4, 7, 10, 13, 16, 19
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		croissant	50	SOP	Days 3, 6, 8, 10, 12, 15, 18, 21
Sweet bread		danish	75	SOP	Days 1, 4, 7, 10, 13, 16, 19
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		honey	15	SOP	Days 1, 4, 8, 10, 11, 13, 16, 19
Fresh fruit		banana, 1/2 grapefruit, plum +	60, 15, 25	SOP	Days 1, 4, 7, 10, 13, 16, 19
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Eleven**			
Juice		orange, apple, grape (alternative cranberry)	65,25, 15	SOP	DAILY
Omelets		spanish, ham & cheese, mushroom, cheese	5, 40, 10, 10	F8.12, F8.6 or SOP, F8.8, F8.3 or SOP	Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		NONE			Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	20	F10	DAILY
Eggs		hard boiled	10	F4 or SOP	DAILY
Handhelds		breakfast sandwich bagel egg & sausage 8940-01-e59-7111	75	SOP	Days 8, 11
Meats		bacon / creamed beef / pork sausage patty	30, 20, 25	L1, SOP or L30, L89.03	DAILY
		corned beef hash	20	L71.03 or L110	Days 3, 7, 11, 15, 19
Potato		hashed browns	75	Q46.2	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereal	90	SOP	DAILY
Hot cakes		waffles	75	SOP	Days 2, 5, 8, 11, 14, 17, 20
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		english muffin	50	SOP	Days 1, 4, 7, 11, 13, 16, 19
Sweet bread		assorted sweet muffins	75	SOP	Days 2, 5, 8, 11, 14, 17, 20
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		honey	30	SOP	Days 1, 4, 8, 10, 11, 13, 16, 19
Fresh fruit		banana, grapes, orange +	60, 15, 25	SOP	Days 2, 5, 8, 11, 14, 17, 20
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Twelve**			
Juice		orange, apple, grape (alternatives pineapple, tomato)	65,25,15	SOP	DAILY
Omelets		NONE			Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		griddle fried eggs	40	F7	Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	30	F10	DAILY
Eggs		hard boiled	15	SOP, F4	DAILY
Handhelds		breakfast sandwich biscuit, sausage, egg 8920-01-e09-4681	75	SOP	Days 4, 7, 12, 17, 20
Meats		bacon / creamed beef / pork sausage patty	30, 20, 25	L1, SOP or L30, L89.03	DAILY
		grilled ham slices	30	L71.03	Days 4, 8, 12, 16, 20
Potato		hashed browns	75	Q46.2	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst. oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereal	90	SOP	DAILY
Hot cakes		french toast sticks	75	SOP (alt D22)	Days 3, 6, 9, 12, 15, 18, 21
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		croissant	50	SOP	Days 3, 6, 8, 10, 12, 15, 18, 21
Sweet bread		cinnamon roll	75	SOP	Days 3, 6, 9, 12, 15, 18, 21
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		berry jam	15	SOP	Days 3, 6, 9, 12, 15, 18, 21
Fresh fruit		banana, pear, cut-up melon +	60, 15, 25	SOP	Days 3, 6, 9, 12, 15, 18, 21
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Thirteen**			
Juice		orange/ apple/ grape	65,25, 15	SOP	DAILY
Omelets		NONE			Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		griddle fried eggs	40	F7	Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	30	F10	DAILY
Eggs		hard boiled	15	F4 or SOP	DAILY
Handhelds		breakfast burrito (8940-01-e59-4138 egg cheese salsa)	75	SOP or F12	Days 1, 13, 19
Meats		bacon / creamed beef / pork sausage patty	30, 20, 20	L1, SOP or L30, L89.03	DAILY
		canadian bacon	30	L2.01	Days 1, 5, 9, 13, 17
Potato		hashed browns	75	Q46.2	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst. oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereals	90	SOP	DAILY
Hot cakes		pancakes	75	D25 or SOP	Days 1, 4, 7, 10, 13, 16, 19
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		english muffin	50	SOP	Days 1, 4, 7, 11, 13, 16, 19
Sweet bread		danish	75	SOP	Days 1, 4, 7, 10, 13, 16, 19
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		honey	15	SOP	Days 1, 4, 8, 10, 11, 13, 16, 19
Fresh fruit		banana, 1/2 grapefruit, plum +	60, 15, 25	SOP	Days 1, 4, 7, 10, 13, 16, 19
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Fourteen**			
Juice		orange, apple, grape (alternative cranberry)	65,25, 15	SOP	DAILY
Omelets		spanish, ham & cheese, mushroom, cheese	5, 40, 10, 10	F8.12, F8.6 or SOP, F8.8, F8.3 or SOP	Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		NONE			Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	20	F10	DAILY
Eggs		hard boiled	10	F4 or SOP	DAILY
Handhelds		breakfast sandwich croissant, ham, swiss & american cheese 8940-01-e19-6926	75	SOP	Days 2, 9, 14
Meats		bacon / creamed beef / pork sausage patty	30, 20, 25	L1, SOP or L30, L89.03	DAILY
		turkey sausage links	20	L512	Days 2, 6, 10, 14, 18, 21
Potato		cottage fries	75	Q46.1	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereal	90	SOP	DAILY
Hot cakes		waffles	75	SOP	Days 2, 5, 8, 11, 14, 17, 20
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		bagel	50	SOP	Days 2, 5, 9, 14, 17, 20
Sweet bread		assorted sweet muffins	75	SOP	Days 2, 5, 8, 11, 14, 17, 20
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		cream cheese	50	SOP	Days 2, 5, 7, 9, 14, 17, 20
Fresh fruit		banana, grapes, orange +	60, 15, 25	SOP	Days 2, 5, 8, 11, 14, 17, 20
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Fifteen**			
Juice		orange, apple, grape (alternatives pineapple, tomato)	65,25,15	SOP	DAILY
Omelets		NONE			Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		griddle fried eggs	40	F7	Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	30	F10	DAILY
Eggs		hard boiled	15	SOP, F4	DAILY
Handhelds		English muffin sandwich w/ canadian bacon, egg, cheese	75	N00701	Days 3, 10, 15, 21
Meats		bacon / creamed beef / pork sausage patty	30, 20, 25	L1, SOP or L30, L89.03	DAILY
		corned beef hash	20	L71.03 or L110	Days 3, 7, 11, 15, 19
Potato		hashed browns	75	Q46.2	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst. oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereal	90	SOP	DAILY
Hot cakes		french toast sticks	75	SOP (alt D22)	Days 3, 6, 9, 12, 15, 18, 21
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		croissant	50	SOP	Days 3, 6, 8, 10, 12, 15, 18, 21
Sweet bread		cinnamon roll	75	SOP	Days 3, 6, 9, 12, 15, 18, 21
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		berry jam	15	SOP	Days 3, 6, 9, 12, 15, 18, 21
Fresh fruit		banana, pear, cut-up melon +	60, 15, 25	SOP	Days 3, 6, 9, 12, 15, 18, 21
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Sixteen**			
Juice		orange/ apple/ grape	65,25, 15	SOP	DAILY
Omelets		NONE			Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		griddle fried eggs	40	F7	Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	30	F10	DAILY
Eggs		hard boiled	15	F4 or SOP	DAILY
Handhelds		breakfast burrito (egg, bacon, cheese 8940-01-e19-3382)	75	SOP or F12	Days 5, 16
Meats		bacon / creamed beef / pork sausage patty	30, 20, 20	L1, SOP or L30, L89.03	DAILY
		grilled ham slices	30	L71.03	Days 4, 8, 12, 16, 20
Potato		hashed browns	75	Q46.2	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst. oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereals	90	SOP	DAILY
Hot cakes		pancakes	75	D25 or SOP	Days 1, 4, 7, 10, 13, 16, 19
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		english muffin	50	SOP	Days 1, 4, 7, 11, 13, 16, 19
Sweet bread		danish	75	SOP	Days 1, 4, 7, 10, 13, 16, 19
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		honey	15	SOP	Days 1, 4, 8, 10, 11, 13, 16, 19
Fresh fruit		banana, 1/2 grapefruit, plum +	60, 15, 25	SOP	Days 1, 4, 7, 10, 13, 16, 19
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Seventeen**			
Juice		orange, apple, grape (alternative cranberry)	65,25, 15	SOP	DAILY
Omelets		spanish, ham & cheese, mushroom, cheese	5, 40, 10, 10	F8.12, F8.6 or SOP, F8.8, F8.3 or SOP	Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		NONE			Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	20	F10	DAILY
Eggs		hard boiled	10	F4 or SOP	DAILY
Handhelds		breakfast sandwich biscuit, sausage, egg 8920-01-e09-4681	75	SOP	Days 4, 7, 12, 17, 20
Meats		bacon / creamed beef / pork sausage patty	30, 20, 25	L1, SOP or L30, L89.03	DAILY
		canadian bacon	30	L2.01	Days 1, 5, 9, 13, 17
Potato		hashed browns	75	Q46.2	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereal	90	SOP	DAILY
Hot cakes		waffles	75	SOP	Days 2, 5, 8, 11, 14, 17, 20
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		bagel	50	SOP	Days 2, 5, 9, 14, 17, 20
Sweet bread		assorted sweet muffins	75	SOP	Days 2, 5, 8, 11, 14, 17, 20
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		cream cheese	50	SOP	Days 2, 5, 7, 9, 14, 17, 20
Fresh fruit		banana, grapes, orange +	60, 15, 25	SOP	Days 2, 5, 8, 11, 14, 17, 20
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Eighteen**			
Juice		orange, apple, grape (alternatives pineapple, tomato)	65,25,15	SOP	DAILY
Omelets		NONE			Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		griddle fried eggs	40	F7	Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	30	F10	DAILY
Eggs		hard boiled	15	SOP, F4	DAILY
Handhelds		breakfast sandwich bagel ham, swiss & american cheese 8940-01-e19-6927	75	SOP	Days 6, 18
Meats		bacon / creamed beef / pork sausage patty	30, 20, 25	L1, SOP or L30, L89.03	DAILY
		turkey sausage links	20	L512	Days 2, 6, 10, 14, 18, 21
Potato		hashed browns	75	Q46.2	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst. oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereal	90	SOP	DAILY
Hot cakes		french toast sticks	75	SOP (alt D22)	Days 3, 6, 9, 12, 15, 18, 21
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		croissant	50	SOP	Days 3, 6, 8, 10, 12, 15, 18, 21
Sweet bread		cinnamon roll	75	SOP	Days 3, 6, 9, 12, 15, 18, 21
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		berry jam	15	SOP	Days 3, 6, 9, 12, 15, 18, 21
Fresh fruit		banana, pear, cut-up melon +	60, 15, 25	SOP	Days 3, 6, 9, 12, 15, 18, 21
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Nineteen**			
Juice		orange/ apple/ grape	65,25, 15	SOP	DAILY
Omelets		NONE			Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		griddle fried eggs	40	F7	Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	30	F10	DAILY
Eggs		hard boiled	15	F4 or SOP	DAILY
Handhelds		breakfast burrito (8940-01-e59-4138 egg cheese salsa)	75	SOP or F12	Days 1, 13, 19
Meats		bacon / creamed beef / pork sausage patty	30, 20, 20	L1, SOP or L30, L89.03	DAILY
		corned beef hash	20	L71.03 or L110	Days 3, 7, 11, 15, 19
Potato		hashed browns	75	Q46.2	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst. oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereals	90	SOP	DAILY
Hot cakes		pancakes	75	D25 or SOP	Days 1, 4, 7, 10, 13, 16, 19
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		english muffin	50	SOP	Days 1, 4, 7, 11, 13, 16, 19
Sweet bread		danish	75	SOP	Days 1, 4, 7, 10, 13, 16, 19
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		honey	15	SOP	Days 1, 4, 8, 10, 11, 13, 16, 19
Fresh fruit		banana, 1/2 grapefruit, plum +	60, 15, 25	SOP	Days 1, 4, 7, 10, 13, 16, 19
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

	CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS	**Cycle Day Twenty**			
Juice	orange, apple, grape (alternative cranberry)	65,25, 15	SOP	DAILY
Omelets	spanish, ham & cheese, mushroom, cheese	5, 40, 10, 10	F8.12, F8.6 or SOP, F8.8, F8.3 or SOP	Days 2, 5, 8, 11, 14, 17, 20
Eggs to order	NONE			Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk	scrambled eggs	20	F10	DAILY
Eggs	hard boiled	10	F4 or SOP	DAILY
Handhelds	breakfast sandwich biscuit, sausage, egg 8920-01-e09-4681	75	SOP	Days 4, 7, 12, 17, 20
Meats	bacon / creamed beef / pork sausage patty	30, 20, 25	L1, SOP or L30, L89.03	DAILY
	grilled ham slices	30	L71.03	Days 4, 8, 12, 16, 20
Potato	hashed browns	75	Q46.2	DAILY
Bulk hot cereal	hot grits	35	E1.01	DAILY
Indiv. Oatmeal	asst oatmeal pkts	25	SOP	DAILY
Indiv cold cereal	asst dry cereal	90	SOP	DAILY
Hot cakes	waffles	75	SOP	Days 2, 5, 8, 11, 14, 17, 20
Syrup	individual syrup	75	SOP	DAILY
Specialty bread	bagel	50	SOP	Days 2, 5, 9, 14, 17, 20
Sweet bread	assorted sweet muffins	75	SOP	Days 2, 5, 8, 11, 14, 17, 20
Toast SOP	white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP	butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread	cream cheese	50	SOP	Days 2, 5, 7, 9, 14, 17, 20
Fresh fruit	banana, grapes, orange +	60, 15, 25	SOP	Days 2, 5, 8, 11, 14, 17, 20
Lowfat yogurt	Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages	milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages	cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon	lemon wedges	10	SOP	DAILY
Condiments	sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
	salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
	salsa/picante, jalapeños	30, 20	SOP	DAILY
	catsup	50	SOP	DAILY

		CONOPS 21 DAY A-Rations- BREAKFAST	SERV PER 100	RECIPE SOP	FREQUENCY
OPTIONS		**Cycle Day Twenty-One**			
Juice		orange, apple, grape (alternatives pineapple, tomato)	65,25,15	SOP	DAILY
Omelets		NONE			Days 2, 5, 8, 11, 14, 17, 20
Eggs to order		griddle fried eggs	40	F7	Days 1,3, 4, 6, 7, 9, 10, 12, 13, 15, 16, 18, 19, 21
Eggs - bulk		scrambled eggs	30	F10	DAILY
Eggs		hard boiled	15	SOP, F4	DAILY
Handhelds		English muffin sandwich w/ canadian bacon, egg, cheese	75	N00701	Days 3, 10, 15, 21
Meats		bacon / creamed beef / pork sausage patty	30, 20, 25	L1, SOP or L30, L89.03	DAILY
		turkey sausage links	20	L512	Days 2, 6, 10, 14, 18, 21
Potato		cottage fried potatoes	75	Q46.1	DAILY
Bulk hot cereal		hot grits	35	E1.01	DAILY
Indiv. Oatmeal		asst. oatmeal pkts	25	SOP	DAILY
Indiv cold cereal		asst dry cereal	90	SOP	DAILY
Hot cakes		french toast sticks	75	SOP (alt D22)	Days 3, 6, 9, 12, 15, 18, 21
Syrup		individual syrup	75	SOP	DAILY
Specialty bread		croissant	50	SOP	Days 3, 6, 8, 10, 12, 15, 18, 21
Sweet bread		cinnamon roll	75	SOP	Days 3, 6, 9, 12, 15, 18, 21
Toast SOP		white, whole wheat, raisin, rye	15, 20, 20, 10	SOP	DAILY
Spreads SOP		butter, peanut butter, jelly	110,15, 60	SOP	DAILY
Specialty spread		berry jam	15	SOP	Days 3, 6, 9, 12, 15, 18, 21
Fresh fruit		banana, pear, cut-up melon +	60, 15, 25	SOP	Days 3, 6, 9, 12, 15, 18, 21
Lowfat yogurt		Assorted flavors indiv yogurts	65	SOP	DAILY
Cold beverages		milk (skim, 1%, 2%, choc, & other flavors bulk/UHT), iced tea	115, 20	SOP	DAILY
Hot beverages		cocoa, coffee, tea	15, 75, 10	SOP	DAILY
Lemon		lemon wedges	10	SOP	DAILY
Condiments		sugar, cream, sugar substitute	100, 60, 15	SOP	DAILY
		salt, pepper, hot sauce	75, 50, 75	SOP	DAILY
		salsa/picante, jalapeños	30, 20	SOP	DAILY
		catsup	50	SOP	DAILY

SERV PER 100	SHORT ORDER MENU 1	RECIPE SOP	MENU FREQUENCY		
25	breaded JALAPENOS w/ CHEDDAR CHEESE	SOP	DAYS 1, 4, 7, 10, 13, 16, 19		8940-01-E09-7510
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
15	CHEESEBURGERS	N01201	DAILY		
5	FRANKFURTERS	N03004	DAILY		8905-01-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8910-01-414-1567
15	SUPREME / MULTI-TOPPED PIZZA, indiv	SOP	DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8940-01-E09-4212
15	GYRO POCKET SANDWICH	N00201	DAYS 1, 7, 13, 19,		local bread; 8905-01-e19-1195; plain yogurt
10	CHICKEN TENDERS	SOP	DAYS 1, 5, 9, 13, 17		8905-01-e09-5827
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
5	BOLOGNA SANDWICH W/ CHEESE	N01701	DAYS 1, 5, 9, 13, 17		8905-01-e09-8143 bologna; 8910-00-656-0993 cheese, sliced
5	SALAMI SANDWICH	N01704	DAYS 1, 5, 9, 13, 17		8905-01-e09-2005
5	TUNA SALAD SANDWICH	N01500	DAYS 1, 5, 9, 13, 17		8905-01-e19-3087
10	ITALIAN PEPPER BEEF SANDWICH	N02801	DAYS 1, 5, 9, 13, 17		8905-01-e09-2220
20	POTATO WEDGES	SOP	DAYS 1, 2, 5, d7, 8, 11, 14, 17, 20		8915-01-E59-5689
40	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-01-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
10	dipping sauces for chicken tenders & nuggets		DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8950-01-E19-5944, 8950-01-E19-3696, 8950 01 E19 6861

SERV PER 100	SHORT ORDER MENU 2	RECIPE SOP	MENU FREQUENCY		
60	HOT WINGS (as appetizer 1 ea)	SOP	DAYS 2, 5, 8, 11, 14, 17, 20		8905-01-E09-7386
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
15	CHEESEBURGERS	N01201	DAILY		above plus 8910 00 656 0993
5	FRANKFURTERS	N03004	DAILY		8905-**01**-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8940-01-E09-4215
20	PEPPERONI PIZZA, indiv	SOP or L16505	DAYS 2, 4, 6, 8, 10, 12, 14, 16, 18, 20		8940-01-E09-4213
10	MEATBALL & CHEESE POCKET SANDWICH	SOP	DAYS 2, 8, 14, 20		8940-01-E59-6651
15	CHICKEN FILLET w/ CHEESE SANDWICH	N02102	DAYS 2, 6, 10, 14, 18		8905-01-114-1457
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
5	HAM & CHEESE WRAP	tortilla w/ N01102	DAYS 2, 6, 10, 14, 18		8920 00 080 9096 plus 8905-01-e19-7502 w/ varied cheeses:
					8910-00-582-1342 or 8910-00-584-6434 or 8910-00-656-0993
5	CHICKEN SALAD PITA	pita w/ N00800	DAYS 2, 6, 10, 14, 18		Local bread; 8905 01 388 1064
10	CHEESE FISHWICH	N03201	DAYS 2, 6, 10, 14, 18		8905 01 E59 7392; 8910 00 656 0993
20	POTATO WEDGES	SOP	DAYS 1, 2, 5, d7, 8, 11, 14, 17, 20		8915-01-E59-5689
40	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-**01**-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
10	tartar sauce	SOP	DAYS 2, 6, 10, 14, 18		8950-01-e09-6364

SERV PER 100	SHORT ORDER MENU 3	RECIPE SOP	MENU FREQUENCY		
40	MOZARELLA CHEESE STICKS	SOP	DAYS 3, 6, 9, 12, 15, 18, 21		NSN REQUESTED
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
10	CHEESEBURGERS	N01201	DAILY		above plus 8910 00 656 0993
5	FRANKFURTERS	N03004	DAILY		8905-01-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
10	CORNDOGS	SOP	DAYS 3, 6, 9. 12. 15. 18. 21		8940-01-091-7209 or 7208
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8940-01-E09-4215
15	SUPREME / MULTI-TOPPED PIZZA, indiv	SOP	DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8940-01-E09-4212
10	CHINESE PORK EGGROLLS	SOP	DAYS 3, 10, 15, 21		8940-01-E09-1199
15	FRIED CHICKEN NUGGETS	SOP	DAYS 3, 7, 11, 15, 19, 21		8905-01-e59-7335 or 8905-01-E59-7235
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
5	TURKEY & MOZZARELLA SANDWICH	SOP on wheat	DAYS 3, 7, 11, 15, 19, 21		8905-01-E09-9149 or 8905-01-E19-1811 (no deli sliced turkey in catalog); no mozzarella in catalog
5	HAM SALAD SANDWICH	N01300	DAYS 3, 7, 11, 15, 19, 21		8905-01-E59-6134
10	PHILLY CHEESESTEAK	N00301 w/provolone & mushroom	DAYS 3, 7, 11, 15, 19, 21		8905-01-e09-2220; 8910-00-582-1342; 8915-01-E60-1924
50	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-01-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
10	soy sauce	SOP	DAYS 3, 6, 10, 12, 15, 18, 21		8950 01 E09 2513
15	dipping sauces for chicken tenders & nuggets		DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8950-01-E19-5944, 8950-01-E19-3696, 8950 01 E19 6861
5	cranberry sauce	SOP	DAYS 3, 4, 7, 8, 11, 12, 15, 16, 19, 20, 21		8915 01 E19 8012

SERV PER 100	SHORT ORDER MENU 4	RECIPE SOP	MENU FREQUENCY		
25	breaded JALAPENOS w/ CHEDDAR CHEESE	SOP	DAYS 1, 4, 7, 10, 13, 16, 19		8940-01-E09-7510
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
15	CHEESEBURGERS	N01201	DAILY		above plus 8910 00 656 0993
5	FRANKFURTERS	N03004	DAILY		8905-**01**-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8940-01-E09-4215
15	PEPPERONI PIZZA, indiv	SOP or L16505	DAYS 2, 4, 6, 8, 10, 12, 14, 16, 18, 20		8940-01-E09-4213
10	CHICKEN & BROCCOLI POCKET SANDWICH	SOP	DAYS 4, 9, 16,		8940-01-E59-6649
10	FRIED CHICKEN	N02102	DAYS 4, 8, 12, 16, 20		8905-01-E59-5537
5	RAVIOLI	SOP	DAYS 4, 8, 12, 16, 20		8940-00-480-4548
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
5	BLT SANDWICH	N00101	DAYS 4, 8, 12, 16, 20		8905-01-E59-2158
5	EGG SALAD SANDWICH	N01000	DAYS 4, 8, 12, 16, 20		8910 00 926 6048
10	ROAST TURKEY SANDWICH	N00402	DAYS 4, 8, 12, 16, 20		8905-01-E09-9149 or 8905-01-E19-1811 (no deli sliced turkey in catalog)
5	HOT PASTRAMI on RYE SANDWICH	N02300	DAYS 4, 8, 12, 16, 20		8905-01-e19-3334
50	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-**01**-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
10	cranberry sauce	SOP	DAYS 3, 4, 7, 8, 11, 12, 15, 16, 19, 20, 21		8915 01 E19 8012

SERV PER 100	SHORT ORDER MENU 5	RECIPE SOP	MENU FREQUENCY		
60	HOT WINGS	SOP	DAYS 2, 5, 8, 11, 14, 17, 20		8905-01-E09-7386
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
15	CHEESEBURGERS	N01201	DAILY		
5	FRANKFURTERS	N03004	DAILY		8905-**01**-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8910-01-414-1567
15	SUPREME / MULTI-TOPPED PIZZA, indiv	SOP	DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8940-01-E09-4212
10	PEPPERONI CALZONE	SOP	DAYS 5, 11, 17		8940 01 E19 5278
15	CHICKEN TENDERS	SOP	DAYS 1, 5, 9, 13, 17		8905-01-e09-5827
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
5	BOLOGNA SANDWICH W/ CHEESE	N01701	DAYS 1, 5, 9, 13, 17		8905-01-e09-8143 bologna; 8910-00-656-0993 cheese, sliced
5	SALAMI SANDWICH	N01704	DAYS 1, 5, 9, 13, 17		8905-01-e09-2005
5	TUNA SALAD SANDWICH	N01500	DAYS 1, 5, 9, 13, 17		8905-01-e19-3087
10	ITALIAN PEPPER BEEF SANDWICH	N02801	DAYS 1, 5, 9, 13, 17		8905-01-e09-2220
20	POTATO WEDGES	SOP	DAYS 1, 2, 5, d7, 8, 11, 14, 17, 20		8915-01-E59-5689
40	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-**01**-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
15	dipping sauces for chicken tenders & nuggets		DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8950-01-E19-5944, 8950-01-E19-3696, 8950 01 E19 6861

SERV PER 100	SHORT ORDER MENU 6	RECIPE SOP	MENU FREQUENCY		
25	MOZARELLA CHEESE STICKS	SOP	DAYS 3, 6, 9, 12, 15, 18, 21		NSN REQUESTED
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
10	CHEESEBURGERS	N01201	DAILY		above plus 8910 00 656 0993
5	FRANKFURTERS	N03004	DAILY		8905-**01**-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
10	CORNDOGS	SOP	DAYS 3, 6, 9. 12. 15. 18. 21		8940-01-091-720**9** or 720**8**
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8940-01-E09-4215
20	PEPPERONI PIZZA, indiv	SOP or L16505	DAYS 2, 4, 6, 8, 10, 12, 14, 16, 18, 20		8940-01-E09-4213
10	CHINESE CHICKEN EGGROLLS	SOP	DAYS 6, 12, 18		8940 01 E09 5365
15	CHICKEN FILLET w/ CHEESE SANDWICH	N02102	DAYS 2, 6, 10, 14, 18		8905-01-114-1457
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
5	HAM & CHEESE WRAP	tortilla w/ N01102	DAYS 2, 6, 10, 14, 18		8920 00 080 9096 plus 8905-01-e19-7502 w/ varied cheeses:
					8910-00-582-1342 or 8910-00-584-6434 or 8910-00-656-0993
5	CHICKEN SALAD PITA	pita w/ N00800	DAYS 2, 6, 10, 14, 18		Local bread; 8905 01 388 1064
5	CHEESE FISHWICH	N03201	DAYS 2, 6, 10, 14, 18		8905 01 E59 7392; 8910 00 656 0993
50	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-**01**-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
5	tartar sauce	SOP	DAYS 2, 6, 10, 14, 18		8950-01-e09-6364
10	soy sauce	SOP	DAYS 3, 6, 10, 12, 15, 18, 21		8950 01 E09 2513

SERV PER 100	SHORT ORDER MENU 7	RECIPE SOP	MENU FREQUENCY		
25	breaded JALAPENOS w/ CHEDDAR CHEESE	SOP	DAYS 1, 4, 7, 10, 13, 16, 19		8940-01-E09-7510
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
15	CHEESEBURGERS	N01201	DAILY		above plus 8910 00 656 0993
5	FRANKFURTERS	N03004	DAILY		8905-**01**-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8940-01-E09-4215
15	SUPREME / MULTI-TOPPED PIZZA, indiv	SOP	DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8940-01-E09-4212
15	GYRO POCKET SANDWICH	N00201	DAYS 1, 7, 13, 19,		local bread; 8905-01-e19-1195; plain yogurt
10	FRIED CHICKEN NUGGETS	SOP	DAYS 3, 7, 11, 15, 19, 21		8905-01-e59-7335 or 8905-01-E59-7235
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
10	TURKEY & MOZZARELLA SANDWICH	SOP on wheat	DAYS 3, 7, 11, 15, 19, 21		8905-01-E09-9149 or 8905-01-E19-1811 (no deli sliced turkey in catalog); no mozzarella in catalog
5	HAM SALAD SANDWICH	N01300	DAYS 3, 7, 11, 15, 19, 21		8905-01-E59-6134
10	PHILLY CHEESESTEAK	N00301 w/provolone & mushroom	DAYS 3, 7, 11, 15, 19, 21		8905-01-e09-2220; 8910-00-582-1342; 8915-01-E60-1924
50	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-**01**-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
10	dipping sauces for chicken tenders & nuggets		DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8950-01-E19-5944, 8950-01-E19-3696, 8950 01 E19 6861
10	cranberry sauce	SOP	DAYS 3, 4, 7, 8, 11, 12, 15, 16, 19, 20, 21		8915 01 E19 8012

SERV PER 100	SHORT ORDER MENU 8	RECIPE SOP	MENU FREQUENCY		
60	HOT WINGS (as appetizer 1 ea)	SOP	DAYS 2, 5, 8, 11, 14, 17, 20		8905-01-E09-7386
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
15	CHEESEBURGERS	N01201	DAILY		above plus 8910 00 656 0993
5	FRANKFURTERS	N03004	DAILY		8905-**01**-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8940-01-E09-4215
15	PEPPERONI PIZZA, indiv	SOP or L16505	DAYS 2, 4, 6, 8, 10, 12, 14, 16, 18, 20		8940-01-E09-4213
15	MEATBALL & CHEESE POCKET SANDWICH	SOP	DAYS 2, 8, 14, 20		8940-01-E59-6651
10	FRIED CHICKEN	N02102	DAYS 4, 8, 12, 16, 20		8905-01-E59-5537
5	RAVIOLI	SOP	DAYS 4, 8, 12, 16, 20		8940-00-480-4548
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
5	BLT SANDWICH	N00101	DAYS 4, 8, 12, 16, 20		8905-01-E59-2158
5	EGG SALAD SANDWICH	N01000	DAYS 4, 8, 12, 16, 20		8910 00 926 6048
5	ROAST TURKEY SANDWICH	N00402	DAYS 4, 8, 12, 16, 20		8905-01-E09-9149 or 8905-01-E19-1811 (no deli sliced turkey in catalog)
5	HOT PASTRAMI on RYE SANDWICH	N02300	DAYS 4, 8, 12, 16, 20		8905-01-e19-3334
20	POTATO WEDGES	SOP	DAYS 1, 2, 5, d7, 8, 11, 14, 17, 20		8915-01-E59-5689
40	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-**01**-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
5	cranberry sauce	SOP	DAYS 3, 4, 7, 8, 11, 12, 15, 16, 19, 20, 21		8915 01 E19 8012
					8910 01 E19 9602; 8910 01 E19 9604

SERV PER 100	SHORT ORDER MENU 9	RECIPE SOP	MENU FREQUENCY		
40	MOZARELLA CHEESE STICKS	SOP	DAYS 3, 6, 9, 12, 15, 18, 21		NSN REQUESTED
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
10	CHEESEBURGERS	N01201	DAILY		
5	FRANKFURTERS	N03004	DAILY		8905-**01**-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
5	CORNDOGS	SOP	DAYS 3, 6, 9. 12. 15. 18. 21		8940-01-091-720**9** or 720**8**
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8910-01-414-1567
15	SUPREME / MULTI-TOPPED PIZZA, indiv	SOP	DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8940-01-E09-4212
15	CHICKEN & BROCCOLI POCKET SANDWICH	SOP	DAYS 4, 9, 16,		8940-01-E59-6649
15	CHICKEN TENDERS	SOP	DAYS 1, 5, 9, 13, 17		8905-01-e09-5827
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
5	BOLOGNA SANDWICH W/ CHEESE	N01701	DAYS 1, 5, 9, 13, 17		8905-01-e09-8143 bologna; 8910-00-656-0993 cheese, sliced
5	SALAMI SANDWICH	N01704	DAYS 1, 5, 9, 13, 17		8905-01-e09-2005
5	TUNA SALAD SANDWICH	N01500	DAYS 1, 5, 9, 13, 17		8905-01-e19-3087
10	ITALIAN PEPPER BEEF SANDWICH	N02801	DAYS 1, 5, 9, 13, 17		8905-01-e09-2220
40	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-**01**-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
15	dipping sauces for chicken tenders & nuggets		DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8950-01-E19-5944, 8950-01-E19-3696, 8950 01 E19 6861

SERV PER 100	SHORT ORDER MENU 10	RECIPE SOP	MENU FREQUENCY		
25	breaded JALAPENOS w/ CHEDDAR CHEESE	SOP	DAYS 1, 4, 7, 10, 13, 16, 19		8940-01-E09-7510
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
15	CHEESEBURGERS	N01201	DAILY		above plus 8910 00 656 0993
5	FRANKFURTERS	N03004	DAILY		8905-**01**-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8940-01-E09-4215
20	PEPPERONI PIZZA, indiv	SOP or L16505	DAYS 2, 4, 6, 8, 10, 12, 14, 16, 18, 20		8940-01-E09-4213
10	CHINESE PORK EGGROLLS	SOP	DAYS 3, 10, 15, 21		8940-01-E09-1199
10	CHICKEN FILLET w/ CHEESE SANDWICH	N02102	DAYS 2, 6, 10, 14, 18		8905-01-114-1457
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
5	HAM & CHEESE WRAP	tortilla w/ N01102	DAYS 2, 6, 10, 14, 18		8920 00 080 9096 plus 8905-01-e19-7502 w/ varied cheeses:
					8910-00-582-1342 or 8910-00-584-6434 or 8910-00-656-0993
10	CHICKEN SALAD PITA	pita w/ N00800	DAYS 2, 6, 10, 14, 18		Local bread; 8905 01 388 1064
10	CHEESE FISHWICH	N03201	DAYS 2, 6, 10, 14, 18		8905 01 E59 7392; 8910 00 656 0993
50	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-**01**-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
10	tartar sauce	SOP	DAYS 2, 6, 10, 14, 18		8950-01-e09-6364
10	soy sauce	SOP	DAYS 3, 6, 10, 12, 15, 18, 21		8950 01 E09 2513

SERV PER 100	SHORT ORDER MENU 11	RECIPE SOP	MENU FREQUENCY		
60	HOT WINGS (as appetizer 1 ea)	SOP	DAYS 2, 5, 8, 11, 14, 17, 20		8905-01-E09-7386
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
15	CHEESEBURGERS	N01201	DAILY		above plus 8910 00 656 0993
5	FRANKFURTERS	N03004	DAILY		8905-01-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8940-01-E09-4215
15	SUPREME / MULTI-TOPPED PIZZA, indiv	SOP	DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8940-01-E09-4212
10	PEPPERONI CALZONE	SOP	DAYS 5, 11, 17		8940 01 E19 5278
15	FRIED CHICKEN NUGGETS	SOP	DAYS 3, 7, 11, 15, 19, 21		8905-01-e59-7335 or 8905-01-E59-7235
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
10	TURKEY & MOZZARELLA SANDWICH	SOP on wheat	DAYS 3, 7, 11, 15, 19, 21		8905-01-E09-9149 or 8905-01-E19-1811 (no deli sliced turkey in catalog); no mozzarella in catalog
5	HAM SALAD SANDWICH	N01300	DAYS 3, 7, 11, 15, 19, 21		8905-01-E59-6134
10	PHILLY CHEESESTEAK	N00301 w/provolone & mushroom	DAYS 3, 7, 11, 15, 19, 21		8905-01-e09-2220; 8910-00-582-1342; 8915-01-E60-1924
20	POTATO WEDGES	SOP	DAYS 1, 2, 5, d7, 8, 11, 14, 17, 20		8915-01-E59-5689
40	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-01-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
15	dipping sauces for chicken tenders & nuggets	SOP	DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8950-01-E19-5944, 8950-01-E19-3696, 8950 01 E19 6861
10	cranberry sauce	SOP	DAYS 3, 4, 7, 8, 11, 12, 15, 16, 19, 20, 21		8915 01 E19 8012

SERV PER 100	SHORT ORDER MENU 12	RECIPE SOP	MENU FREQUENCY		
25	MOZARELLA CHEESE STICKS	SOP	DAYS 3, 6, 9, 12, 15, 18, 21		NSN REQUESTED
5	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
10	CHEESEBURGERS	N01201	DAILY		above plus 8910 00 656 0993
5	FRANKFURTERS	N03004	DAILY		8905-**01**-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
5	CORNDOGS	SOP	DAYS 3, 6, 9. 12. 15. 18. 21		8940-01-091-720**9** or 720**8**
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8940-01-E09-4215
15	PEPPERONI PIZZA, indiv	SOP or L16505	DAYS 2, 4, 6, 8, 10, 12, 14, 16, 18, 20		8940-01-E09-4213
10	CHINESE CHICKEN EGGROLLS	SOP	DAYS 6, 12, 18		8940 01 E09 5365
15	FRIED CHICKEN	N02102	DAYS 4, 8, 12, 16, 20		8905-01-E59-5537
5	RAVIOLI	SOP	DAYS 4, 8, 12, 16, 20		8940-00-480-4548
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
5	BLT SANDWICH	N00101	DAYS 4, 8, 12, 16, 20		8905-01-E59-2158
5	EGG SALAD SANDWICH	N01000	DAYS 4, 8, 12, 16, 20		8910 00 926 6048
10	ROAST TURKEY SANDWICH	N00402	DAYS 4, 8, 12, 16, 20		8905-01-E09-9149 or 8905-01-E19-1811 (no deli sliced turkey in catalog)
5	HOT PASTRAMI on RYE SANDWICH	N02300	DAYS 4, 8, 12, 16, 20		8905-01-e19-3334
50	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-**01**-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
15	cranberry sauce	SOP	DAYS 3, 4, 7, 8, 11, 12, 15, 16, 19, 20, 21		8915 01 E19 8012
10	soy sauce	SOP	DAYS 3, 6, 10, 12, 15, 18, 21		8950 01 E09 2513

SERV PER 100	SHORT ORDER MENU 13	RECIPE SOP	MENU FREQUENCY		
25	breaded JALAPENOS w/ CHEDDAR CHEESE	SOP	DAYS 1, 4, 7, 10, 13, 16, 19		8940-01-E09-7510
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
15	CHEESEBURGERS	N01201	DAILY		
5	FRANKFURTERS	N03004	DAILY		8905-**01**-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8910-01-414-1567
15	SUPREME / MULTI-TOPPED PIZZA, indiv	SOP	DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8940-01-E09-4212
15	GYRO POCKET SANDWICH	N00201	DAYS 1, 7, 13, 19,		local bread; 8905-01-e19-1195; plain yogurt
10	CHICKEN TENDERS	SOP	DAYS 1, 5, 9, 13, 17		8905-01-e09-5827
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
5	BOLOGNA SANDWICH W/ CHEESE	N01701	DAYS 1, 5, 9, 13, 17		8905-01-e09-8143 bologna; 8910-00-656-0993 cheese, sliced
5	SALAMI SANDWICH	N01704	DAYS 1, 5, 9, 13, 17		8905-01-e09-2005
5	TUNA SALAD SANDWICH	N01500	DAYS 1, 5, 9, 13, 17		8905-01-e19-3087
10	ITALIAN PEPPER BEEF SANDWICH	N02801	DAYS 1, 5, 9, 13, 17		8905-01-e09-2220
50	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-**01**-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
10	dipping sauces for chicken tenders & nuggets		DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8950-01-E19-5944, 8950-01-E19-3696, 8950 01 E19 6861

SERV PER 100	SHORT ORDER MENU 14	RECIPE SOP	MENU FREQUENCY		
60	HOT WINGS (as appetizer 1 ea)	SOP	DAYS 2, 5, 8, 11, 14, 17, 20		8905-01-E09-7386
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
15	CHEESEBURGERS	N01201	DAILY		above plus 8910 00 656 0993
5	FRANKFURTERS	N03004	DAILY		8905-**01**-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8940-01-E09-4215
20	PEPPERONI PIZZA, indiv	SOP or L16505	DAYS 2, 4, 6, 8, 10, 12, 14, 16, 18, 20		8940-01-E09-4213
15	MEATBALL & CHEESE POCKET SANDWICH	SOP	DAYS 2, 8, 14, 20		8940-01-E59-6651
10	CHICKEN FILLET w/ CHEESE SANDWICH	N02102	DAYS 2, 6, 10, 14, 18		8905-01-114-1457
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
5	HAM & CHEESE WRAP	tortilla w/ N01102	DAYS 2, 6, 10, 14, 18		8920 00 080 9096 plus 8905-01-e19-7502 w/ varied cheeses:
					8910-00-582-1342 or 8910-00-584-6434 or 8910-00-656-0993
10	CHICKEN SALAD PITA	pita w/ N00800	DAYS 2, 6, 10, 14, 18		Local bread; 8905 01 388 1064
5	CHEESE FISHWICH	N03201	DAYS 2, 6, 10, 14, 18		8905 01 E59 7392; 8910 00 656 0993
20	POTATO WEDGES	SOP	DAYS 1, 2, 5, d7, 8, 11, 14, 17, 20		8915-01-E59-5689
40	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-**01**-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
5	tartar sauce	SOP	DAYS 2, 6, 10, 14, 18		8950-01-e09-6364

SERV PER 100	SHORT ORDER MENU 15	RECIPE SOP	MENU FREQUENCY		
40	MOZARELLA CHEESE STICKS	SOP	DAYS 3, 6, 9, 12, 15, 18, 21		NSN REQUESTED
5	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
10	CHEESEBURGERS	N01201	DAILY		above plus 8910 00 656 0993
5	FRANKFURTERS	N03004	DAILY		8905-01-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
5	CORNDOGS	SOP	DAYS 3, 6, 9. 12. 15. 18. 21		8940-01-091-7209 or 7208
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8940-01-E09-4215
15	SUPREME / MULTI-TOPPED PIZZA, indiv	SOP	DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8940-01-E09-4212
10	CHINESE PORK EGGROLLS	SOP	DAYS 3, 10, 15, 21		8940-01-E09-1199
15	FRIED CHICKEN NUGGETS	SOP	DAYS 3, 7, 11, 15, 19, 21		8905-01-e59-7335 or 8905-01-E59-7235
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
10	TURKEY & MOZZARELLA SANDWICH	SOP on wheat	DAYS 3, 7, 11, 15, 19, 21		8905-01-E09-9149 or 8905-01-E19-1811 (no deli sliced turkey in catalog); no mozzarella in catalog
5	HAM SALAD SANDWICH	N01300	DAYS 3, 7, 11, 15, 19, 21		8905-01-E59-6134
15	PHILLY CHEESESTEAK	N00301 w/provolone & mushroom	DAYS 3, 7, 11, 15, 19, 21		8905-01-e09-2220; 8910-00-582-1342; 8915-01-E60-1924
50	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-01-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
10	soy sauce	SOP	DAYS 3, 6, 10, 12, 15, 18, 21		8950 01 E09 2513
15	dipping sauces for chicken tenders & nuggets		DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8950-01-E19-5944, 8950-01-E19-3696, 8950 01 E19 6861
10	cranberry sauce	SOP	DAYS 3, 4, 7, 8, 11, 12, 15, 16, 19, 20, 21		8915 01 E19 8012

SERV PER 100	SHORT ORDER MENU 16	RECIPE SOP	MENU FREQUENCY		
25	breaded JALAPENOS w/ CHEDDAR CHEESE	SOP	DAYS 1, 4, 7, 10, 13, 16, 19		8940-01-E09-7510
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
15	CHEESEBURGERS	N01201	DAILY		above plus 8910 00 656 0993
5	FRANKFURTERS	N03004	DAILY		8905-**01**-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8940-01-E09-4215
15	PEPPERONI PIZZA, indiv	SOP or L16505	DAYS 2, 4, 6, 8, 10, 12, 14, 16, 18, 20		8940-01-E09-4213
10	CHICKEN & BROCCOLI POCKET SANDWICH	SOP	DAYS 4, 9, 16,		8940-01-E59-6649
10	FRIED CHICKEN	N02102	DAYS 4, 8, 12, 16, 20		8905-01-E59-5537
5	RAVIOLI	SOP	DAYS 4, 8, 12, 16, 20		8940-00-480-4548
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
5	BLT SANDWICH	N00101	DAYS 4, 8, 12, 16, 20		8905-01-E59-2158
5	EGG SALAD SANDWICH	N01000	DAYS 4, 8, 12, 16, 20		8910 00 926 6048
10	ROAST TURKEY SANDWICH	N00402	DAYS 4, 8, 12, 16, 20		8905-01-E09-9149 or 8905-01-E19-1811 (no deli sliced turkey in catalog)
5	HOT PASTRAMI on RYE SANDWICH	N02300	DAYS 4, 8, 12, 16, 20		8905-01-e19-3334
50	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-**01**-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
10	cranberry sauce	SOP	DAYS 3, 4, 7, 8, 11, 12, 15, 16, 19, 20, 21		8915 01 E19 8012

SERV PER 100	SHORT ORDER MENU 17	RECIPE SOP	MENU FREQUENCY		
60	HOT WINGS	SOP	DAYS 2, 5, 8, 11, 14, 17, 20		8905-01-E09-7386
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
15	CHEESEBURGERS	N01201	DAILY		
5	FRANKFURTERS	N03004	DAILY		8905-**01**-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8910-01-414-1567
15	SUPREME / MULTI-TOPPED PIZZA, indiv	SOP	DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8940-01-E09-4212
10	PEPPERONI CALZONE	SOP	DAYS 5, 11, 17		8940 01 E19 5278
15	CHICKEN TENDERS	SOP	DAYS 1, 5, 9, 13, 17		8905-01-e09-5827
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
5	BOLOGNA SANDWICH W/ CHEESE	N01701	DAYS 1, 5, 9, 13, 17		8905-01-e09-8143 bologna; 8910-00-656-0993 cheese, sliced
5	SALAMI SANDWICH	N01704	DAYS 1, 5, 9, 13, 17		8905-01-e09-2005
5	TUNA SALAD SANDWICH	N01500	DAYS 1, 5, 9, 13, 17		8905-01-e19-3087
10	ITALIAN PEPPER BEEF SANDWICH	N02801	DAYS 1, 5, 9, 13, 17		8905-01-e09-2220
20	POTATO WEDGES	SOP	DAYS 1, 2, 5, d7, 8, 11, 14, 17, 20		8915-01-E59-5689
40	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-**01**-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
15	dipping sauces for chicken tenders & nuggets		DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8950-01-E19-5944, 8950-01-E19-3696, 8950 01 E19 6861

SERV PER 100	SHORT ORDER MENU 18	RECIPE SOP	MENU FREQUENCY		
25	MOZARELLA CHEESE STICKS	SOP	DAYS 3, 6, 9, 12, 15, 18, 21		NSN REQUESTED
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
10	CHEESEBURGERS	N01201	DAILY		above plus 8910 00 656 0993
5	FRANKFURTERS	N03004	DAILY		8905-**01**-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
10	CORNDOGS	SOP	DAYS 3, 6, 9. 12. 15. 18. 21		8940-01-091-720**9** or 720**8**
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8940-01-E09-4215
15	PEPPERONI PIZZA, indiv	SOP or L16505	DAYS 2, 4, 6, 8, 10, 12, 14, 16, 18, 20		8940-01-E09-4213
10	CHINESE CHICKEN EGGROLLS	SOP	DAYS 6, 12, 18		8940 01 E09 5365
15	CHICKEN FILLET w/ CHEESE SANDWICH	N02102	DAYS 2, 6, 10, 14, 18		8905-01-114-1457
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
5	HAM & CHEESE WRAP	tortilla w/ N01102	DAYS 2, 6, 10, 14, 18		8920 00 080 9096 plus 8905-01-e19-7502 w/ varied cheeses:
					8910-00-582-1342 or 8910-00-584-6434 or 8910-00-656-0993
10	CHICKEN SALAD PITA	pita w/ N00800	DAYS 2, 6, 10, 14, 18		Local bread; 8905 01 388 1064
5	CHEESE FISHWICH	N03201	DAYS 2, 6, 10, 14, 18		8905 01 E59 7392; 8910 00 656 0993
50	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-**01**-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
5	tartar sauce	SOP	DAYS 2, 6, 10, 14, 18		8950-01-e09-6364
10	soy sauce	SOP	DAYS 3, 6, 10, 12, 15, 18, 21		8950 01 E09 2513

SERV PER 100	SHORT ORDER MENU 19	RECIPE SOP	MENU FREQUENCY		
25	breaded JALAPENOS w/ CHEDDAR CHEESE	SOP	DAYS 1, 4, 7, 10, 13, 16, 19		8940-01-E09-7510
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
15	CHEESEBURGERS	N01201	DAILY		above plus 8910 00 656 0993
5	FRANKFURTERS	N03004	DAILY		8905-01-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8940-01-E09-4215
15	SUPREME / MULTI-TOPPED PIZZA, indiv	SOP	DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8940-01-E09-4212
15	GYRO POCKET SANDWICH	N00201	DAYS 1, 7, 13, 19,		local bread; 8905-01-e19-1195; plain yogurt
10	FRIED CHICKEN NUGGETS	SOP	DAYS 3, 7, 11, 15, 19, 21		8905-01-e59-7335 or 8905-01-E59-7235
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
10	TURKEY & MOZZARELLA SANDWICH	SOP on wheat	DAYS 3, 7, 11, 15, 19, 21		8905-01-E09-9149 or 8905-01-E19-1811 (no deli sliced turkey in catalog); no mozzarella in catalog
5	HAM SALAD SANDWICH	N01300	DAYS 3, 7, 11, 15, 19, 21		8905-01-E59-6134
10	PHILLY CHEESESTEAK	N00301 w/provolone & mushroom	DAYS 3, 7, 11, 15, 19, 21		8905-01-e09-2220; 8910-00-582-1342; 8915-01-E60-1924
50	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-01-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
10	dipping sauces for chicken tenders & nuggets		DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8950-01-E19-5944, 8950-01-E19-3696, 8950 01 E19 6861
10	cranberry sauce	SOP	DAYS 3, 4, 7, 8, 11, 12, 15, 16, 19, 20, 21		8915 01 E19 8012

SERV PER 100	SHORT ORDER MENU 20	RECIPE SOP	MENU FREQUENCY		
60	HOT WINGS	SOP	DAYS 2, 5, 8, 11, 14, 17, 20		8905-01-E09-7386
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
15	CHEESEBURGERS	N01201	DAILY		above plus 8910 00 656 0993
5	FRANKFURTERS	N03004	DAILY		8905-**01**-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8940-01-E09-4215
15	PEPPERONI PIZZA, indiv	SOP or L16505	DAYS 2, 4, 6, 8, 10, 12, 14, 16, 18, 20		8940-01-E09-4213
15	MEATBALL & CHEESE POCKET SANDWICH	SOP	DAYS 2, 8, 14, 20		8940-01-E59-6651
10	FRIED CHICKEN	N02102	DAYS 4, 8, 12, 16, 20		8905-01-E59-5537
5	RAVIOLI	SOP	DAYS 4, 8, 12, 16, 20		8940-00-480-4548
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
5	BLT SANDWICH	N00101	DAYS 4, 8, 12, 16, 20		8905-01-E59-2158
5	EGG SALAD SANDWICH	N01000	DAYS 4, 8, 12, 16, 20		8910 00 926 6048
5	ROAST TURKEY SANDWICH	N00402	DAYS 4, 8, 12, 16, 20		8905-01-E09-9149 or 8905-01-E19-1811 (no deli sliced turkey in catalog)
5	HOT PASTRAMI on RYE SANDWICH	N02300	DAYS 4, 8, 12, 16, 20		8905-01-e19-3334
20	POTATO WEDGES	SOP	DAYS 1, 2, 5, d7, 8, 11, 14, 17, 20		8915-01-E59-5689
40	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-**01**-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
5	cranberry sauce	SOP	DAYS 3, 4, 7, 8, 11, 12, 15, 16, 19, 20, 21		8915 01 E19 8012

SERV PER 100	SHORT ORDER MENU 21	RECIPE SOP	MENU FREQUENCY		
40	MOZARELLA CHEESE STICKS	SOP	DAYS 3, 6, 9, 12, 15, 18, 21		NSN REQUESTED
10	HAMBURGERS	N01200	DAILY		8905-01-e19-6550 or 8905 -01-E58-4039
10	CHEESEBURGERS	N01201	DAILY		above plus 8910 00 656 0993
5	FRANKFURTERS	N03004	DAILY		8905-01-782-3190 frankfurter, all meat or 8905-01-E09-6912 beef
10	CORNDOGS	SOP	DAYS 3, 6, 9. 12. 15. 18. 21		8940-01-091-7209 or 7208
5	CHEESE PIZZA	SOP h&s or L165	DAILY		8940-01-E09-4215
15	SUPREME / MULTI-TOPPED PIZZA, indiv	SOP	DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8940-01-E09-4212
10	CHINESE PORK EGGROLLS	SOP	DAYS 3, 10, 15, 21		8940-01-E09-1199
15	FRIED CHICKEN NUGGETS	SOP	DAYS 3, 7, 11, 15, 19, 21		8905-01-e59-7335 or 8905-01-E59-7235
3	PEANUT BUTTER & JELLY SANDWICH	N01400	DAILY-self made from self-serve ingredients		8930-01-e09-8038 & 8930 01 E09 2885
5	TURKEY & MOZZARELLA SANDWICH	SOP on wheat	DAYS 3, 7, 11, 15, 19, 21		8905-01-E09-9149 or 8905-01-E19-1811 (no deli sliced turkey in catalog); no mozzarella in catalog
5	HAM SALAD SANDWICH	N01300	DAYS 3, 7, 11, 15, 19, 21		8905-01-E59-6134
10	PHILLY CHEESESTEAK	N00301 w/provolone & mushroom	DAYS 3, 7, 11, 15, 19, 21		8905-01-e09-2220; 8910-00-582-1342; 8915-01-E60-1924
50	FRENCH FRIES, ?oven fried	Q04502	DAILY		8915-01-e59-3965
40	ONION RINGS	Q03501	DAILY		8915-00-191-3461
10	BAKED BEANS	Q00200	DAILY		8915-01-184-5601
15	POTATO CHIPS	SOP	DAILY		8940-01-E19-1836; 8940 01 E19 1835; 8940 01 E29 0621; 8940 01 E29 0622;
5	PRETZELS	SOP	DAILY		8940-01-e09-4480
50	salad bar	SOP	DAILY		
75	dessert: packaged cookie/brownie	SOP	DAILY		no packaged, only cookie dough; brownie mix or sheet brownie
40	ice cream novelties	SOP	DAILY		8910 01 E19 9579; 8910 01 E19 9583; 8910 01 E19 9584;
					8910 01 E19 9602; 8910 01 E19 9604
125	beverages	SOP	DAILY		
100	ASST CONDIMENTS	SOP	DAILY		
10	soy sauce	SOP	DAYS 3, 6, 10, 12, 15, 18, 21		8950 01 E09 2513
15	dipping sauces for chicken tenders & nuggets		DAYS 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21		8950-01-E19-5944, 8950-01-E19-3696, 8950 01 E19 6861
5	cranberry sauce	SOP	DAYS 3, 4, 7, 8, 11, 12, 15, 16, 19, 20, 21		8915 01 E19 8012

The Army 21 Day CONOPS
Menu

The Army 21 Day CONOPS
Menu

BASIC SALAD BAR (USED WITH ALL S/O, LUNCH, AND DINNER MEALS)

(FOLLOW ESTABLISHED SOP FROM DFAC MANAGER)

LETTUCE LEAVES
LETTUCE, SHREDDED
TOMATO WEDGES
TOMATO SLICED
ONIONS, SLICED
ONIONS, CHOPPED
RADISHES
CELERY, CHOPPED
CARROTS, SHREDDED
CUCUMBERS, SLICED
FRESH PEPPERS
BROCCOLI
COTTAGE CHEESE
CHEESE, SHREDDED
HAM, CHOPPED
RED CABBAGE, CHOPPED
BEAN SPROUTS, CANNED
CROUTONS
CRACKERS
SLICED PICKLES (SWEET & DILL)
MUSHROOMS, CANNED
JALAPEÑO PEPPERS
SLICED PICKLED BEETS w/ ONION SALAD
SUNFLOWER SEEDS
ASSORTED SALAD DRESSINGS (REGULAR & LOW CAL)

* IN ADDITION TO THE BASIC SALAD BAR COMPONENTS ABOVE, SELECT ONE SALAD FROM COLUMN A AND B FOR EACH LUNCH AND DINNER MEAL

SALADS*

COLUMN A
(MAYONNAISE/SALAD DRESSING BASED)

MACARONI SALAD
COLE SLAW
WALDORF SALAD
CABBAGE, APPLE, RAISIN SALAD
PINEAPPLE COLE SLAW
POTATO SALAD

COLUMN B
(WITHOUT SALAD DRESSING)

POTATO SALAD W/ VINEGAR DRESSING
GERMAN STYLE TOMATO SALAD
GOLDEN GLOW GELATIN SALAD
ITALIAN PASTA SALAD
GERMAN COLE SLAW
SPINACH SALAD
CUCUMBER ONION SALAD
COUNTRY STYLE TOMATO SALAD
THREE BEAN SALAD
CAESAR SALAD
PASTA SALAD
KIDNEY BEAN SALAD
PICKLED GREEN BEAN SALAD
CHEF'S SALAD
TACO SALAD

The Army 21 Day CONOPS
Menu

CONOPS MENU

SALAD BAR TOPPINGS SOP

APPROXIMATELY 100 PORTIONS

ITEM	APPROXIMATE PORTION SIZE	A.P. OR CONTAINER	E.P.
BACON BITS, IMATATION	1 TBSP	1.25 - 22 OZ CN	
BROCCOLI, FRESH, FLOWERETS (2-2½")	2 FLOWERETS	9 LB 14 OZ	4 LB 8 OZ
CABBAGE, RED, FRESH, CHOPPED	2 TBSP	2 LB 8 OZ	2 LB
CARROTS, FRESH, SHREDDED, RTE	2 TBSP		
CARROTS, BABY, FRESH, RTE	3-4 EACH		
CELERY, FRESH, DICED	2 TBSP	4 LB 5 OZ	3 LB 2 OZ
CHEESE, CHEDDAR OR AMERICAN	2 TBSP		NA
CHEESE, COTTAGE	2TBSP	6 LB 4 OZ	NA
CROUTONS	8 CROUTONS		1 GAL
CRACKERS	1 PKG		NA
CUCUMBERS, FRESH, PARED, SLICED	4 SLICES	9 LB 14 OZ	7 LB 9 OZ
HAM, CND, CHOPPED	1 TBSP	3 LB	NA
JALAPENO PEPPERS, WHOLE, CND	1	1 -#10 CN (6 LB 6 OZ)	4 LB
LETTUCE, LEAVES (RELISH TRAY ITEM)	VARIABLE	4 LB 5 OZ	4 LB 8 OZ
MUSHROOMS, SLICED, CND	1 TBSP	2.25 CNS (4LB CN)	2 LB 4 OZ
OLIVES, BLACK, WHOLE, PITTED	3 OLIVES	5 LB 13 OZ	2 LB 9 OZ
OLIVES, GREEN, WHOLE, PITTED	3 OLIVES	6 LB 12 OZ	4 LB 14 OZ
ONIONS, DRY, CHOPPED	2 TBSP	4 LB 10 OZ	4 LB 3 OZ
ONIONS, DRY, SLICED	3-4 SLICES	6 LB 11 OZ	6 LB
PICKLES, SWEET, SLICED	2-6 SLICES		
PICKLES, DILL, SLICED	2-6 SLICES		
RADISHES, FRESH, WHOLE	3 RADISHES	7 LB 12 OZ	7 LB
TOMATOES, FRESH, CHERRY	2-3 TOMATOES	7 LB	NA
TOMATOES, WHOLE, FRESH, SLICED	2 SLICES	11 LB 5 OZ	11 LB 2 OZ
TOMATOES, WHOLE, FRESH, WEDGES	2 WEDGES	8 LB 5 OZ	8 LB 2 OZ

NOTE:
RTE = READY TO EAT

CONOPS MENU

SALAD DRESSINGS SOP

APPROXIMATELY 100 PORTIONS

ITEM	APPROXIMATE PORTION SIZE	QUANTITY REQUIRED
REGULAR DRESSINGS		
BLUE CHEESE, PREPARED, BULK	2 TBSP	1 GAL
FRENCH, PREPARED, BULK	2 TBSP	1 GAL
ITALIAN, PREPARED, BULK	2 TBSP	1 GAL
RANCH, PREPARED, BULK	2 TBSP	1 GAL
THOUSAND ISLAND, PREPARED, BULK	2 TBSP	1 GAL
LOW CAL and/or LOW or FAT-FREE DRESSINGS		
BLUE CHEESE, LOW-FAT, IND, 2 OZ	1 PKG	100
FRENCH, FAT-FREE, IND, 2 OZ	1 PKG	100
ITALIAN, FAT-FREE, IND, 2 OZ	1 PKG	100
RANCH, FAT-FREE, IND, 2 OZ	1 PKG	100
THOUSAND ISLAND, FAT-FREE, IND, 2 OZ	1 PKG	100

NOTE: A MINIMUM OF 3 DIFFERENT TYPES OF EACH SHOULD BE OFFERED AT EACH MEAL.
More is fine, and be sure that the choices include low-fat options.

The Army 21 Day CONOPS
Menu

*SELECT ONE DESSERT CHOICE FROM COLUMN A AND B TO OFFER FOR EACH LUNCH AND DINNER MEAL

DESSERTS *

COLUMN A
(FRUITS)

SEASONAL ASSORTED FRESH FRUIT

CHILLED
- FRUIT COCKTAIL
- PEACHES
- PEARS
- APPLESAUCE
- APRICOTS
- PINEAPPLE
- MANDARIN ORANGES
- PLUMS

COLUMN B
(ALL OTHER DESSERTS)

PIES
- BLUEBERRY
- APPLE
- PEACH
- CHERRY
- PECAN
- PUMPKIN
- LEMON MERINGUE
- COCONUT CREAM
- SWEET POTATO

CAKES
- CHEESE
- CARROT
- GERMAN CHOCOLATE
- MARBLE
- PINEAPPLE UPSIDE DOWN
- STRAWBERRY SHORTCAKE
- POUND CAKE
- BANANA
- DEVIL'S FOOD
- YELLOW
- GINGERBREAD
- ANGEL FOOD

BROWNIES & BARS
- PEANUT BUTTER BROWNIES
- CHOCOLATE BROWNIES
- CRISP TOFFEE BARS
- FRUIT NUT BARS
- HERMITS
- CHEWY NUT BARS

CRISP
- APPLE
- CHERRY
- BLUEBERRY
- PEACH

CRUNCHES
- APPLE
- APPLE STREUSEL TOPPED
- BLUEBERRY
- CHERRY
- PEACH

CRUNCH
- APPLE
- BLUEBERRY
- CHERRY
- PEACH
- PINEAPPLE

PUDDINGS
- BANANA CREAM
- RICE
- TAPIOCA

SALADS. SALAD DRESSINGS. AND RELISHES No.M 071 00

SALSA PASTA SALAD

Yield 100 **Portion** 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
98 cal	19 g	4 g	1 g	0 mg	221 mg	18 mg

Ingredient	Weight	Measure	Issue
WATER	20-7/8 lbs	2 gal 2 qts	
SALT	5/8 oz	1 tbsp	
OIL,SALAD	1/2 oz	1 tbsp	
MACARONI NOODLES,ROTINI,DRY	3-1/8 lbs	3 qts 1-1/2 cup	
TOMATOES,FRESH,CHOPPED	4 lbs	2 qts 2 cup	4 lbs
ONIONS,FRESH,CHOPPED	4-1/4 oz	3/4 cup	4-2/3 oz
PEPPERS,JALAPENOS,CANNED,CHOPPED	2-3/8 oz	1/2 cup	
SALT	5/8 oz	1 tbsp	
SUGAR,GRANULATED	1/2 oz	1 tbsp	
CARROTS,FROZEN,SLICED	1-2/3 lbs	1 qts 2 cup	
WATER,BOILING	3-1/8 lbs	1 qts 2 cup	
PEAS,GREEN,FROZEN	2-1/4 lbs	1 qts 3 cup	
CORN,FROZEN,WHOLE KERNEL	2-1/2 lbs	1 qts 3 cup	
WATER,BOILING	1 lbs	2 cup	
CHICKPEAS	2-2/3 lbs	1 qts 1 cup	
OLIVES,RIPE,PITTED,SLICED,INCL LIQUIDS	9-1/2 oz	2 cup	

Method

1 Add salt and oil to water; heat to rolling boil. Slowly add rotini while stirring constantly until water boils again. Cook 10 to 12 minutes. DO NOT OVERCOOK. Drain, rinse with cold water; drain thoroughly.
2 Combine tomatoes, onions, peppers, salt, and sugar; mix well.
3 Add tomato mixture to rotini. Toss lightly but thoroughly.
4 Refrigerate for use in Step 8.
5 Add carrots to boiling water. Return to a boil; reduce heat; cover; simmer 8 to 10 minutes or until just tender.
6 Drain; set aside for use in Step 8.
7 Add peas and corn to water. Bring to a boil; reduce heat; cover; simmer 4 minutes. Drain.
8 Add chick peas, olives, carrots, peas, and corn to rotini mixture. Toss lightly. Cover; refrigerate at least 3 hours or until flavors are well blended. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

Notes

1 In Step 2, 2-3/4 quarts prepared salsa may be used.

SALADS. SALAD DRESSINGS. AND RELISHES No.M 801 00

SALAD BAR

Yield 100 **Portion** 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
325 cal	17 g	7 g	26 g	22 mg	655 mg	145 mg

Ingredient	Weight	Measure	Issue
SALAD,MIX,PRECUT	4 lbs		
PEPPERS,FRESH,SWEET,DCD,PRECUT	2 lbs		
CELERY,CHOPPED,PRECUT	2 lbs	1 qts 3-1/2 cup	
ONIONS,FRESH,SLICED	2 lbs	1 qts 3-1/8 cup	
RADISH,FRESH,SLICES	2 lbs	1 qts 3-1/4 cup	
TOMATOES,FRESH,CHERRY	9 lbs	1 gal 2-7/8 qts	
BROCCOLI,FRESH,FLORETS	2 lbs	1 qts 2-1/4 cup	
CABBAGE,RED,FRESH,SHREDDED	2 lbs	3 qts 1 cup	
CARROTS,FRESH,SHREDDED	2 lbs	1 qts 2-3/4 cup	
MUSHROOMS,FRESH,WHOLE,SLICED	4 lbs	1 gal 1-7/8 qts	
CHEESE,CHEDDAR,SHREDDED	2-3/4 lbs	2 qts 3 cup	
SALAD DRESSING,ITALIAN	6-1/4 lbs	3 qts	
CHEESE,COTTAGE	2-1/4 lbs	1 qts 1/2 cup	
SALAD DRESSING,RANCH	2 lbs	1 qts	
SALAD DRESSING,FRENCH,PREPARED,L/C	2-1/4 lbs	1 qts	
CROUTONS	1 lbs		
BACON BITS,IMITATION	1 lbs		
CUCUMBER,FRESH,SLICED	6 lbs	1 gal 1/4 qts	
OLIVES,RIPE,PITTED,SLICED,DRAINED	1-1/2 lbs	1 qts 1-1/8 cup	

Method

1 Place salad bar ingredients on salad bar. PORTION: 1 cup. CCP: Hold at 41 F. or lower for service.

The Army 21 Day CONOPS Menu

23-Aug-03 ITEM	(UI) UNIT of ISSUE	MEASURE	MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	Sum of Measures	UI Equivalent
also for UGR A Supplemental Menus																										
selected nsn																										
ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
MEAT/ENTREES																										
8905-01-E09-1074		lb	B	1.5	1.5	1.5	1.5	4.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	34.5	
8905-01-e59-2158		lb	L			0.1	0.1					0.1							0.1	0.6	1.2				2.2	
			SO	1	1	1	3	1	1	1	3	1	1	1	3	1	1	1	3	1	1	1	3	1	31	
Bacon, fz, sliced, precked, fzn, cured	lb	lb	D		0.6	0.5				0.7	0.1			0.7		2					1.5				6.1	
8905-00-419-4320			B	4		5		4				4	5			4		5		4				5	40	
8905-00-404-6065			L																						0	
8905-01-E60-0842			SO																						0	
bacon, canadian	lb		D																						0	
8905-01-E59-4039			L																						0	
78/cs			SO	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	147	
Beef patties, 3.8 oz, preck, 85% lean, fz	lb		D																						0	
			L																						0	
			SO																						0	
	lb		D																						0	
8905-01-296-5525			L		9																				9	
			SO																						0	
Beef, comed, frz, brisket, 6/7 lb avg per	lb		D																						0	
8905-01-420-5255			B	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	84	
8905-01-E19-4313		lb	L									9.6				7.2									16.8	
			SO		4				4				4				4				4				20	
Beef, Ground, 85% lean, 4/10 lb case	lb		D				16.5											8	5.4					10	39.9	
8905-01-388-1164			L				13																		13	
Beef, Fajita strips, rw, marin, fz 20 lb cs	lb		D			5															9				14	
8905-00-655-8410			L						3																3	
Beef, liver, sliced, fz	lb		D																						0	
8905-01-056-9123			L																						0	
8905-01-E09-6900																										
Beef, ribeye roll, bnls portion,5/10 lb av	lb		D						40										35						75	
8905-01-006-0918							12																			
Beef, roast, top inside round, ckd, bnls, 4/12 lb avg				15																						
8905-00-133-5886 (not used)			L																						0	
Beef, round, oven roast, 6/9 lb per case	lb		D																						0	
8905 01 E59 5014			L										19													
beefsteak, chicken fried stk,160/4oz, raw, b	lb		D																							
8905-01-E59-6314			L	20				13																		
beefsteak, salisbury, pre-ck, fz, 160/4 o	lb		D																				14			
8905-01-E09-2220			L																							
			SO	3		3		3		3		3		3		3		4		3		3		3		
beefsteak,sandwich, 40/4 oz ea, 10 LB	lb		D																				14			

The Army 21 Day CONOPS Menu

ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
8905-00-177-5017			L								10.5							15							25.5
Beef, stewing, diced, fz, US Choice, 8/7	lb		D					12								7.5									19.5
8905-01-034-7547			L		40															30					70
8905-01-E59-6494																									
Beef, strip loin steak, 106/8 oz steaks, 5	lb		D																						0
8905-01-e59-7758			L																						
Beef, loin, T-bone steak, 16 oz Quantur	lb		D								32														
8905-01-E19-2660 (not used)			L																						0
Beef, steak, top sirloin, butt steak, 54/10	lb		D																						0
ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
8905-00-133-5889			L												22.5								26.3		48.8
Beef, Swiss Braising Steak, 147/6 oz e	lb		D												19									19	38
8905-01-086-0394 (not used)			L																						0
			SO																						0
Beefsteak, sandwich wafer, 2 oz portior	lb		D																						0
8905-01-E59-2918			L																						0
			SO	1				1				1					1				1				5
Bologna, all meat, fz, 5 oz slice, 4/3lb p	lb		D																						0
8905-01-E09-5827			L																						0
			SO	7				7				7					7				7				35
Chicken, Breast Tenders fz, RTZ home	lb		D																		14.4				14.4
8905-01-419-3218			L						60		42.25											41			143.25
			SO		7		15		7		15		7		15		7		15		7		15		110
Chicken, cut-up,8 piece, frz, broiler, w/b	lb	lb	D	41				40				58.5			41			50						32.5	263
8905-01-369-4422-3218			L																						
			SO																						
Chicken, breast, skinless, frz, 5 oz, 40 l	lb	lb	D																						
			L																						
			SO																						
	lb	lb	D																						
8905-01-E19-4811			L																						
			SO																						
Chicken, qtr, precked, fz, roasted, herb	lb	lb	D																						
8905-01-114-1457			L																						0
			SO			5				5				5				5				5			25
Chicken, fillets, breaded, 4.5 oz	lb		D																						0
																									0
8905-01-E09-5329			L																						0
8905-01-E09-7386			SO		6			6			6			6			6			6			6		42
Chicken, wings, hot pre-ckd, fz, pepper	lb		D																						0
8905-01-E59-5537			L																						0
			SO																						0
Chicken, brd, cut-up, fullcooked, 8 pc	lb		D																						0
8905-00-079-2796			L																						0
			SO		17		15		17		15		17		15		17		15		17		15		160
Chicken, cut-up, brd, pre-cooked, deep	lb		D																						0
8905-01-388-1064			L																						0
Chicken, Fajita strips, rw, marin, fz 50 lb	lb		D			5															10				15
ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
8940-00-126-3394			L				2.5									1									3.5	
			SO	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1		
chili con carne, w/o beans, 6/#10 cn	cn		D																	2				2	4	
8940-00-151-6462 (not used)		lb	L				13.5									5.4									18.9	
chili con carne, dehy, with red kidney be	cn		D																					10.8	10.8	
8940-01-E59-4675			L																						0	
chile, cnd, w/o beans, 6/#10 cn	cn		D																						0	
8940-01-E59-7930			L																						0	
entrée, Chili, fz, with beans, 4-5 lb co	co		D													2.5									2.5	
																									0	
8905-01-E19-6650			L				35													30					65	
8905-01-E60-0706																										
cornish hen, rock, 24/11oz ea per case	lb		D											30											30	
																									0	
item not found in catalogs																									0	
entrée, stuffed cabbage																									0	
8940-01-088-8898			L										**1.5**												1.5	
8940-01-E09-1069																										
entrée, stuffed, green peppers, frzn in s	co	tray	D																						0	
																									0	
8905-01-E19-5285			L			15											27							17	59	
fish, Catfish fillets, fz. Brd, cajun style, U	lb		D																						0	
8905-01-125-2288 (**not listed**)			L														27								27	
			SO																						0	
fish, Catfish fillets,skinless, 5 -7oz ea, 3	lb		D																						0	
8905-00-128-7914 (not used)			L																						0	
			SO																						0	
fish, Clams, canned, 12/51oz cns	lb		D																						0	
8905-01-E59-9381			L																						0	
fish, Crab Legs, Snow crab, pre-ck,fz, 7	lb		D																			25			25	
8905-00-267-1933			L																						0	
fish, Lobster tail,spiney, raw, fz, 8 oz ea	lb		D																			25			25	
8905-01-323-3171 (not listed)			L																						0	
			SO																						0	
fish, nuggets, pollock, brd	lb		D																						0	
8905-01-067-7964 (not listed)			L																						0	
			SO																						0	
fish portions, battered, 3 oz wedge shap	lb		D																						0	
8905-01-385-1892			L																						0	
			SO																						0	
fish portions, brd, parckd, fz, 4 oz ea,ma	lb		D																						0	
8905-00-082-5733			L	6.5																					6.5	
8905-01-E59-7392			SO		2.5				1.5				2.5				1.5				1.5				9.5	
fish portions, brd,raw, 160 ea 4 oz pollo	lb		D						5											12.5					17.5	
ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
																									0	
?			L																						0	
fish, s Crab cakes pc, 3 oz	?		D																						0	
8905-01-414-3157			L																						0	
			SO																						0	
fish, seafood patties w/crab, brd, 4 oz e	lb		D																						0	
8905-00-960-2303			L																						0	
8905-01-E60-2933			SO																						0	
fish, shrimp, raw, brd, tailoff, fz, 21-25 c	lb		D																			19			19	
8905-00-582-4039			L							6.5					8										14.5	
8905-01-E59-7047			SO																						0	
fish, shrimp, raw, p & d, IQF, 26-30 cou	lb		D								10														10	
8905-01-164-0490 (**not listed**)		lb	L													21									21	
			SO																						0	
fish, Sole fillets, raw, frz, natural, 3 oz, 3	lb	lb	D						7											15					22	
8905-01-099-2263			L													35									35	
8905-01-E19-4541			SO																						0	
fish, Trout fillets, fz, 8 oz,10 lb cs	lb		D										18												18	
8905-01-E19-3087			L																						0	
			SO	0.3				0.3				0.3				0.3				0.3					1.5	
fish, Tuna, light meat, flex pouch, 6/43 c	pg		D																						0	
8905-01-E19-2177 (not listed)			L																						0	
			SO																						0	
fish, Tuna, light meat, water pk, flex pac	pg		D																						0	
																									0	
8905-01-E19-5502			L																						0	
			SO	2	3	3	3	2	3	3	3	2	3	3	3	2	3	3	3	2	3	3	3		55	
frankfurters, all beef, frz, 5-1 1-/lb	lb		D																						0	
8905-01-E19-1195			L																						0	
			SO																						0	
gyro meat, beef & lamb, ckd, sliced, frz,	lb		D																						0	
8940-01-E19-2119		co	L									7													7	
want Stouffers 2 types - reg & veg			SO																						0	
lasagne, entrée, multi-serve, fz, lasagna	co		D																						0	
8940-00-433-7493 (**not listed**)			L														0.5								0.5	
			SO																						0	
manicotti, fzn, beef, w/o sauce	lb		D																						0	
8940-00-433-7495			L														0.5								0.5	
2.7OZ EA, 60/10 lb co			SO																						0	
manicotti, fzn, cheese, w/o sauce	pg		D																						0	
8905-01-E59-2905			L																						0	
			SO		2						3						3						3		11	
meatballs, beef & pork, pre-ck, italian, f	lb		D				15										6								21	
8940-01-434-0605 (**not listed**)			L																						0	
			SO																						0	
meatballs, swedish meatballs, w/sauce,	co		D															2.5							2.5	
8905 01 E59 4038			L			22.5								21												
4-5 lb loaf per cs			SO																							
meatloaf, beef, pre-ck, fz, bulk,	lb		D																							
8905 01 E60 1382			L																							
6-5 lb loaf per cs			SO																							
meatloaf, beef, pre-ck, fz,homestyle,	lb		D							22.5												19				
8905-01-E19-3334			L																						0	
			SO																						0	
pastrami, ckd, sliced, fzn, 5 lb co	lb		D							13.2															13.2	
																									0	
8905-01-342-8122			L																						0	
			SO																						0	
pork, loin chop, center cut, bnls, fz, 176/	lb		D							13.2															13.2	
ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
8905-01-e19-5158			L																							
			SO																							
pork, loin, babyback ribs, pre-ckd fz, bbq, 30 lb avg cs			D																							
8905-01-017-5718			L																						0	
			SO																						0	
Pork steaks, flaked& formed, 29/5.5 oz	lb	lb	D																	17.5			15.75		33.25	
8905-00-753-6503			L																						0	
			SO																						0	
pork, diced, fz, 8/7 lb avg, 56 lb avg cs	lb		D		14.5								20.8								0.7				36	
8905-01-039-8809		lb	L	4.3	13	2	4.5	2	2	10.45	2	9.5	2	2	2	2	2	2	12	2	2	2	2	2	83.75	
			SO	2	7	5	2	2	7	5	2	2	7	5	2	2	7	5	2	2	7	5	2	2	82	
pork, ham, cured, canned	lb	lb	D	2	2	2	7	2	2	2.6	2	2	2	2	2	5	2	2	2	2	2	2	2	2	50.6	
8905-00-753-6426			L																						0	
			SO																						0	
Pork, ham, fresh, outside, trimmed, tied	lb		D																						0	
TBD			SO																						0	
pork, ham, glazed, spiralcut portions	lb		D																						0	
ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
																									0	
8905-01-E19-5159		lb	L											17.1											17.1	
8905-01-E59-6320			SO																						0	
Pork, loin, whole, boneless, PC, 8/6 lb a	lb		D														11.4								11.4	
8905-00-126-8743			L																		37.5				37.5	
			SO																						0	
Pork, ribs, spareribs, fz, 3.5 down, 50 lb	lb	lb	D													56.25									56.25	
8905-00-149-1355			L																						0	
			SO																						0	
Pork,shoulder hocks, cured, cmoked, .7	lb		D															3.5						3.5	7	
																									0	
8905-01-E09-2005			L														1.6								1.6	
			SO																						0	
salami, cooked, sliced, fz, pork & beef,	lb		D	3									1.6												4.6	
8905-00-080-5656 (item changed)			L															9.5							9.5	
sausage, italian, sweet links, fz, 4 oz ea	lb		D																						0	
8905-00-E59-5565			L															10							10	
8905-01E59-1218			SO																						0	
sausage, italian, hot links, fz, 3-4 oz ea,	lb		D																						0	
8905-00-080-5325			L																				8		8	
8905-01-E9-1215			SO																						0	
sausage, knockwurst links, fz, beef, 4 o	lb		D																						0	
8905-01-E59-4122			B		3	2.5		3	2.5		3	2.5		3	2.5		3	2.5		3	2.5		3	2.5	38.5	
sausage, turkey, PC, 0.705 oz ea, 239	lb		D																						0	
ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
8905-01-E59-4123			B																						0
sausage, turkey, link, pre-ckd, fz, 0.6 oz	lb		D																						0
local nsn			B																						0
sauasge, poultry, pattie	lb		D																						0
8905-00-577-5993			B			2.5			2.5			2.5			2.5			2.5			2.5			2.5	17.5
8905-01-E59-1217			L																						
sauasge, pork, link, fzn, preckd, breakfa	lb		D																						0
8905-01-458-4204			B	2	10	4		2	10	4		2	10	4		2	10	4		2	10	4		4	84
8905-01-E59-3755	lb		L																						0
sausage, pork, patties, fzn, preckd, roun	lb		D																						0
8905-01-E09-2652			L																						0
8905-01-E09-2184			SO			5	5			5	5			5	5			5	5			5	5	5	55
Turkey, breast, bnls, ckd,fzn, slc, deli, 5	lb		D																						0
local nsn			L																						0
			SO																						0
turkey, ham, canadian deli, style	?		D																						0
local nsn			L																						0
			SO																						0
turkey pastrami	?		D																						0
8905-01-E09-9142		lb	L							15.75											19				34.75
			SO																						0
turkey, breast, boneless, ckd, fz, 16 lb c	lb		D			16.5											26.6								43.1
8905-00-262-7274		lb	L							15.75											19				34.75
			SO																						0
turkey, raw, boneless, fz, white/dark me	lb		D			16.5											26.6								43.1
8905-01-E59-9018		lb	L							15.75											19				34.75
			SO																						0
turkey, roll, ckd, fz, white/dark meat, 40	lb		D			16.5											26.6								43.1
8905-01-E19-4457		lb	L							15.75											19				34.75
			SO																						0
turkey, whole, fz, 20-24 lb avg	lb		D			16.5											26.6								43.1
8905-01-408-2405			L					19					27.75						22.5						69.25
			SO																						0
veal, steak,flaked, formed, fzn, brd, 120	lb	lb	D		20.5									22.2											42.7
8905-01-E09-1721																									0
Lamb, loin chops, fz, 4 oz ea, 10 lb cs																									0
								HANDHELDS																	0
8940-01-E59-7111			B																						
breakfast bagel w/ sausage Joy Foods sandwich, 4.7 oz ea, 24ct /cs																									
8940-01-E19-6927			B			2			2			2			2			2			2			2	14
																									0
bagel, ham & cheese sandwich, 5 oz ea	cs																								0
8940-01-E09-4681			B		4			4			4			4			4			4			4		28
																									0
biscuit, sausage, egg, cheese, sandwich	cs																								0
8940-01-E59-8273																									
creamed beef, boil in bag, ? yield			B	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21
gravy, beef, creamed, conc, 5 lb bg	bg																								
8940-01-E09-4796																									0
add back			B	3			3			3			3			3			3			3			21
burrito, breakfast, bacon, egg & cheese	cs																								0
8940-01-E19-3385			B	2			2			2			2			2			2			2			14
add back																									0
burrito, breakfast, egg & cheese, 3 oz e	cs																								0
8940-01-E19-6926			B																						
ugr a sm																									
breakfast croissant, ham & cheese,4.5 oz ea, indiv wrap 24ct /cs																									
ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
8940-01-E59-6651			L																						0	
			SO		1				1				1				1				1				5	
calzone, cheese & meatball, fz, 7 oz, 50	cs		D																						0	
8940-01-E59-6649			L																						0	
			SO				0.25				0.25				0.25				0.25				0.25		1.25	
calzone, chicken & broccoli, fz, 7 oz 50/	cs		B																						0	
8940-01-E19-5278			L																						0	
			SO																						0	
calzone, pepperoni & cheese, 8 oz ea	cs		D																						0	
8940-01-E19-6926			B		2			2			2			2			2			2			2		14	
			L																						0	
			SO																						0	
croissant, ham & cheese sandwich, 4.5	cs		D																						0	
8940-01-086-0989			L																						0	
			SO			30				30				30				30				30			150	
egg roll, frozen phillipne, 1.5 - 2 oz ea	ea		D																						0	
8940-01-E09-1053			B		3			3			3			3			3			3			3		21	
8940-01-E09-4215			L																						0	
			SO	1	1	0.25	0.25	1	1	0.25	0.25	1	1	0.25	0.25	1	1	0.25	0.25	1	1	0.25	0.25	0.25	12.75	
pizza, baked, ind sv, frz, cheese, 5 in, 6	bx		D																						0	
																									0	
8940-01-E09-4212			L																						0	
			SO	1			1	1			1	1			1	1			1	1			1		10	
pizza, ind, fz, multi top w/ cheese 5 in d	bx		D																						0	
8940-01-E09-8308			L																						0	
8940-01-E09-4213			SO		1	0.25			1	0.25			1	0.25			1	0.25			1	0.25		0.25	6.5	
pizza, ind, fz, pepperoni w/cheese, 5 in	bx		D																						0	
																									0	

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																									0	
																									0	
ITEM	**UNIT**		**MEAL**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**		
						DAIRY FOODS AND EGGS																			0	
8910-00-935-6709			B																						0	
			L	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	31.5	
			SO	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	31.5	
butter, (surplus), 90 rts, patties/lb	lb		D	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	31.5	
8910-00-926-9962			B	1.5	1.5	1.5		1.5	1.5	1.5		1.5	1.5	1.5		1.5	1.5	1.5		1.5	1.5	1.5		1.5	24	
			L																						0	
			SO	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	31.5	
butter patties, 90 RTS	lb		D																						0	
8910-00-616-0038		lb	B		0.25			0.25			0.25			0.25			0.25			0.25			0.25		1.75	
		lb	L	1.75	1.4	1.25	1.25	6.13	2	2.3	1.8	5.1	1.7	0.84	0.9	2.3	0.25	2.9	1.7	1.5	4.4	5.2	1.12	1.9	47.69	
			SO			1																			1	
butter, salted, block	lb	lb	D	0.85	4	0.8	0.24	0.6	2.5	0.6	1.35	3	1.75	2.5	1.3		1.3	0.75	4	2.98	0.5	0.6	5.7	5	40.32	
8910-01-406-4943		lb	B	0.25			0.25			0.25			0.25			0.25			0.25			0.25			1.75	
8910-01-e59-2520			L																						0	
			SO		1				1				1				1				1				5	
butter, whipped, 5 gm cups (90 cups pe	bx		D																						0	
8910-00-926-6491			B			0.25	1		0.25		1	0.25			1.25			0.25	1		0.25		1	0.25	6.75	
			L	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	31.5	
			SO	1.5	1.5	2.5	2.5	1.5	1.5	2.5	2.5	1.5	1.5	2.5	2.5	1.5	1.5	2.5	2.5	1.5	1.5	2.5	2.5	1.5	41.5	
margarine, patties, 90 RTS/lb	lb		D	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	31.5	
8910-00-656-0993			B			6			6			6			6			6			6			6	42	
			L	2																					2	
			SO	2	3	5	2	2	3	5	2	2	3	5	2	2	3	5	2	2	3	5	2	5	65	
cheese, american, sliced 3 5lb pg	lb		D							0.6											0.7				1.3	
8910-01-414-1567		lb	B		3			3			3			3			3			3			3		21	
			L																						0	
			SO																						0	
cheese, blend, pizza, fzn, shredded, 5 l	bg		D																						0	
8910-00-125-8440			B		1			1			1			1			1			1			1		7	
		lb	L	2	2	6	3.5	2	2.75	2	4.5	4	4	8.8	2	7.9	2	2	2.8	2	2	2	2	6	72.25	
			SO	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	74	
cheese, cheddar	lb	lb	D	2	2	2	2	2	7.2	2	2	2	2	2.8	2	2	2	2	2	2.9	2	2	2.2	3.2	50.3	
8910-01-418-7467			B	3	1		3	1		3	1		3	1		3	1		3	1		3	1		28	
			L			4	1.5												0.8					4	10.3	
			SO	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21	
cheese, cheddar, shredded	lb		D																	0.9			0.2	1.2	2.3	
8910-01-247-2362			B																						0	
		lb	L	5	5	5	5	5	5	5	5	13.8	5	5	5	5	5	5	5	5	5	5	5	5	113.8	
			SO	10	7	7	8	10	7	7	8	10	7	7	8	10	7	7	8	10	7	7	8	15	175	
cheese, cottage, 2%	lb		D	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	2.2	5	5	5	102.2	
ITEM	**UNIT**		**MEAL**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**		

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
8910-00-383-7910			B		1			1			1			1			1			1			1		7
			L																						0
			SO																						0
cheese, cream	lb	lb	D					3.2																	3.2
8910-01-E09-6569			B		0.5			0.5			0.5			0.5			0.5			0.5			0.5		3.5
			L																						0
			SO																						0
cheese, cream, 1 oz indiv cup	co		D																						0
8910-00-782-2837			B		2			2			2			2			2			2			2		14
		lb	L									2.5													2.5
			SO			2				2				2				2				2		2	12
cheese, mozzarella, frozen	lb	lb	D											1.8							1.2				3
8910-00-782-3765		lb	L	1.2	0.5	0.3	0.5	0.3	0.5	0.5	0.5	7	0.5	0.5	0.5	0.5	1.8	0.5	1	0.5	0.5	0.5	0.5	0.43	19.03
			SO	0.5	0.5	1	1	0.5	0.5	1	1	0.5	0.5	1	1	0.5	0.5	1	1	0.5	0.5	1	1	0.5	15.5
cheese, parmesan-romano, approx l lb	co	lb	D	0.5	0.5	0.5	5.5	0.5	1	0.5	0.5	0.5	0.5	1.5	0.5	1.12	0.5	0.5	1.88	0.5	1.25	0.6	1.9	0.5	21.25
8910-00-00-582-1342			L														2								2
			SO				2				2				2				2				2		10
cheese, provolone, smk, 3 1/2 avg.	lb		D	3.75									2												5.75
8910-00-584-6434			L																						0
			SO																						0
cheese, swiss, natural, sandwich cut, U	lb	lb	D									0.8													0.8
8940-01-e19-3355			L																						0
			SO																						0
cheese stick, appetizer, fz, mozzarella 4	lb	lb	D																						0
8940-01-e19-3355			L																						0
jalapeno poppers			SO																						0
cheese stick, appetizer, fz, mozzarella 4	lb	lb	D																						0
																									0
8910-00-926-6048		lb	B	15	5	15	15	5	15	15	5	15	15	5	15	15	5	15	15	5	15	15	5	15	245
8910-00-043-3198		lb	L	2.6	2.4	2.5	2.6	2.6	2.5	3.9	2.7	5.4	2.4	2.8	3.3	2.4	4.8	3.3	2.4	2.7	2.9	4.1	3.2	3.6	65.1
			SO	3.9	3.9	4.9	5.9	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	59.4
eggs, raw, medium or large	dz	lb	D	3.8	2.8	4	3.6	3.2	3.7	4.8	2.4	4.8	2.4	2.7	3.2	5.2	3.6	3.2	3.1	2.9	3.9	2.4	3	2.9	71.6
8910-00-127-8251		lb	B	7.5			7.5			7.5			7.5			7.5			7.5			7.5			52.5
			L																						0
			SO																						0
egg, white, frzn	lb		D																						0
8910-00-616-0051		lb	B	17.5	33	20	17.5	33	20	17.5	33	20	17.5	33	20	17.5	33	20	17.5	33	20	17.5	33	20	493.5
8910-01-e59-6929			L																						0
			SO			1				1				1				1				1			5
eggs, whole, frzn, 5 lb, pasteruized 6/5lb	lb		D																						0
8910-01-E59-3882			B																						
ugr a sm																									
egg patties, precked, fz 3 lb bag, 8bg/cs																									
eggs, boiled																									0
ITEM	**UNIT**		**MEAL**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**	
							ICE CREAM																		0
8910-01-E19-9601			L																						0
			SO	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	10.5
ice cream bar, Galaxy choc & van	cs		D	0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5	5.5
8910-01-E19-9602			L																						0
			SO	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21
ice cream bar, Snickers Bar	cs		D	1		1		1		1		1		1		1		1		1		1		1	11
8910-01-E19-7239			L		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		5
			SO	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	10.5
ice cream, choc	co		D	0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5	5.5
8910-01-E19-7239			L		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		5
			SO	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	10.5
ice cream, strawberry	co		D	0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5	5.5
8910-01-E19-7239			L		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		5
			SO	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	10.5
ice cream, vanilla	co		D	0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5	5.5
																									0

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
							MILK, DRY & CREAM																		0
8910-01-091-7209		lb	B	2	2	1	2	2	1	2	2	1	2	2	1	2	2	1	2	2	1	2	2	1	35
		lb	L	0.28		1.6		0.3	0.5	3.6oz	15.2oz	6oz	1.2 oz	1.9	0.975	1.3			7.2 oz	5.5oz	6 oz	9 oz	5 oz	1 lb	6.855
			SO																						0
milk, nonfat, dry	cn	lb	D	0.4	0.1		0.6		0.5	3oz		1.18	0.25	0.4		0.04688	7.6 lb		7 oz	7.8oz	0.3 oz	1.2	7.3 oz	5.5 oz	4.676875
																									0
8940-01-074-4922			B	0.5			0.5			0.5			0.5			0.5			0.5			0.5			3.5
			L																						0
			SO																						0
creamer, non-dairy pdr, indiv, 3 gm, pkt	hd		D																						0
8910-01-437-6910			B	3			3			3			3			3			3			3			21
		oz	L				4					4							3.2						11.2
			SO																						0
cream, light	co	oz	D								3,2			3.6											3.6
8910-01-E19-7252			B																						0
		lb	L		11										2.4				48 oz						13.4
also want indiv pc			SO																						0
cream, sour, chl, 200ml co, 24 per case	co	lb	D			4.2					3										80 oz	70 oz			7.2
8910-01-262-4596		ea	B	48	48	48	48	48	48		48	48	48	48	48	48		48	48	48	48	48	48		864
Yogurt, assorted, indiv cup 200 ml			L																						0
???			L																						0
ingredient		fl oz	SO			32			32			32			32			32			32				192
Yogurt, plain	co		D																						0
																									0
ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	231
							MILK, BVG																		0
8910-01-364-8614			B	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	63
			L	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	31.5
			SO	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	31.5
milk, chocolate, lowfat, 1% or 2 %	gal		D	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	31.5
8910-01-H00-0010			B																						0
			L																						0
			SO																						0
milk, chocolate, lowfat, ind serve, UHT	ea		D																						0
8910-01-364-2471			B	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	105
			L	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	52.5
			SO	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	31.5
milk, white lowfat, 1 % fat	gal		D	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	52.5
8910-01-161-4933			B																						0
			L																						0
			SO																						0
milk, white, lowfat, 1% fat, ind serve, UH	ea		D																						0
8910-00-151-4935			B	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	42
			L	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	31.5
			SO	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	31.5
milk, white, reduced fat, 2 % fat	gal		D	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	31.5
8910-00-Z22-6442			B																						0
			L																						0
			SO																						0
milk, white, reduced fat, 2 % fat, ind ser	ea		D																						0
8910-01-364-8610			B	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	42
			L																						0
			SO																						0
milk, white, whole, bg in bx	gal		D																						0
8910-00-995-0001			B																						0
			L																						0
			SO																						0
milk, white, whole, ind serve	ea		D																						0
																									0

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
							BEVERAGES																		0	
8960-01-4190-3691			B	1			1			1			1			1			1			1			7	
			L			1			1			1			1			1			1			1	7	
			SO			1			1			1			1			1			1			1	7	
beverage base, cherry pwdr	pkg		D		2			2			2			2			2			2			2		14	
8960-01-E09-1614			B	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	10.5	
8960-01-E09-1615			L	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	6.3	
			SO	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	6.3	
beverage base, diet cola	gal		D	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	12.6	
8960-01-E09-2940			B																						0	
			L	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	4.2	
			SO	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	4.2	
beverage base, Dr Pepper	gal		D	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	8.4	
8960-01-419-3693			B		1			1			1			1			1			1			1		7	
			L	1			1			1			1			1			1			1			7	
			SO	1			1			1			1			1			1			1			7	
beverage base, lemon pwdr	pkg		D			2			2			2			2			2			2			2	14	
8960-01-386-9469			B	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21	
			L	2.2	2.2	2.2	2.2	2.2	2.2	2.2	2.2	2.2	2.2	2.2	2.2	2.2	2.2	2.2	2.2	2.2	2.2	2.2	2.2	2.2	46.2	
			SO	2.1	2.1	2.1	2.1	2.1	2.1	2.1	2.1	2.1	2.1	2.1	2.1	2.1	2.1	2.1	2.1	2.1	2.1	2.1	2.1	2.1	44.1	
beverage base, liquid, cola	gal		D	4.1	4.1	4.1	4.1	4.1	4.1	4.1	4.1	4.1	4.1	4.1	4.1	4.1	4.1	4.1	4.1	4.1	4.1	4.1	4.1	4.1	86.1	
8960-01-E09-2938			B																						0	
			L	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	4.2	
			SO	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	4.2	
beverage base, liquid, root beer	gal		D	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	8.4	
8960-01-E09-1616			B																						0	
8960-00-386-9474			L	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	16.8	
			SO	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	16.8	
beverage base, liquid, sprite	gal		D	1.6	1.6	1.6	1.6	1.6	1.6	1.6	1.6	1.6	1.6	1.6	1.6	1.6	1.6	1.6	1.6	1.6	1.6	1.6	1.6	1.6	33.6	
8960-01-E09-1688			B																						0	
			L	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	4.2	
			SO	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	4.2	
beverage base, Mr Pibb	gal		D	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	8.4	
8960-01-419-3690			B			1			1			1			1			1			1			1	7	
			L		1			1			1			1			1			1			1		7	
			SO		1			1			1			1			1			1			1		7	
beverage base, orange, pwd, sweet	pkg		D	2			2			2			2			2			2			2			14	
																									0	

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
						BEVERAGES, COCOA, COFFEE, TEA																			0	
																									0	
8960-00-216-6131			B	10	15	10	10	15	10	10	15	10	10	15	10	10	15	10	10	15	10	10	15	10	245	
			L																						0	
			SO																						0	
cocoa, bev, powder, dry	pkg		D																						0	
8955-00-286-5372			B	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	42	
8955-01-E09-7118			L	0.75	0.75	0.75	0.75	0.75	0.75	0.75	0.75	0.75	0.75	0.75	0.75	0.75	0.75	0.75	0.75	0.75	0.75	0.75	0.75	0.75	15.75	
			SO	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	5.25	
coffee, grd, universal	lb		D	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	31.5	
8955-01-E59-2025			B	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	210	
			L																						0	
			SO																						0	
coffee, inst, decaf, indic, 1.7 gm pg	pg		D	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	210	
8955-01-381-7328			B																						0	
			L																						0	
			SO																						0	
coffee, roasted, universal, blend	cn		D																						0	
8955-00-823-7016			B	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21	
			L	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21	
			SO	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21	
tea mix, instant	pg		D	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21	
8955-01-E09-1110			B	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21	
			L	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21	
			SO	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21	
tea miz, instant, unsweetened	pg		D	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21	
8955-01-E09-5924			B																						0	
			L																						0	
			SO																						0	
tea mix, unsweetened	co		D																						0	
8955-01-E59-4862			B																						0	
			L																						0	
			SO																						0	
tea mix, unsweetened	bx		B																						0	
8955-00-753-6332			B	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	4.2	
			L	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	1.05	
			SO	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	1.05	
tea, black, individual bag	bx		D	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	4.2	
																									0	

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
					JUICES, BEVERAGES AS INGREDIENTS																				0	
8915-00-480-5847			B				0.25				0.25				0.25				0.25				0.25		1.25	
			L	0.25				0.25				0.25				0.25				0.25					1.25	
			SO			0.25				0.25				0.25				0.25				0.25			1.25	
juice, lemon, indiv 4 gm	bx		D		0.25				0.25				0.25				0.25				0.25				1.25	
8915-01-E19-1673			B																						0	
		fl oz	L						1						20	40				6.4					67.4	
ingredient			SO	1				1				1				1				1				1	6	
juice, lemon, real lemon 12/32 oz co	co	fl. Oz	D		1	4							6.8	1.2			2.4			6	2	10.6			34	
																									0	
8915-00-594-1647			B	3	3		3	3		3	3		3	3		3	3		3	3		3	3		42	
			L																						0	
			SO																						0	
juice, apple, cn, 46 oz, #3 cyc cn	cn		D																						0	
8915-00-139-8523			B		2			2			2			2			2			2			2		14	
			L																						0	
			SO																						0	
juice, cranberry, canned, 46 oz	cn		D																						0	
8915-00-281-1809			B	4		3	4		3	4		3	4		3	4		3	4		3	4		3	49	
			L																						0	
			SO																						0	
juice, grape, cn, unsweetened, 46 oz	cn		D																						0	
8915-01-E09-2293			B	6	7	8	6	7	8	6	7	8	6	7	8	6	7	8	6	7	8	6	7	8	147	
8915-00-437-7943			L				0.25															0.35			0.6	
Ingredient			SO																						0	
juice, orange, fz, 32 oz concentrate	cn		D											0.2											0.2	
8915-00-634-2439			B			3			3			3			3			3			3			3	21	
Ingredient			L																			1			1	
			SO																						0	
juice, pineapple, unswt, cn, 46 oz, #3 cy	cn		D																						0	
8915-00-E09-7758			B			3			3			3			3			3			3			3	21	
8915-00-255-0523			L	0.2		0.7								0.5			1.4					0.6			3.4	
Ingredient			SO																						0	
juice, tomato, cn, 46oz, #3 cyl cn	cn		D						0.2	0.6			0.2												1	
8915-00-255-0523			B																						0	
		cp	L	1.13		3.6								2.75			8					3			18.48	
			SO																						0	
juice, tomato, # 3 cyl, single strength	cn	oz	D						1	28.2			6.3												35.5	
																									0	

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
					FRUIT, FROZEN, BOXED, BAGGED , CANNED																				0	
8940-01-E19-3391			L																						0	
			SO																						0	
guacomole, fz avocado dip 3/6 lb co	co	lb	D			3.2															5				8.2	
8915-01-419-9163			B																						0	
		lb	L													21.7									21.7	
			SO																						0	
strawberries, fz, sliced, 4/1 sugar pk, 6/(	co		D																			28			28	
																									0	
8915-01-419-6695			B																						0	
		oz	L		32									12.8								14.4			59.2	
			SO																						0	
raisins, thompson seedless, 15 oz bx	bx	oz	D							8.6								14.5							23.1	
																									0	
8915-00-127-8272			B																						0	
			L																						0	
			SO																						0	
applesauce, sweetened, #10 cn	cn	lb	D		5.7				5	5			18				3				5				41.7	
8915-00-286-5399			B																						0	
		lb	L			7				4				12				5				6			34	
			SO																						0	
apricots, halved, light syrup #10 cn	cn		D																						0	
8915-00-286-5399			B																						0	
		lb	L																						0	
			SO																						0	
apricots, halves, sweetened, #10 cn	cn		D																						0	
8915-00-286-5482			B																						0	
		lb	L					17				8.4				8.4				8.4					42.2	
			SO																						0	
fruit, cocktail, syrup, packed #10 cn	cn	lb	D											16.8										16.8	33.6	
8915-01-235-3548			B																						0	
		lb	L				7				8				4				5				6		30	
			SO																						0	
oranges, mandarin, #303 cn	cn		D																						0	
8915-00-577-4203			B																						0	
			L																12						12	
			SO																						0	
peaches, quarters, sweetened, #10 cn	cn	lb	D	13				9				12.9				13.5				19.3				13	80.7	
8915-00-616-0223			B																						0	
		lb	L		10.25				15				14.4				10.25				10.25				60.15	
			SO																						0	
pears, halves, sweetened, #10 cn	cn		D																						0	
8915-00-171-5127			B																						0	
		lb	L								1.2														1.2	
			SO																						0	
pineapple, chunks, #10 cn	cn	lb	D		2.8											1.5		7.4							11.7	
8915-00-127-7262			B																						0	
			L		1.3																	10.25			11.55	
ingredient			SO																						0	
pineapple, crushed, canned	cn	lb	D				2							5.2				1.2				1.2	1.2		10.8	
8915-00-170-5148			B																						0	
		lb	L							6.75															6.75	
			SO																						0	
pineapple, sliced, nat Jc, 6/#10 cn	cn	lb	D			2.5														5.2		2.5			10.2	
8915-00-191-4709			B																						0	
			L																						0	
			SO																						0	
plums, purple, canned	cn	lb	D				6.4				6.4				6.4				6.4				6.4		32	
																									0	

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
							PRODUCE, FRUIT																		0	
8915-00-126-8812			B	2				2			2			2											8	
			L	2			2			2			2			2			2			2			14	
			SO	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	42	
apples, green, fresh, sweet, eating	lb		D			2			2			2			2			2			2			2	14	
8915-01-088-8749			B	4	2	2	4	2	2	4	2	2	4	2	2	4	2	2	4	2	2	4	2	2	56	
		lb	L		3.25			2	2.25		2			3.2	1.6		2			2		1.35	2		21.65	
			SO		3	2	3		2			2			2			2			2			2	20	
apples, red, fresh, sweet	lb		D		2.25		2			2.7			3.8			2	2.25		2			3.8			20.8	
8915-01-407-0010			B																						0	
			L			2			2			2			2			2			2			2	14	
			SO	4		1	3		1	3		1	3		1	3		1	3		1	3		1	29	
apples, yellow, fresh, sweet, eating	lb		D		2			2			2			2			2			2			2		14	
8915-00-126-8748			B	15	10	15	10	15	10	15	10	15	10	15	10	15	10	15	10	15	10	15	10	15	265	
			L																						0	
			SO		2		2		2		2		2		2		2		2		2		2		20	
bananas, fresh, yellow	lb		D																						0	
8915-00-126-8801			B			4			4			4			4			4			4			4	28	
			L	3					3					3					3				3		15	
			SO	5				5				5				5				5				5	30	
cantaloupe, fresh	lb		D																						0	
8915-00-616-0198			B	4			4			4			4			4			4			4			28	
			L																						0	
			SO																						0	
grapefruit, fresh	lb		D																						0	
8915-00-616-0209			B		4	2		4	2		4	2		4	2		4	2		4	2		4	2	42	
			L																						0	
			SO				3								3							6		3	15	
grapes, red, seedless, fresh	lb		D																						0	
8915-00-616-0028			B		2	4		2	4		2	4		2	4		2	4		2	4		2	4	42	
			L																						0	
			SO								5								5				5	5	20	
grapes, white, seedless, fresh	lb		D																						0	
																									0	

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
																									0	
8915-00-127-4360			B			4																			4	
			L				3					3					3					3			12	
			SO		4				4				4				4				4				20	
honeydew melon, fresh	lb		D																						0	
8915-00-582-4071			B	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	5.25	
		lb	L			2										0.5	2							1	5.5	
			SO	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	10.5	
lemons, fresh for wedges	lb	lb	D						0.5				0.5							1	1.6	2		1	6.6	
8915-00-238-7120			B			2			2			2			2			2			2			2	14	
			L	3			3			3			3			3			3			3			21	
			SO	5	3			3	5		3			8			3		5	3			8		46	
nectarines	lb		D			3			3			3			3			3			3			3	21	
8915-00-126-8804			B		8			8			8			8			8			8			8		56	
			L																		0.4				0.4	
			SO	2			2					2				2			2						10	
oranges, fresh (not temple)	lb		D		2		2		2		2		2		2		2		2		2		2		20	
8915-00-127-8271			B		2																				2	
			L		3		3		3		3		3		3		3		3		3		3		30	
			SO			5					5					5					5			5	25	
peaches, fresh	lb		D																			2			2	
8915-00-126-8805			B		2					2													2		6	
			L	2								2						2						2	8	
			SO			2	6			6				2	6			6		2		6			36	
pears, fresh, summer, fall	lb		D					2																	2	
8915-00-126-8806			B	10																					10	
			L		1		1		1		1		1		1		1	1		1		1		1	11	
			SO			3				3				3					3				3		15	
plums, fresh	lb		D		1		1		1		1		1		1		1	1		1		1		1	11	
8915-00-582-4061			B			4															2				6	
			L	2			2			2			2				2						2		12	
			SO		3				3				3		3			3			3			3	21	
tangerines	lb		D																						0	
8915-00-126-8807			B	3								3							3						9	
			L				3														3				6	
			SO			5					5			3		5						5			23	
watermelon	lb		D						3								3						3		9	
																									0	

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
							VEGETABLES, FRESH																		0	
8915-01-407-5731			L	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	42	
			SO	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	42	
Broccoli,florets, 4/3 lb pg	lb		D	2	2	2	2	2	3.25	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	43.25	
8915-01-082-1277			B																						0	
			L	1	1	1	1	1	1	1	2.25	1	1	1	1	1	1	1	2						18.25	
			SO	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21	
Broccoli,fresh head	lb	lb	D	1	1	1	3	1	1	1	1	1	1	1	1	1.12	1	1	1	1	1	1	1.9	1	24.02	
8915-00-616-0194			B																						0	
		lb	L		9.6	5.5				5	2		4.8	4.8		6	4.2		2.4	6	4.8	5.4			60.5	
			SO																						0	
cabbage, Danish, green, fresh, bulk	lb	lb	D	4.2		1	3	4	6	5		3.6	2.6			10.5					0.35	4.8	2		47.05	
8915-00-616-0193			B																						0	
			L	1			1			1			6.2	1			1			1			1		13.2	
			SO		1			1			1		1		1			1			1			1	8	
cabbage, red, fresh, bulk	lb		D			1			1			1				1			1			1			6	
8915-01-407-5736			B	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	42	
			L			2			2			2			2				2					2	12	
			SO	2	3		2			2	3		2			3	2			3	2		3		27	
Carrots, baby, peeled, rtu	lb		D		2			2			2			2				2				2			12	
8915-00-127-8019			B																						0	
		lb	L		9.1		10	6		9	1		0.5	3.25				4	0.3				0.3		43.45	
			SO			2																			2	
carrots, fresh	lb	lb	D	3.6	6.4	1	13			2.3						1.7	0.25	0.75	1.8		0.4	0.8	11.7	0.3	44	
8915-01-E21-0049			B																						0	
			L	3	2	1	3	2	1	3	2	1	3	2	1	3	2	1	3	2	1	3	2	1	42	
			SO	1	3	2	1	3	2	1	1	3	2	1	3	2	1	1	3	2	1	3	2	1	39	
carrots, fresh, shredded	lb		D	2	1	3	2	1	3	2	2	1	3	2	1	3	2	1.75	1	2	3	0.8	1	3	40.55	
8915-01-407-5741			L	1			1			1			6.2	1			1			1			1		13.2	
			SO		1			1			1		1		1			1			1			1	8	
cauliflower, florets, fresh	lb		D			1			2.25			1				1			1			1			7.25	
8915-00-926-4925		lb	B		1.5	1.5		1.5	1.5		1.5	1.5		1.5	1.5		1.5	1.5		1.5	1.5		1.5	1.5	21	
		lb	L	2.3	6.4	0.6	5	3	2.25	3.3			1.5	0.6	2.1	0.7	1.6	4	0.25		2.5	1	1.5	1.1	39.7	
			SO	1	1	2	1																		5	
Celery, fresh bunch	lb	lb	D	7.6	1.24			1.1	1	4.2		1.6	6	0.4	2	0.8	4.5	2.23	3.4	3.2	2.25	0.2	0.6	0.11	42.43	
8915-01-E21-0316			B		1	1		1	1		1	1		1	1		1	1		1	1		1	1	14	
			L																						0	
			SO		1			1			1		1		1			1			1			1	8	
celery, fresh, diced	lb		D			2																			2	
8915-01-E21-0064			B		2			2		2		2		2			2			2		2		2	18	
			L	1			1			1			1			1			1		1			1	8	
			SO		1			1	1		1			1	1		1			1		1		1	10	
celery, fresh sticks	lb		D			1			1			1			1			1		1			1		7	
																									0	

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
																									0
8915-01-416-9624			L	2				2				2				2	4.2			2		2		2	18.2
			SO				2						2						2						6
coleslaw, mix	lb		D																						0
8915-00-252-3788		lb	L	2		6	2				2			6	2			2			2			2	26
			SO		2	1.5		2	1.5			3.5			1.5	2		1.5	2			3.5			21
Cucumbers, fresh	lb	lb	D			2			2	0.6	4.5		2				2		6.75	2	0.7		2		24.55
8915-00-117-3358		lb	L		10		7		10		7		10		7	1.6	10		7		10		7		86.6
			SO	8	5	2	2	8	5	2	2	8	5	2	2	8	5	2	2	8	5	2	2		85
Lettuce, fresh, iceberg head	lb	lb	D	7	10	5		7	10	7.1		7	10	5		7	10	5		7	13.25	5		3.5	118.85
8915-01-E21-0432			L	2	2		2	2	2		2	2	2		2	2	2		2	2	2		2	2	32
			SO		2				2				2				2				2				10
lettuce, romaine, chopped	lb		D	3	2	2		3	2	2		3	2	2		3	2	2		3	2	2		3	38
8915-01-416-5712			B																						0
			L	10				10				10				10		10		10				10	70
			SO		10		10		10		10		10		10		10		10		10		10		100
lettuce salad mix, iceberg & shredded c	lb		D			10				10				10				10				10			50
8915-01-445-5734			L		10				10				10				10				10				50
			SO	10				10				10				10				10				10	60
lettuce salad mix w/ red cabbage	lb		D			10	10			10	10			10	10			10	10			10	10		100
8915-00-164-4161			B																						0
			L																						0
			SO	3	3	3	1	3	3		3	3	3	3	3	3	3	3	3		3	3	3	3	55
lettuce shredded	lb		D																						0
8915-01-140-4612			L								2								1.2	9.6oz					3.2
			SO																						0
mushrooms, fresh, bulk	lb	lb	D		1		2							0.6		2.9							1.4		7.9
8915-00-127-7999			B																						0
			L				3	0.5																	3.5
onions, green, fresh, whole, bulk	lb	oz	D	1.25						6									7.2						14.45
8915-00-616-0200		lb	B	1	1.5	1.5														7.6					11.6
		lb	L	4.2	13.4	1.75	5.5	5	3	9.2	7.25	4.2	1.9	2	5.2	2.4	4.5	7.4	6.65		2.75	2.4	3.1	0.8	92.6
			SO	2	1	2	2																		7
onions, dry, any variety	lb	lb	D	5.6	1.5	6.7	6.2	3.5	0.5	5	5.1	1.4	8.8	4	4.7	5.2	2.9	1.3	3.3	5	8.2	2.2	6.3	2.95	90.35
8915-00-470-2346			B	1.75	1	1	1.75	1	1	1.75	1	1	1.75	1	1	1.75	1	1	1.75	1	1	1.75	1	1	26.25
			L																						0
			SO				1				1				1				1				1		5
onions, dry, diced	lb		D																						0
8915-00-127-7999			B																						0
			L					1					1							1					3
			SO																						0
onions, green, fresh, whole, bulk	lb		D																						0
8915-00-127-8922		oz	L				32	10	4		1.5	3.2	3					1.4	2.8				0.4	0.4 oz	58.3
			SO																						0
Parsley, fresh, curly leaf	lb	oz	D	4			2				6.2			1.8	0.4	1.35			3.8				4		23.55
8915-00-127-8006		lb	B		1.5	1.5																			3
		lb	L	1.1			2.5	2	1	1.3					0.1		3.1	0.7			4.8 oz	0.62		0.4	12.82
			SO	2				2				2				2				2					10
peppers, green, fresh, swt, 2.5"	lb	lb	D	2.5		3			0.75	5					5.9		0.4		1.2 lb	0.75	6.3			1.5	26.1
8915-00-616-0222		lb	L			0.6							5	0.6											6.2
			SO				1				1				1				1				1		5
peppers, green, fresh, swt, 3"	lb	lb	D		3.5						3	0.25	0.5			3.3									10.55
8915-01-407-5785			B		1.25	1.25		1.25	1.25		1.25	1.25		1.25	1.25		1.25	1.25		1.25	1.25		1.25	1.25	17.5
			L	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21
			SO	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21
peppers, green, sweet, fresh, sliced, rtu	lb		D	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21
																									0

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
																									0	
8915-00-252-5964			L																						0	
			SO																						0	
potatoes, sweet, fresh	lb		D			6												12							18	
8915-00-252-8245			L		44																			27.5	71.5	
			SO																						0	
potatoes, white, fresh, baking	lb	lb	D								33									33		38.5			104.5	
8915-00-226-4349		lb	B		47	47		47	47		47	47		47	47		47	47		47	47		47	47	658	
		lb	L	12	30		9.6	13	17	18.9	12.75		22			0.6	18.6		10	22.8	4.5		7.2	7.2	206.15	
			SO																						0	
potatoes, white, fresh, round	lb	lb	D	33	14	7.5	10		8.5	20.9			7.2	10	22.7	1.2	7.5	29.7	6.3				19.25		197.75	
8915-00-V03-8003																									0	
Potatoes, bulk 55#	lb		D																						0	
8915-00-616-0027			L	1		1		1		1		1		1		1		1		1		1		1	11	
			SO																						0	
Radishes, fresh, red	lb		D																						0	
8915-00-127-9663			L		2																				2	
			SO																	2					2	
rutabaga, fresh	lb		D										2										2		4	
8915-00-127-8014		lb	L			2										5.4				1.6					9	
			SO														2								2	
spinach, fresh, bulk	lb	lb	D		2				2					1.6											5.6	
8915-00-584-2798		lb	L								2.5			7.2											9.7	
			SO																						0	
squash, hubbard, fresh	lb	lb	D													2.25									2.25	
8915-00-582-4065			L							2									2						4	
			SO																			2			2	
squash, summer, zucchini, yellow, croo	lb		D		2		2.5		1.5						2								2.25		10.25	
8915-00-582-4059		lb	B	1.75																					1.75	
		lb	L	6.5	4		14		4		7.5	7.5	4		4	0.8	6	4.8	8.8		4		4	4.8	84.7	
			SO	3	7	5	7		4		4		4		4		4		4		4		4		54	
tomato, fresh, each	lb	lb	D	4	4	8	7		10	2.4	10		6	6.75	9	3.15	4		4		7		7.5	1.5	94.3	
8915-00-143-0978			L	4	2	4	4	4		4		4		4		4		4	4	4		4		4	54	
			SO	4		4		4	3	4	3	8		4	3	8		4	4	4	3	4	3	4	71	
tomatoes, cherry, fresh	lb		D	6		7		8		8		4	3	8		4	4	7		7		8		7	81	
																									0	

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
						VEGETABLES, CANNED/BG																			0
8915-01-E09-4519			L	1			3.25			1			1			1			1			1			9.25
			SO		1			1			1			1			1			1			1		7
bean sprouts, canned, 6/#10 cn	cn	lb	D		5.9	1			1			1			1	2.4		1			1			1	15.3
8915-00-184-5601			L																						0
			SO	1	1	2	2	1	1	2	2	1	1	2	2	1	1	2	2	1	1	2	2	1	31
beans, baked, white, w/tomato sauce &	cn		D																						0
8915-01-038-2147			L									1													1
			SO					1												1					2
beans, garbanzo, 24/#300 cn	cn		D	1												1									2
8915-00-616-4820		lb	L	4.6						3.6		1.2											1.8		11.2
			SO																						0
beans, green, cut style, canned, 6/# 10	cn		D			6														2cn					6
8915-00-926-6793		lb	L					4				1.3			4	0.9							1.8		12
			SO	1							1								1						3
beans, kidney, dark red, cn 6/#10 cn	cn		D			7																			7
8915-01-E09-2580		lb	L																	1.12					1.12
			SO																						0
beans, pinto, 6/#10 cn	cn	lb	D			5.6															3.2				8.8
8915-00-616-4818		lb	L									1.2										4.8	1.8		7.8
			SO																						0
beans, wax, 6/#10 cn	cn	lb	D			6																			6
8915-00-062-6568			L																						0
			SO																						0
beans, white navy, 12/2 lb bags	bg		D																						0
8915-00-127-8835			L					1		1						1					10.5				13.5
			SO	1														1		1					3
beets, sliced, 6/#10 cn	cn	lb	D			1					5.2	1		6.5								1		1	15.7
8915-00-465-1897			L																						0
			SO																						0
corn, canned, cream, 6/#10 cn	cn		D																						0
8915-00-935-6629			B		16			16			16			16			16			16			16		112
			L	2		3	14		2	2				2				3.6	2	4.2 cn			1		31.6
			SO		2	4		2			2		2		2		2	2		2		2	2		24
mushrooms, cn, stems & pieces, white	cn	oz	D	10.5		2	2			7		2				2			8.4 oz		2			2	29.5
8915-00-551-0340		lb	L		4.2								2.25		4.19										10.64
			SO																						0
mushrooms, can, white, sliced, #303	cn	lb	D		2		5				4.2	1.4			0.2										12.8
8915-00-007-5309			L																		10.5				10.5
			SO																						0
peas, blackeyed, 6/#10 cm	cn	lb	D									11.7													11.7
8915-00-935-6371		oz	L	4.5		4	13	7	21	5.4								4					4		62.9
			SO																						0
pimiento, canned, 24/ #2.5 cns	cn	oz	D	7.5	13.3	3.6		5										3.6	3.5	3.6					40.1
8915-00-935-9266		oz	L										9.25		3.6										12.85
			SO																						0
pimento, canned 7 oz cn	cn	oz	D									6.4			14.5	8.8									29.7
																									0

The Army 21 Day CONOPS
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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
																									0
8915-00-957-9558			L									1											7.2		8.2
			SO		1																				1
sauerkraut, shredded, 6/#10 cns	cn		D															1							1
8915-00-143-0931			L																						0
			SO																						0
spinach, cut leaf, 6/#10 cns	cn		D																		3				3
8915-00-127-9303		lb	L					0.5		15		5.6	1.5												22.6
			SO																						0
tomato paste, #2.5 cn	cn	lb	D		0.4		7.2							7.2	1				3.9		1.4				21.1
8915-01-373-4978		lb	B		6	6		6	6		6	6		6	6		6	6		6	6		6	6	84
		lb	L	14.8				15		12.4		15.2				7.4		3.25							68.05
			SO			1																			1
tomatoes, diced, 6/#10 cns	cn	lb	D	5		9	20			8.6	28.75			20		4.9	5		7.5	7lb 3oz	20.2		7.5		136.45
ITEM	**UNIT**		**MEAL**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**	
							VEGETABLES, FROZEN																		0
8915-00-404-6065		lb	L					5												5.4					10.4
			SO																						0
asparagus. Fz, green, 6/2.5# pkgs	lb		D																						0
8915-00-128-1176		lb	L	11.2							8.8			6.5	12	0.6									39.1
			SO																						0
beans, green, frozen, round, 12/2# pkgs	lb	lb	D					13.2				10.8						7.8	9.6					13.2	54.6
8915-00-127-7984		lb	L											3.25											3.25
			SO																						0
beans, lima, fz. 12/2.5# pkgs, 30 lb cs	lb		D																						0
8915-00-129-0825			L					5	18										18				22.5		63.5
			SO																						0
broccoli, spears, frozen, 12/2# pkgs, 24	lb	lb	D		11		13							13											37
8915-00-127-7991		lb	L									3													3
			SO																						0
brussel sprouts, frozen, 12/2.5# pkgs, 3	lb		D																						0
8915-00-162-5087		lb	L												9										9
			SO																						0
carrots, sliced, frozen, 12/2# pkgs, 24 lb	lb	lb	D		10.5							13.5					13.5	3.9		15					56.4
8915-00-160-6156		lb	L	4							4							4							12
			SO																						0
cauliflower, fz, 12/2# pkgs, 24 lb cs	lb		D					7.5															4		11.5
8915-01-135-5787			L										46.5								40.6				87.1
			SO																						0
corn,on the cob, frozen, ea 5 1/2# ears,	bx	lb	D							34.8															34.8
8915-00-127-8018			L			18			11								17.5								46.5
			SO																						0
corn, frozen, golden, whole kernal, 12/3	lb	lb	D												12										12
8915-00-926-5936			L																			21.6			21.6
			SO																						0
greens, mustard, chopped, 12/3# pkgs,	lb		D										32.4					7						7	46.4
8915-00-252-3785			L			5.5																		5.4	10.9
			SO																						0
okra, frozen, cut, 12.2 lb pkgs, 24 lb cs	lb		D																						0
8915-00-191-3461			L																						0
			SO	8	10	15	12	8	10	15	12	8	10	15	12	8	10	15	12	8	10	15	12	15	240
onion rings, preformed, brd, fz, 8/2 lb pg	lb		D																						0

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
																									0
8915-00-127-8021		lb	L		13.5					1.75						18.75	6.3								40.3
			SO																						0
peas, green, frozen, 12/2.5# pkgs, 30 lb	lb	lb	D				10				9				5.4							9			33.4
8915-01-010-6334			L																						0
			SO																						0
potatoes rounds, frzn, preformed	lb		D																						0
8915-01-E59-5727			L																						0
			SO	25	21	20	20	25	21	20	20	25	21	20	20	25	21	20	20	25	21	20	20	20	450
potatoes, french fries, fzn, bakeable, 6/4	lb		D																						0
8915-00-782-3508			L																						0
			SO																						0
potatoes, french fried, white	?		D																						0
8915-01-E59-2597			B	14	2.75		14	2.75		14	2.75		14	2.75		14	2.75		14	2.75		14	2.75		117.25
			L																						0
			SO																						0
potatoes, hash browns, fzn, 2.25 oz, ba	lb		D																						0
8915-01-E59-3421			L																						0
			SO				2			2					2					2					8
potatoes, white, fzn, 5/8" diced	lb		D																						0
8915-01-E59-4965			L																						0
			SO		5							5						5					5		20
potatoes, white w/red skin, 5/8 " diced	lb		D																						0
8915-01-E59-5698			B																						
			L																						
			SO																						
potato wedges, battered deli wedge, 6 / 5 lb bg			D																						
8915-00-081-0857			L																						0
			SO																						0
potatoes, white, frzn, diced	lb		D																						0
8915-01-450-8883			B			30			30			30			30			30			30			30	210
			L																						0
			SO																						0
potatoes, white, frzn, round, slices	lb		D																						0
8915-00-127-7992			L				4.5																		4.5
			SO																						0
spinach, fzn	lb		D																						0
8915-00-616-0229			L																						0
			SO																						0
squash, frozen, sliced, yellow or zucchi	lb		D																						0
8915-00-143-0983			L																5.4						5.4
			SO																						0
succotash, frozen, 25-50%, 12/2.5lb Pk	lb		D	4									5.4									5.4			14.8
8915-00-143-0997			L															16.2							16.2
			SO																						0
veg, peas & carrots, Fz, 12/2.5 # pkgs,	lb		D																						0
8915-00-935-6620		lb	L					15				18.9												16.2	50.1
			SO																						0
vegetables, mixed, frozen, 12/2.5 lbs, 3	lb		D			15			18												13.5				46.5
					STARCHES -canned or dry grains & potatoes																				0
8930-00-584-6440			B																						0
		lb	L					1											0.75						1.75
barley, pearled, 12/1 lb co	co		D																			0.6			0.6
8915-00-133-5903		lb	L	1.5		2.3		2.5				3.1		1.6						1.6	2.4	2.6	2.4		20
			SO																						0
potatoes, mashed, granules, cn, 6/#10	cn	lb	D									2.3					3		2.8					2.2	10.3
8915-00-634-2441			L																		8.4				8.4
			SO																						0
potatoes, sweet, cn, pieces, #3	cn		D																						0
8915-00-982-6036			L																						0
			SO																						0
potaotes, sweet, cn, whole, 6/#10 cn	cn		D																						0
8915-00-139-7426		lb	L																						0
			SO																						0
potatoes, white, dehy, round sliced	bg		D																						0
8915-00-081-0857			B	18			18			18			18			18			18			18			126
			L																						0
			SO																						0

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potatoes, white, frzn, diced	lb		D																						0
8920-01-250-6557		lb	L			5	4.5		7	5.2			2		3.6	5			5.4		1.2	3.1			42
			SO																						0
rice, white, par-boiled, 6/10# bg	bg	lb	D	9.75	5	5.5		6		3.4	7.5		7.2	2.2	4.7	6.75	0.6			3.6	5.2		5	5	77.4
																									0
							STARCHES -OTHER																		0
8920-01-391-2579		lb	L	5.5		2.3					0.5			2.8		0.6		0.4	6.4 oz			2		0.5	14.6
			SO																						0
bread crumb, 10 lb bg	bg	lb	D			2.25	2		1	2.4			0.6	0.4									0.2		8.85
8940-01-E19-5973			L																						0
			SO			50				50				50				50				50		50	300
chips, snack, tortilla			D																						0
8940-00-782-3012		oz	L				32				32				32				32				32		160
			SO				25				25				25				25				25		125
corn chips, ind serve, 1 oz	pg		D																					20	20
8940-01-381-6394			L																						0
			SO																						0
chips, corn chips, ind serve, ESL	bg		D																						0
8940-01-381-6027			L																						0
			SO			50	50			50	50			50	50			50	50			50	50	50	550
chips, potato chips, ind serve	ea		D																						0
8940-01-E19-1836			L																						0
			SO	65	65	65		65	65	65		65	65	65		65	65	65		65	65	65		65	1040
chips, snack, potato chips, ind sv, 1.4 o	ea		D																						0
8920-00-616-0024		lb	L			0.8											1.4								2.2
			SO																						0
cornmeal, yellow, 12/24 oz pkgs	pg		D																					0.9 lb	0
8920-01-E09-7577			L																						0
cracker, graham, 12/1 lb pkgs	pg		D																						0
8920-01-E09-3929		lb	L	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	42
			SO																						0
crackers, saltine/2 ea wrap	co	lb	D	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	42
8920-01-268-1927		lb	L	0.1				0.1				0.1				0.1				0.1					0.5
			SO			0.1				0.1				0.1				0.1				0.1		0.1	0.6
croutons, toasted plain	bx		D		0.1		0.1		0.1		0.1		0.1		0.1		0.1		0.1		0.1		0.1		1
			L																						0
dumpling mix			D																						0
8920-00-140-7748			B	5			5			5			5			5			5			5			35
8920-01-449-9598		lb	L	0.2		2.2			0.5	1.4	1.4	1	1	10.4	1.2	0.7	0.7	0.8	1.2	1.2	8.4 oz	0.7	2.4	3	30
			SO			0.1	0.25			0.1	0.25			0.1	0.25			0.1	0.25			0.1	0.25	0.1	1.85
flour, wheat, gen. purp	bg	lb	D	4.8	1.1	1.4		0.5	1.8		0.5	3.2		0.51	0.4	2.2	0.75	1.4		0.4			1	1.2	21.16
8920-00-782-2129		lb	L									4.8													4.8
			SO																						0
lasagna, noodles, reg cook, 1 lb bx	bx		D																		1.2				1.2
8920-00-222-0601			L	1												1									2
			SO					1												1					2
noodles, chow mein, canned	cn		D									1	5.6											1	7.6
8920-00-067-6146		lb	L	2.5		8		2.5		2.4				4.8	1.9	5.1								8	35.2
			SO																						0
pasta, elbow macaroni, dry, 4/10 pkg	lb	lb	D	4.5		2		2.5	5.5			2.5	2.4				1.6	1.7		1.6				1.6	25.9
8920-01-E09-9102			L															6							6
			SO																						0
pasta, linguine noodle, dry, 1/20 lb bx	lb		D																						0
8920-00-126-3388		lb	L	4.5						6.4	6.6		6.5		7.2								6		37.2
			SO																						0
pasta, noodles, egg, dry, 1/10 lb bx	lb	lb	D					3				5.4		7.2		5						2.7			23.3
8920-00-125-9441		lb	L		6.4						3.5						2.4		2.8				0.3		15.4
			SO																						0
pasta, spaghetti noodle, dry	lb		D				13												3.6				3.15		19.75
8920-00-616-0069			L																						0
			SO																						0
pasta, vermicelli, long form, regular	lb	lb	D													3.1		8.4							11.5
8920-01-391-2577		lb	L																		4				4
			SO																						0
stuffing mix, 13 oz bg	bg		D			3											3								6
????/																									
Taco shells, not bowls																									

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
				STARCHES - BISCUITS, BREADS, MUFFINS, PASTRY & ROLLS																					0
8920-01-E09-2341			B		0.75			0.75			0.75			0.75			0.75			0.75			0.75		5.25
			L																						
bagels, variety pack, frz, 3 oz ea 72 ct/c	co		D																						0
89120-00-926-6016			B	5.6			5.6			5.6			5.6			5.6			5.6			5.6			39.2
			L																						0
biscuit mix, yellow, add water, 6/#10 cn	cn	lb	D														5.6								5.6
8920-01-303-3288			B		1				1				1				1				1			1	6
			L																						0
			SO																						0
bread, multi/7 grain	lb		D	1			1	1		1	1			1		1			1	1			1		10
8920-01-066-8209			B		1			2			2			2			1			2			2		12
			L	1				1				1				1				1					5
			SO		2	1	0.25		2	1	0.25		2	1	0.25		2	1	0.25		2	1	0.25		16.25
bread, pita pocket	lb		D				1																		1
8920-00-753-5784			B	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	42
			L																						0
			SO																						0
bread, raisin	lb		D																						0
8920-00-753-5783			B		1	1		1	1		1	1		1	1		1	1		1	1		1	1	14
			L	1	1		1	1		1	1		1	1		1	1		1	1		1	1		14
			SO			2	2		1	1		1	1		1	1		1	1		1			1	14
bread, rye, sandwich	lb		D	1	1		1	1		1	1		1	1		1	1		1	1			1		13
8920-00-753-5776			B	3	2	3	3	3	2	3	3	3	2	3	3	3	2	3	3	3	2	3	3	3	58
			L	2	2	2	2	3	2	2	2	2	2	2	2	2	2	2	2	2	8	2	2		47
			SO	3	2	1	2	3	2	1	2	3	2	1	2	3	2	1	2	3	2	1	2		40
bread, white, sliced	lb	lb	D	2	1	2	1	2	1	3	2	1	2	1	2	1	4.2	1	2	1	2	1	2.1	1	35.3
8920-00-753-5779			B	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21
			L	1.5	1.5			1.5	1.5			1.5	1.5			1.5	1.5			1.5	1.5			1	16
			SO	1.5	1.5	2.5	2.5	1.5	1.5	2.5	2.5	1.5	1.5	2.5	2.5	1.5	1.5	2.5	2.5	1.5	1.5	2.5	2.5	1	41
bread, whole, wheat	lb		D	1.5	1.5		1	1.5	1.5		1	1.5	1.5		1	1.5	1.5		1	1.5	1.5		1	1	21
8920-00-435-4918		lb	L													2.7	6.7								9.4
			SO																						0
cornbread mix, yellow, 6/#10 cn	cn	lb	D			8.25				11.25							4.2	11.4			11.25				46.35
9020-01-187-9740			B			6			6			6			6			6			6			6	42
			L																						0
			SO			1				1				1				1				1		1	6
croissants, 2.5 oz ea	lb		D								13														13
8920-01-E59-4742			B	4			4			4			4			4			4			4			28
			L																						0
			SO																						0
danish, assorted, 24/3.5 oz per case	cs		D																						0
8920-01-E19-9573			B			2			2			2			2			2			2			2	14
			L																						0
			SO																						0
danish, pastry, honey buns, fz 48/3oz p	cs		D																						0
8920-01-E09-6349			B		24			24			24			24			24			24			24		168
			L																						0
			SO																						0
muffin, apple cinnamon, fz, 4 oz ea 24/c	ea		D																						0
8920-01-E09-6347																									
ugr a sm																									
muffin, choc-chip, fz, 4 oz ea, 24 /cs																									
8920-01-E09-6344			B		24			24			24			24			24			24			24		168
			L																						0
			SO																						0
muffin, banana nut, 24/4 oz ea	ea		D																						0
8920-01-E09-6327			B		48			48			48			48			48			48			48		336
muffin, blueberry, 48/4 oz ea			L																						0
8920-01-E09-6343			SO																						0
muffin, blueberry, 24/4.75 oz ea	ea		D																						0
																									0

The Army 21 Day CONOPS Menu

ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
																									0	
																									0	
8920-01-E09-3732			B	7		6	7		6	7		6	7		6	7		6	7		6	7		6	91	
			L																						0	
			SO																						0	
muffin, english, fz 12/pg 12 pg/cs	pg		D																						0	
8920-00-753-5768			B																						0	
			L																						0	
			SO	4	7	3	3	4	7	3	3	4	7	3	3	4	7	3	3	4	7	3	3	3	88	
roll, hamburger	lb		D																						0	
8920-00-753-5769			B																						0	
			L																						0	
			SO	1	1	2	3	1	1	2	3	1	1	2	3	1	1	2	3	1	1	2	3	2	37	
roll, hot dog, finger	lb		D																						0	
8920-01-346-2885			B																						0	
			L																						0	
			SO			2	1			2	1			2	1			2	1			2	1	2	17	
roll, italian, Kaiser, hoagie	lb		D																						0	
8920-01-E19-4926			B																						0	
			L																						0	
			SO	3	1	2	1	3	1	2	1	3	1	2	1	3	1	2	1	3	1	2	1	2	37	
roll, itlaian, Kaiser, hoagie	lb		D																						0	
8920-01-399-6231		lb	B	10			10			10			10			10			10			10			70	
			L																						0	
			SO		2		0.25		2		0.25		2		0.25		2		0.25						9	
tortilla, flour, 10 in	dz	lb	D			10															2		0.25		12.25	
8920-00-080-9096			B																						0	
			L																						0	
			SO																						0	
tortilla, flour, fz, 10". 12/bg	bg		D																						0	
																									0	
8920--01-E19-0924			B		8			8			8			8			8			8			8		56	
		lb	L									13													13	
			SO			5	2			5	2			5	2			5	2			5	2	5	40	
bread, dough, white, fz, unbaked, loaf s	bx	lb	D		13		10.5					10.4		12					13				13	13	84.9	
8920-01-E09-6018			B																						0	
			L																						0	
			SO																						0	
roll, unbaked, Parkerhouse, white, fz, 3	co	ea	D										300		200							300			800	
8920-01-E59-8671			B																						0	
			L																						0	
			SO																						0	
roll, unbaked, Parkerhouse, white, fz, 2	cs	ea	D					1	1.25											100		300			402.25	

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
					STARCHES - BREAKFAST, BATTER BASED																				0	
8920-01-418-0070			B			7			7			7			7			7			7			7	49	
			L																						0	
			SO																						0	
french toast, prepared, frzn, H & S	lb		D																						0	
8920-01-E09-5284			B			5			5			5			5			5			5			5	35	
			L																						0	
? X'd on ugr a sm menu ?			SO																						0	
french toast sticks, prepared, frzn H & S	pg		D																						0	
8920-01-418-0067			B	10			10			10			10			10			10			10			70	
			L																						0	
			SO																						0	
pancakes, prepared, frzn, H & S	lb		D																						0	
8920-00-782-6353			B	2			2			2			2			2			2			2			14	
			L																						0	
			SO																						0	
pancake mix, add water, #10 cn	cn		D																						0	
8920-00-464-2227			B		7			7			7			7			7			7			7		49	
			L																						0	
			SO																						0	
waffles, prepared, fzn, brown & serve	lb		D																						0	
ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
						STARCHES - CEREALS (COLD/HOT)																			0	
8920-00-132-7782			B	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	10.5	
want to include cheerios & raisin bran			L																						0	
			SO																						0	
cereal, asst, indiv, non-sweet	bx		D																						0	
8920-00-E59-5093			B	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	10.5	
			L																						0	
			SO																						0	
cereal, indiv, variety favorites	co		D																						0	
8920-00-E09-1348			B	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	42	
			L																						0	
			SO																						0	
cereal, indiv, sweet, variety favorites	co		D																						0	
8920-01-396-1836			B	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.21	
			L																0.25						0.25	
			SO																						0	
cereal,rolled oats, quick, 42 oz bx	bx		D																						0	
			B																						0	
			L																						0	
			SO																						0	
cereal, tdb, 2 oz cups/bowls, asst, balar	cs		D																						0	
			B																						0	
			L																						0	
			SO																						0	
cereal, tbd, 2 oz cups/bowls, asst sweet			D																						0	
8920-02-079-1585			B	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	31.5	
			L																						0	
			SO																						0	
hominy grits, quick-cooking	co		D																						0	
8920-01-210-2774			B	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	10.5	
			L																						0	
			SO																						0	
oats, rolled, asst indiv	bx		D																						0	

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
					STARCHES - PASTRY/DESSERTS READY																				0	
8920-01-E09-7075		ea	L									4								5					9	
			SO	4					2					4			4						4		18	
brownies, iced, choc w/ nuts, fz sheet	ea		D				4																		4	
8920-01-E59-0017			L										8												8	
			SO				3			4									4					4	15	
cake, carrot, fz, 9" round layer	ea		D					7																	7	
8920-01-E19-2223		ea	L								4														4	
			SO					3				3				3					3				12	
cake, cheese, frz, sliced 9" round	ea		D														7								7	
8920-01-E59-1485		ea	L	4											4										8	
			SO			4					4				4			4			4			4	24	
cake, choc sheet w/icing, fz, 11 x 14	ea		D																				6		6	
8920-01-E19-7261			L																						0	
			SO		5				3				5			5				5		5			28	
cake, white sheet w/icing, 11 x 14	ea	ea	D							6									6						12	
8920-01-E60-0083			L																						0	
			SO		1			1			1			1			2			1			1		8	
cookie dough, peanut butter, pre-cut, de	cs		D																						0	
8920-01-E60-0082			L																						0	
			SO			1			1			1			1			1			1			1	7	
cookie dough, sugar, pre-cut, deluxe co	cs		D																						0	
8920-01-E60-1248		ea	L														2							2	4	
			SO		3			3				2		3				3			3		3		20	
cookies, cho chip, fz, RTS, 2 oz ea, 72/	cs	ea	D								3														3	
8920-01-E60-1250			L																						0	
			SO	2					2							2				1		2			9	
cookies, choc chunk, fz, 2 oz Ea, bulk, 7	cs		D																						0	
8920-01-E60-1241			L																						0	
			SO				1				1				1		1		2				1		7	
cookies, macadamia nut, frz, white choc	cs		D																						0	
8920-01-E60-1246		ea	L		2.5									2.5											5	
			SO			2				2			3			1				2		1		2	13	
cookies, oatmeal raisin, fz RTS 2 oz ea	cs		D															2							2	
8920-01-E60-1244		ea	L																		2.5				2.5	
			SO	1			1				1				1				1				1		6	
cookies, peanut butter, fz, RTS 2 oz ea	cs		D						2																2	
8920-01-E59-7281			L			55																			55	
			SO	25			25			25			25						25			25			150	
pie, apple indiv 4 oz fz, 78/cs wrapped s	ea	ea	D													70									70	
8920-01-E59-7282			L															75			65				140	
			SO		25			25			25			25			25			25			25		175	
pie, cherry indiv 4 oz frz 78/cs wrapped	ea	ea	D									60												60	120	
8920-01-E59-5563			L																						0	
			SO			25			25			25			25			25							125	
turnover, blueberry indiv 3.5 oz fz glaze	ea		D	60								65												25	150	
[redacted]																									0	

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
							DESSERTS -TO PREP																		0	
8920-00-935-3262		lb	L									12								12lb					12	
			SO																						0	
brownie mix, choc, dry, 6/#10 cn	cn	lb	D				9																		9	
8920-00-446-8945			L																						0	
			SO																						0	
cake mix, angel food	pg		D								6											6			12	
8920-00-080-6063			L																3						3	
			SO																						0	
cake mix, banana	pg		D																						0	
8920-01-128-4701		lb	L										8												8	
			SO																						0	
cake mix, carrot	pg	lb	D					8																	8	
8920-00-044-0670			L			1																			1	
			SO																						0	
cake mix, cheese	pg		D														4								4	
8920-00-823-7221		lb	L	7.5																					7.5	
			SO																						0	
cake mix, devils food	cn		D																						0	
8920-00-823-7223			L																						0	
			SO										2												2	
cake mix, gingerbread	cn		D																						0	
8920-00-823-7227			L																						0	
			SO							6								6							12	
cake mix, white, 6/#10 cn	cn		D																						0	
8920-00-823-7229		lb	L				3	2.5	3	3.75						8						2.75			23	
			SO																						0	
cake mix, yellow	cn	lb	D			6.5								2	3					2.8		10			24.3	
8920-00-168-3296			L																						0	
			SO																						0	
cookie mix, chocolate, #10	cn		D																						0	
8920-00-935-3264		lb	L		6.75																				6.75	
			SO																						0	
cookie mix, oatmeal, #10	cn	lb	D		2.5													5.4					3.9		11.8	
8920-00-175-0429			L																						0	
			SO				4																		4	
cookie mix, sugar, #10	cn		D																						0	
																									0	
8940-00-641-8962		oz	L		9.6																				9.6	
			SO																						0	
gelatin, mix, lemon, #2.5 cn	cn		D															0.6 lb				0.6 lb			0	
8925-01-419-7025			L																						0	
			SO																						0	
icing mix, chocolate, add water pwdr	bg	lb	D			2.6											3								5.6	
8925-00-935-3260			L																						0	
			SO																						0	
icing mix, chocolate, powder	cn		D																						0	
8925-01-419-7027			L																						0	
			SO						3																3	
icing mix, vanilla, add water, pwdr	bg		D																						0	
8925-00-935-3261		lb	L	3																					3	
			SO																						0	
icing mix, vanilla, powder	cn		D																						0	

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
																									0	
8920-01-e19-5480		ea	L						2																2	
			SO																						0	
pie shell, preformed, reg, 9 in dia, fz 36/	co		D		3																				3	
8920-01-e09-9988			L			4																			4	
			SO																						0	
pie shell, graham, preformed, ? Size, 12	co		D																						0	
8940-00-616-0226		ea	L				8.4																		8.4	
			SO																						0	
pie filling, apple canned	cn		D																				13.65		13.65	
8940-00-478-9073		lb	L						8.5													7.7			16.2	
			SO																						0	
pie, filling, blueberry, canned	cn		D																						0	
8940-00-616-0227			L																						0	
			SO																						0	
pie, filling, cherry canned	cn	lb	D		14.5										8.4										22.9	
8940-00-451-3023			L						1																1	
			SO																						0	
pie, filling, lemon, canned	cn		D																						0	
8940-00-616-0228		lb	L					7																	7	
			SO																						0	
pie filling, peach, canned	cn		D																						0	
8940-00-131-8761			L			1																			1	
			SO										3						3						6	
pudding mix, vanilla, instant, 6/#10 cn	cn		D																						0	
8940-00-889-3736		oz	L			1				8															9	
			SO																						0	
topping, dessert, dehy, 12/1 lb pkgs	pkg	oz	D																	7.2		1.7			8.9	
8940-00-782-2827		lb	L													0.95									0.95	
			SO																						0	
whipped topping, non-dairy	pg	lb	D									0.3				0.2						3			3.5	
																									0	

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ITEM	UNIT	MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
moved two sections																							

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
																									0

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
							SUGARS/SYRUPS																		0
8925-01-080-1179			B																						0
		lb	L				0.8																		0.8
			SO																						0
honey, 1 lb jr	jr	lb	D											0.4											0.4
8925-00-435-7945			B	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	2.1
			L																						0
			SO																						0
honey, indiv 9 gm	hd		D																						0
8925-01-E09-0483			B																						0
			L																						0
			SO			1	2			1	2			1	2			1	2			1	2	1	16
molasses, 12/12 oz con	co	oz	D										3.9												3.9
8925-01-060-7500			B																						0
		lb	L				1			1.5		0.9							2.7	1.2	2.4				9.7
			SO	1	1	1	1																		4
sugar, brown	bg	lb	D								0.4			0.8						2.25					3.45
8925-01-413-7811			B	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	4.2
895-01-226-3394		lb	L	0.6		0.75	1	0.2	0.3	0.9	1.9	0.4	1	0.8		0.4	0.1	0.3	0.6	0.4	0.1	0.2	0.6	0.3	10.85
			SO			0.1	0.25																		0.35
sugar, refined, white, granular, 10 lb bg	bg	lb	D	0.2	1.75	2	0.6	0.75	0.75	0.1	0.8	0.1	0.4	2.2	0.4	1.6	0.5		0.7	0.1	0.3	4.8	0.7		18.75
8925-01-060-7495		lb	L																						0
			SO																						0
sugar, refined confectioner			D					3																	3
8925-01-E19-4048			B	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	5.25
			L	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	5.25
			SO	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	5.25
sugar, refined, white, indiv			D	2	0.25	0.25	2	0.25	0.25	2	0.25	0.25	2	0.25	0.25	2	0.25	0.25	2	0.25	0.25	2	0.25	0.25	17.5
8940-00-082-3051			B	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	1.05
			L																						0
			SO																						0
sugar, sub, sweet'n low	hd		D	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	1.05
8925-01-E09-0356/0556			B	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	1.05
			L																						0
			SO																						0
sugar, substitute, equal, indiv	bx		D	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	1.05
8925-01-E09-1697			B		1			1			1			1			1			1			1		7
			L																						0
			SO	1			1			1			1			1			1			1			7
syrup, chocolate, 24 oz squeeze btl	bt		D																						0
8925-01-E09-8039			B	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	31.5
? X;d on ugr a sm			L																						0
syrup, maple imit, indiv, 1.5 oz	hd		D																						0
8925-00-682-6705			B																						0
			L			1																			1
syrup, maple imit, #10 can	hd		D																						0
																									0

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
						SPREADS, JAMS & JELLY																			0	
8930-01-E09-8035			B	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	10.5	
			L																						0	
			SO	1					1					1					1						4	
jam & jelly 0.5 oz cup, assortment, 200/	cs		D																						0	
8930-01-035-0086			B	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	10.5	
			L																						0	
			SO			1					1					1					1				4	
jam & jelly 0.5 oz ea assortment	hd		D																						0	
8930-00-127-3079			B																						0	
			L																						0	
			SO	1		1		1		1		1		1		1		1		1		1		1	11	
jelly, grape, 2 lb jr	jr		D																						0	
8930-00-559-8307			B	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	5.25	
			L																						0	
			SO				1				1				1				1				1		5	
jelly, strawberry, no 2 1/2 cn	cn		D																						0	
8930-01-E19-8038			B	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	5.25	
			L																						0	
			SO																						0	
peanut butter, 0.75 oz ea, smooth	co		D																						0	
8930-00-144-6042			B	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.21	
			L																						0	
			SO	1		1	1	1		1		1		1		1		1		1		1			11	
peanut butter, chunky, 28 oz	jr		D																						0	
8930-01-383-0091			B																						0	
			L																						0	
			SO	1	1		1		1		1		1		1		1		1		1		1		11	
peanut butter, smooth, 28 oz	jr		D																						0	
																									0	

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ITEM			MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
						SOUP, GRAVIES & SAUCES																			0	
8935-01-419-7031		oz	L		9.6	12		21.4		9.6	1.4		14.1	6.24		4.8	2		9.6	3.6		4.5	4.3 oz	4	102.84	
			SO																						0	
base, soup & gravy beef, pwd, 12/ 1 lb	pk	oz	D	7	5	8.5		3.2		18				2.4	8	8.8	7.2	7.5				3.2	13.5	1	93.3	
8935-01-419-7030		oz	L							6.5											2.4	4.2			13.1	
			SO																						0	
base, soup & gravy chicken, pwd 12/1 l	pk	oz	D	7	10	4				10.9		4.5			3		8		0.6	4.8	6.4			9	68.2	
8940-00-080-6022			L			0.5		0.5												0.5		0.5		0.5	2.5	
			SO																						0	
gravy mix, brown, #2 1/2 cn	cn		D		0.5					0.5								0.5					0.5		2	
8940-00-080-6028			L							0.5											0.2	0.3			1	
			SO																						0	
gravy mix, chicken, #2 1/1 cn	cn		D	0.5	0.6	0.25				0.75		0.4			0.25		0.5		0.4	0.3	0.4			0.6	4.95	
8935-00-480-4550			L																					28	28	
			SO																						0	
soup, bean w/ bacon, 12/52 oz cn	cn	lb	D					19					40					40							99	
8935-00-480-4553		lb	L				30								5					90		60			185	
			SO																						0	
soup, chicken noodle, cond 12/51 oz cn	cn		D																						0	
8935-00-480-4563		lb	L											22											22	
			SO																						0	
soup, condensed, vegetable, #3 cyl cn	cn	lb	D						22.5											42					64.5	
8935-00-480-4556		lb	L	6.6					13														50		69.6	
			SO																						0	
soup, cream of mushroom, 12/50 oz cn	cn	lb	D									30							20						50	
8935-01-E09-8856			L																		40				40	
			SO																						0	
soup, cream of broccoli, 12/50 oz cn	cn	cn	D								6.6				3.3										9.9	
8935-00-480-4560		cn	L									5													5	
			SO																						0	
soup, minestrone, cond, 12/50 oz cn	cn	lb	D				20											36							56	
8935-01-E19-4840		lb	L			20					30														50	
			SO																						0	
soup, tomato, 12/46 oz cn	cn		D																					1.6	1.6	
																									0	
8950-01-E59-8449			L																						0	
			SO		1	3			1	3			1	3			1	3			1	3		3	23	
sauce, marinara, 106 oz co (bg)	co		D																						0	
8940-01-067-7961		lb	B		2.15			2.15			2.15			2.15			2.15			2.15			2.15		15.05	
		lb	L														9.6								9.6	
			SO	1		3		1		3		1		3		1		3		1		3		3	23	
sauce, pizza, canned, #10	cn		D																						0	
8950-01-E09-6782			L																						0	
added			SO																						0	
sauce, spaghetti, #10 cn	co		D																						0	
																									0	

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
							FATS & OILS																		0
8945-01-E09-6375			B	1				1				1				1				1					5
8945-01-e60-2576			L																						0
			SO		1		1		1		1		1		1		1		1		1		1		10
multi purpose oil, canola	lb		D																						0
8945-01-364-7357		oz	B	32	64	32																			128
		oz	L	5.5		15	1	9	7	0.3	1.2	4.8	1		12.5	1.3	18	8.2	1.3		7.3	2.1	7.2	7.2	109.9
			SO	1		0.1	0.25		1		0.1	0.25		1		0.1	0.25		1		0.1	0.25			5.4
salad oil, canola	cn	oz	D	12.1	0.8	6.5	6.7	1.5	4	0.4	9	6.9	11	1.2	10.2	2.1	18	1.6	4.1	2.8	0.8	0.5	2.8	0.6	103.6
8945-01-066-8210		lb	B	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	42
		lb	L	1.7			0.5		1.5	0.9	0.6		1	1.4	0.3			0.5	1.2		0.6	0.7	1.25	0.7	12.85
			SO																						0
shortening, general purpose, 3 lb	cn	lb	D	2	1.2	1.2	0.6			1.3		0.6		0.4	1.12	0.34	0.6	1.3	0.5	0.1	0.5		6	1.4	19.16
8945-01-452-2000			B	1		1		1		1		1	1		1		1	1		1		1			11
add back			L																						0
			SO	1		1		1		1		1	1		1		1	1		1		1			11
shortening, liquid, cnd (for frying)	cn		D																						0
																									0
																									0
ITEM	**UNIT**		**MEAL**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**	
							CONDIMENTS - HIGH MOISTURE																		0
8950-00-127-9789			B	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21
		lb	L					1	3.7											1	6.25				11.95
			SO	1	1	3	1	1	1	3	1	1	1	3	1	1	1	3	1	1	1	3	1	1	31
Catsup, tomato, #10 cn	cn	lb	D					0.6								2									2.6
8950-01-E09-2027			B	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1		2
			L	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25		5
			SO	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25	0.25		5
catsup, tomato, US Grade A, 9 gm pg,	co		D																						0
8915-00-251-8068			B																						0
			L	1			1				1				1				1		4			1	10
			SO		1	1		1		1		1		1		1		1		1		1			10
cranberry sauce	cn	lb	D			2			1				1				2						1		7
8940-01-429-0406			B																						0
8905-01-e19-2236			L			4																			4
			SO	2			2	2			2	2			2	2			2	2			2		20
coleslaw dressing, fat free, 15 oz	btl		D				3																		3
8950-00-205-0936			B																						0
		lb	L	1	0.6	1	1.5	3.5	2	1.3	0.4	1	0.8	0.8	1.4	1		1.6	1.8	1	1	0.9	0.6	1.6	24.8
			SO	2		2	2	2		2	2	2		2	2	2		2	2	2		2	2		30
dressing, salad, #2.5 cn	cn	lb	D	3.5	0.7	1	0.6	1.1	1.3	0.4	0.8	1	0,5	0.9	1.6	0.5	1.25	0.8	1.9	0.8	0.4	0.1	0.4	0.8	19.85
8950-00-127-9806			B																						0
		oz	L												0.6										0.6
			SO				0.25				0.25				0.25				0.25				0.25		1.25
horseradish, prepared	qt	oz	D	4.8					5										4.8 oz						9.8

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
																									0	
																									0	
8950-01-E09-8437			B																						0	
			L																						0	
			SO	1		0.5		1		0.5		1		0.5		1		0.5		1		0.5		0.5	8	
mayonaise, indiv 7/16 oz, 200 /co	co		D																						0	
8950-E19-2131			B																						0	
			L		1	0.1	0.1	1	1	0.1	0.1	1	1	0.1	0.1	1	1	0.1	0.1	1	1	0.1	0.1	1	11	
			SO	1	0.1	0.1	1	1	0.1	0.1	1	1	0.1	0.1	1	1	0.1	0.1	1	1	0.1	0.1	1	0.1	11.1	
mayonnaise, low fat, 12/32 oz co	co		D																						0	
8950-01-E19-0120			B																						0	
			L		0.5	0.25	0.25	0.5		0.5	0.25	0.25	0.5		0.5	0.25	0.25	0.5		0.5	0.25	0.25	0.5		6	
			SO	0.25	0.25	0.5	0.5	0.25	0.25	0.5	0.5	0.25	0.25	0.5	0.5	0.25		0.5	0.5	0.25	0.25	0.5	0.5	0.5	8	
mustard, indiv, 9 gm, yellow	co		D																						0	
8950-01-074-4920			B	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	4.2	
			L		1.25	0.25							0.1							0.1	0.2				1.9	
			SO	0.5	1	1	0.5																		3	
mustard, prepared, yellow	jr		D				1		1			1			1				1			0.1	0.1	1	6.2	
8950-00-127-9295			B																						0	
		lb	L	0.75				1.3	0.5	0.9			0.5		1.1			0.5				0.5	0.4	0.3	6.75	
			SO	0.5	1		0.5	0.5	1		0.5	0.5	1		0.5	0.5	1		0.5	0.5	1		0.5		10	
pickle relish, sweet, #10 cn	cn	lb	D	0.9		0.6		0.9				0.8			0.5		0.6	0.6	0.4	0.6				0.4	6.3	
8950-01-E09-7248			B																						0	
			L																						0	
			SO	0.5	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	10.25	
relish, sweet, 9 gm ind	co		D																						0	
8950-01-186-8173			B																						0	
			L																						0	
			SO	0.5		0.5	0.25	0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5	5.75	
sauce, BBQ, ind sv, 7/16 oz, 200/ct	hd		D																						0	
8950-01-125-2287			B			0.1			0.1			0.1			0.1			0.1		0.1				0.1	0.7	
		lb	L																		9.3				9.3	
			SO		0.1		0.25	0.1		0.1		0.25	0.1	0.1		0.1		0.25	0.1		0.1		0.25	0.1	1.9	
sauce, barbeque w hickory smked 4/1 g	co	lb	D														4.2								4.2	
8950-00-170-4935			B																						0	
		lb	L																		1.12				1.12	
			SO	2	0.1			0.1			0.1			0.1			0.1		0.1				0.1		2.7	
sauce, chili sauce, btl 12 oz	co		D																						0	
8950-01-E59-8500			B																						0	
			L																						0	
			SO	0.5	0.5			0.5				0.5				0.5				0.5				0.5	3.5	
sauce, honey mustard, 2 oz cup 60/cs	cs		D																						0	
8950-01-E59-4782			B	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.105	
			L																						0	
			SO	0.5	0.25	0.25	0.25	0.5	0.25	0.25	0.25	0.5	0.25	0.25	0.25	0.5	0.25	0.25	0.25	0.5	0.25	0.25	0.25		6.25	
sauce, hot, ind sv, 7 gm, 200/cs	cs		D																						0	
8950-01-389-3825			B	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	21	
			L			2																			2	
			SO	2	1	2	1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	40	
sauce, hot, Tabasco, 12/12 oz btl	btl		D	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1		20	
8950-01-383-8940			B	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	10.5	
			L				4																		4	
			SO																						0	
sauce, salsa, hot, chunky	jr	lb	D			7															11.4			2.8	21.2	

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
																									0
																									0
8950-01-E19-3660			B																						0
		lb	L													4.4									4.4
			SO	2	2	2	0.25	2	2	2	0.25	2	2	2	0.25	2	2	2	0.25	2	2	2	0.25	1	32.25
sauce, seafood cocktail, btl, 12 oz	co		D																			6.5			6.5
8950-01-E59-6463			B																						0
			L																						0
			SO		0.25				0.3				0.3				0.3				0.3				1.45
sauce, seafood cocktail, indiv. 1.5 oz			D																						0
8950-00-935-3254			B																						0
			L																						0
			SO	0.5			0.5	0.5			0.5	0.5			0.5	0.5			0.5	0.5			0.5		5
sauce, soy	btl	oz	D					60		1			17												78
8950-01-389-3490			B																						0
			L				3.75															9.2			12.95
			SO	0.5			0.5	0.5			0.5	0.5			0.5	0.5			0.5	0.5			0.5		5
sauce, soy, 12/20 oz btl	btl		D	0.5	0.25										0.7	3.5			0.1						5.05
8950-00-939-5396			B																						0
			L																						0
			SO	0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5		0.5			5
sauce, soy, indiv 0.5 oz	hd		D																						0
8950-01-E59-3437			B	0.25	0.25		0.25	0.25		0.25	0.25		0.25	0.25		0.25	0.25		0.25	0.25		0.25	0.25		3.5
			L		1																				1
			SO	0.5			2	0.5	0.5			2	0.5	0.5			2	0.5	0.5			2	0.5	0.5	12.5
sauce,steak, 1.4. oz, 72 per case	co		D																						0
8950-01-389-7653			B	1.5	1.5		1.5	1.5		1.5	1.5		1.5	1.5		1.5	1.5		1.5	1.5		1.5	1.5		21
		lb	L																	3.75					3.75
			SO	2		2	1	2		2	1	2		2	1	2		2	1	2		2	1		25
sauce, steak, 12/15 oz btl	btl	lb	D								3														3
8950-01-E19-1983			B																						0
			L																						0
			SO		0.7				0.7				0.7				0.7				0.7			0.7	4.2
sauce, tartar, ind sv, 2 oz, 60 count	co		D																						0
8950-01-E09-0334			B																						0
		lb	L			3										4.4	4.4							2.8	14.6
			SO		0.5				0.5				0.5				0.5				0.5				2.5
sauce, tartar sauce, 1 gal	co	lb	D						1.25				2.3							3.12		1.9			8.57
????			B																						0
for gyro pita-pocket sandwich		lb	L																						0
			SO		0.5				0.5				0.5				0.5				0.5				2.5
sauce, tansani (yogurt-cucumber) sauc	co	lb	D																						0
8950-01-059-5269			B																						0
		oz	L					1.5																	1.5
			SO																						0
sauce, worcestershire	btl		D																						0
8950-01-389-3596			B+																						0
		oz	L	0.8									3								10				13.8
			SO	0.5			0.5	0.5			0.5	0.5			0.5	0.5			0.5	0.5			0.5		5
sauce, worcestershire, 12/15 oz btls	btl	oz	D								2									1			1		4
8950-01-079-3978			B																						0
		oz	L	12	3.2	20.4	4.25	5.1	4	12.6	1.6	15	12.2	1.2	4	4	8.4	12	19.2	4	59.2	1.6	17.3	17.6	238.85
			SO	1			1	1			1	1			1	1			1	1			1		10
vinegar, white, distilled, 12/32 fl oz bt	btl	oz	D	14	21.6	7.3	3	12.3	10		28	12	10	4	12	2	2.4	2.4	22.4	4		4.8	1.6	3.2	177
																									0

The Army 21 Day CONOPS Menu

ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
					CONDIMENTS -SALAD DRESSING, SELF SERVE																				0	
8950-01-E59-0371			B																						0	
			L	0.3			0.3			0.3			0.3			0.3			0.3			0.3			2.1	
			SO		0.3			0.3			0.3			0.3			0.3			0.3			0.3		2.1	
dressing, blue cheese, 200 pkt	co		D			0.3			0.3			0.3			0.3			0.3			0.3			0.3	2.1	
8950-01-E09-7244			B																						0	
			L	0.3			0.3			0.3			0.3			0.3			0.3			0.3			2.1	
			SO		0.3			0.3			0.3			0.3			0.3			0.3			0.3		2.1	
dressing, french, 12 gm pg, 200/co	co		D			0.3			0.3			0.3			0.3			0.3			0.3			0.3	2.1	
8950-01-E09-7246			B																						0	
			L	0.3			0.3			0.3			0.3			0.3			0.3			0.3			2.1	
			SO		0.3			0.3			0.3			0.3			0.3			0.3			0.3		2.1	
dressing, italian, 12 gm pg 200/co	co		D			0.3			0.3			0.3			0.3			0.3			0.3			0.3	2.1	
8940-01-389-4380			B																						0	
		lb	L	2	1	1	2	1	1	2	1	1	2	1	1	2	1	1	2	1	1	2	1	1	28	
			SO	1	2	1	1	2	1	1	2	1	1	2	1	1	2	1	1	2	1	1	2	1	28	
dressing, italian, fat-free, 6/16 oz bt	bt	lb	D	1	1	2	1	1	2	1	1	2	1	1	2	1	1	2	1	1	2	1	1	2	28	
8950-01-E09-7243			B																						0	
			L	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	10.5	
			SO	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	6.3	
dressing, ranch, 12 gm pg, 200/co	co		D	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	10.5	
8940-01-389-4434			B																						0	
			L	2	2	1	2	2	1	2	2	1	2	2	1	2	2	1	2	2	1	2	2	1	35	
			SO	1	2	2	1	2	2	1	2	2	1	2	2	1	2	2	1	2	2	1	2	2	35	
dressing, ranch, fat free, 6/16 oz bt	bt		D	2	1	2	2	1	2	2	1	2	2	1	2	2	1	2	2	1	2	2	1	2	35	
8950-01-E09-7245			B																						0	
			L	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	10.5	
			SO	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	6.3	
dressing, thousand island, 12 gm pg, 20	co		D	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	10.5	
																									0	

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
								CONDIMENTS -VEGETABLE																	0
8950-00-450-0016			B																						0
		lb	L		1	1			1		1.8	1	1			1	1.3		1.2						10.3
			SO	1		1	1			1			1	1				1		1		1	1	1	11
olives, black, sliced, canned, 24/#300 c	cn	lb	D	2.8									1.5			1.63									5.93
8950-01-E09-0298			B																						0
			L																						0
			SO	1			1	1			1	1			1	1			1	1			1		10
olives, green, whole, pitted, 12/1 qt jr	jr		D		1			1	1			1	1			1	1			1	1			1	10
8950-00-143-0925			B																						0
			L			4				4				4				4				4			20
			SO	4				4				4				4				4					20
olives, black, whole, canned	cn	lb	D		4		1.3		4				4				4				4		1.4		22.7
8950-00-489-0546			B	0.1			0.1			0.1			0.1			0.1			0.1			0.1			0.7
			L																						0
			SO	1		1	0.25	1		1		1		1		1		1		1		1		1	11.25
pepper, jalapeno, whole gr	cn		D		1								1						1						3
8950-01-036-1179			B																						0
			L	0.3					0.3					0.3					0.3						1.2
			SO	0.3	0.3				0.3	0.3				0.3	0.3				0.3	0.3				0.3	2.7
pickles, dill, sliced crosswise, 1 gal jr	jr		D			0.3					0.3					0.3					0.3				1.2
8950-00-616-5469			B																						0
			L		0.3					0.3					0.3					0.3				0.3	1.5
			SO			0.3					0.3					0.3					0.3				1.2
pickles, dill, whole, small, 6/#10 cn	cn		D				0.3					0.3					0.3					0.3			1.2
8950-00-141-0850			L			0.3					0.3					0.3					0.3				1.2
			SO	0.3			0.3		0.3			0.3		0.3			0.3		0.3			0.3			2.4
pickles, sweet, sliced, crosswise	jr		D					0.3					0.3					0.3					0.3		1.2
8950-01-018-6385			L																						0
			SO		0.3					0.3					0.3					0.3				0.3	1.5
pickles, sweet, whole, 6/#10 cn	cn		D			0.3					0.3					0.3					0.3				1.2
																									0
8915-00-935-9266			B																						0
			L																						0
			SO																						0
pimento, canned, 7 oz cn	cn	oz	D														3.6								3.6
8915-00-935-6371			B																						0
		oz	L														15				5.3			4	24.3
			SO	4			1	4			1	4			1	4			1	4			1		25
veg, pimento, canned, 24/#2.5 oz cn	cn		D																					3.6	3.6
																									0

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
							CONDIMENTS -BAKING																		0
8950-00-125-6333			B	0.25			0.25			0.25			0.25			0.25			0.25			0.25			1.75
		oz	L							0.7									0.1						0.8
			SO																						0
baking powder, 24/14 oz cn	cn	oz	D	4					0.5							1.1									5.6
8950-00-292-9611			B	0.05																					0.05
			L																0.6						0.6
			SO																						0
baking soda, 24/1 lb bx	bx	tsp	D			1						0.6						1						1	3.6
8915-01-078-9271			B																						0
		oz	L							8															8
			SO				0.25				0.25				0.25				0.25					0.25	1.25
cherries, maraschino, red, 12/16 oz jr	jr	oz	D																	6.4					6.4
8925-00-782-3318			B																						0
			L																						0
			SO			4	1			4	1			4	1			4	1				4	1	25
chocolate chips, semi-sweet	bg		D																						0
8955-00-223-5806			B																						0
		oz	L								7.2														7.2
	cn		SO																						0
cocoa, natural, 10% (med) fat, 1 lb can			D																						0
8925-01-452-3110			B																						0
			L				0.6	0.5	0.6													0.5			2.2
			SO				0.25				0.25				0.25				0.25				0.25		1.25
coconut, dried, sweet, flakes, 12/1 lb bg	bg	lb	D											0.4	0.6										1
8920-00-160-6165			B																						0
			L															4							4
			SO																						0
cornstarch, 1 lb bx	bx	oz	D	1.1	7.2					0.8			11	3.4	4				0.9						28.4
8950-01-E09-1165			B																						0
		tbsp	L							1	0.6														1.6
			SO																						0
flavoring, vanilla, imitation, 16 oz	co	tbsp	D					2				0.6													2.6
8925-01-E19-3381			B																						0
			L																						0
			SO				0.25							0.25						0.25				0.25	1
pecans, shelled, unsalted, 6/1.75 lb cn	cn		D																						0
8925-01-E09-6077			B																						0
			L						4																4
			SO							0.25							0.25							0.25	0.75
walnuts, halves & pieces, 6/3 lb co	co	oz	D		4								3.2				4				3.2				14.4
8950-01-160-3552			B																						0
			L							1															1
			SO			0.1				0.1				0.1				0.1				0.1			0.5
yeast, 2 lb flex bag	bg		D																						0
																									0

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
								CONDIMENTS -BASICS																	0
8950-01-419-2898		tbsp	B	3.75	2.25	1.25																			7.25
pepper, black, grd, 16 oz	jr	tbsp	L	2.4	3	4	2	3.4	1	1.5	0.1	0.9	2.2	1.2	0.9	1	2	1.1	0.7	1.2	3	2	1	3	37.6
8950-00-127-8067			SO	0.5		0.25	8	0.5		0.25	8	0.5		0.25	8	0.5		0.25	8	0.5		0.25	8		43.75
pepper, blk grd, 16 oz	cn	tbsp	D	3	0.9	2.6	9	2	4	1	2.1	0.8	2	0.9	1.2	1	4	1.4	2	3	2.9	0.4	2	1	47.2
8950-01-E19-4826			B	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	2.1
			L																						0
			SO	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	2.1
pepper, blk, indiv, 0.15 gm	mx		D																						0
8950-01-E09-1106			L																						
add for both menus			SO																						
pepper, red crushed 12 oz co			D																						
8950-01-E09-6029			B																						0
		tbsp	L						6	0.65		0.8	0.1		0.3	0.1					0.5				8.45
			SO																						0
pepper, red/cayenne, grd, 16 oz co	co	tbsp	D	0.3		0.3	3		0.3					0.1					0.2		0.6				4.8
8950-01-E09-0332			B																						0
			L																						0
			SO																						0
pepper, white, grd, 18 oz co	co	tsp	D	1					1										0.2				0.2		2.4
8950-01-079-6943		oz	B	2.5	2.6	2.5	2.5	2.6	2.5	2.5	2.6	2.5	2.5	2.6	2.5	2.5	2.6	2.5	2.5	2.6	2.5	2.5	2.6	2.5	53.2
8950-01-226-6603		oz	L	5		8	1.5	6.1	3.9	5.9	2.5	0.5	9.15	6.8	5.9	4.1	2.3	10.7	3.1	2.7	4	4	3.8	4.25	94.2
			SO	1		4	8	1		4	8	1		4	8	1		4	8	1		4	8		65
salt, table, iodized, 5 lb bag	bg	oz	D	9	3	3	7.3	1.7	4	5.2	5	5.8	3	4.95	3.4	2.25	2	1.7	13.4	2.9	2.3	0.11	6.65	4.6	91.26
8950-01-E09-3027			B	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	2.1
			L																						0
			SO	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	2.1
salt, table, iodized, indiv 0.75 gm	mx		D																						0
																									0
ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
								CONDIMENTS -SPICES																	0
8950-01-419-1774			B																						0
			L																						0
			SO																						0
allspice, grd, 16 oz	jr	tsp	D															0.4							0.4
8950-01-E09-0917			B																						0
		oz	L					2		1.3	0.5	0.8					0.4		0.4	0.4					5.8
			SO																						0
basil, grd, 13 oz co	co	oz	D	4	1.7		3		1				0.5	1		0.45			0.3	1	0.2		0.3		13.45
8950-01-E09-1145			B																						0
		ea	L		2			1		9.5			1.2						1				1		15.7
			SO																						0
bay leaves, whole, 2 oz co	co	ea	D		8		5	2		1.8				4.2		1.25	1	2	2		4	3	1	6	41.25
8950-01-e09-2187			L																						
			SO																						
blend, cajun spices, 17-18 oz co			D																						
8950-01-e09-3605			L																						
			SO																						
blend, taco seasoning mix w/out MSG 23 oz co			D																						
8950-01-e09-8782		tbsp	L																	0.8					0.8
			SO																						0
celery seed, whole 16 oz jr	jr		D																						0
8950-01-E09-1446		oz	L													1.6									1.6
			SO																						0
chili powder, mild, 18 oz co	co		D	1																				1.5	2.5
8950-01-e09-1184			L																						
			SO																						
chives, frz-dried, chopped 1.35 oz co			D																						
8950-01-E09-0923			B																						0
		tbsp	L																0.6		0.4				1
			SO				3																		3
cinnnimon, grd, 16 oz	co	tbsp	D					1.2			0.2														1.4
8950-01-E09-0924			B																						0
		tbsp	L																		0.8				0.8
cloves, ground, 16 oz co	co	tbsp	D					1.2			0.4			1											2.6
8950-01-e09-8784		tbsp	L									1.5							2						3.5
			SO																						0
cloves, whole, 11 oz	co		D																						0

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ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
																									0
8950-01-E09-0326			L																						0
			SO																						0
cumin, grd, 16 oz	co	tbsp	D	5		4															0.8			0.3	10.1
8950-01-E09-2387			L																						0
			SO																						0
curry, grd, 16 oz	co	tbsp	D	5		4															0.8			0.3	10.1
8950-01-E09-8806			L																						0
			SO																						0
dillweed, whole, dried, 3-4 oz jr	jr	tsp	D																	0.5					0.5
8950-01-E59-2920			B																						0
		tbsp	L			1		3.2		0.2		0.8	0.3	0.5	0.8	0.3	0.25	0.6	0.2	0.8	1.6	0.08	0.23		10.86
			SO				5				5				5				5				5		25
garlic, granulated, 24 oz jr	jr	tbsp	D		0.8	5	1.7	1.6	1	0.4		0.6	0.9	2.46	0.13	1.5		0.1	1.4	1.2	3.4		0.4	1	23.59
8950-01-254-2691		tbsp	L	1.3																					1.3
			SO																						0
garlic powder, 16 oz			D	4									0.2												4.2
8950-01-E09-7018		tbsp	L				1.5			1.2					0.8										3.5
			SO				3				3				3				3				3		15
ginger, grd, 15 oz co	co		D		5.5			2.5															1.8		9.8
8950-01-E09-8776			L																						0
		tbsp	SO								0.5								0.4						0.9
lemon pepper, grd, 27oz co	co	tbsp	D											0.4											0.4
8950-01-e19-0489		oz	L							1															1
marjoram, sweet, grd, ? Size	jr	oz	D		0.5		1.3							0.5	1.5			0.4		0.2					4.4
8950-01-E09-3043			B																						0
		tbsp	L								0.5								0.4						0.9
mustard, flour, grd, 15oz co	co	tbsp	D											0.4											0.4
8950-00-543-7698			B																						0
		tsp	L								0.4														0.4
			SO																						0
mustard,		tsp	D													0.5									0.5
8950-01-E09-0928			B																						0
		tsp	L																1.2 tsp						0
			SO																						0
nutmeg, ground, 16 oz co	co	tsp	D															1.2 tsp			0.4				0.4
8950-01-E59-1154			B																						0
		tbsp	L																	0.8					0.8
onion powder, 20 oz co	co	tbsp	D	2		1.5			2										0.25 T		2.4				7.9
8950-01-E59-2888			B																						0
			L																						0
oregano, cut leaf, 5 oz co	co	tbsp	D				1.6											0.8	0.6		0.4				3.4
8950-01-E09-7013			B	3			3			3			3			3			3			3			21
		tbsp	L					0.5		3.25		1.4					0.5								5.65
			SO																						0
oregano, ground, 11 oz co	co	tbsp	D	5.1					4				0.5	1.2	0.8										11.6
8950-01-E09-0930			B																						0
		tbsp	L	0.4			4	1.4	8	1.2	0.7		1.4		0.4	1.4		0.8	2.2	0.8	0.25		0.8	0.8	24.55
			SO				3				3				3				3				3		15
paprika, grd, 16 oz	co	tbsp	D	1.5		2		1.2	4			1.9			0.8		0.3	0.4	0.7	0.8				1.2	14.8
8950-01-E09-1167			B																						0
		tbsp	L																		0.25				0.25
			SO				3				3				3				3				3		15
paprika, grd, 18 oz co	co		D																						0
8950-01-E09-0279			B																						0
		oz	L									2									0.25				2.25
			SO				0.2				0.2				0.2				0.2				0.2		1
parsley, dried flakes, 2 oz co	co	oz	D		2.75				4																6.75
8950-01-E09-4564			B																						0
		tbsp	L																	0.8	1.2				2
			SO																						0
poultry seasoning blend, 10 oz co	co	tbsp	D			1				0.8							1.4								3.2

The Army 21 Day CONOPS Menu

ITEM	UNIT		MEAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
																									0
																									0
8950-01-E09-3598			B																						0
			L																						0
			SO																						0
rosemary, ground, 9 oz	jr	oz	D												0.25			0.3		0.8					1.35
8950-01-e09-1450			B																						0
			L																						0
			SO																						0
sage, rubbed, 6 oz co	cn		D																						0
8950-01-419-2893			B																						0
delete			L																						0
			SO																						0
sesame seed, whole, 18 oz	jr	oz	D										1												1
8950-01-e09-8811			B																						0
			L																						0
			SO																						0
tarragon, leaf whole, 2.5 oz	jr	tsp	D																	0.5					0.5
8950-01-e09-0936			B																						0
		tbsp	L					0.5		4.6	0.35	0.8				1.4		0.5		0.8	1.2				10.15
			SO																						0
thyme, ground, 11-16 oz	jr	tbsp	D				1.6	0.5		0.9				1.2		0.25			0.8	0.5 tsp	0.4				5.65
																									0

SUMMARY

AR 30-22

4-14. Contingency operations

a. During initial deployment (to an undeveloped area), ration support will be on a push system. The MRE will be used for all meals. In accordance with paragraph 4-2 and the Surgeon General's policy, MREs will not be used as the sole ration for more than 21 days. After 21 days, they must be enhanced with the authorized enhancements in DA Pam 30-22 or alternate rations will be served.

b. When sufficient food service personnel and equipment are in theater, use of the UGR family of rations will be implemented upon the approval of the theater commander.

c. Transition to line item A rations must be approved by HQDA. All supporting requirements such as personnel, equipment, refrigeration, storage, and transportation must be rated green before approval will be granted.

d. **Transition to the DA Contingency Operations (CONOPS) menu is mandatory to standardize support and control costs. All deviations from this menu must be approved by HQDA. This menu may be obtained from ACES. Further guidance regarding the implementation and use of the DA CONOPS menu is in DA Pam 30-22.**

e. Units transitioning to LOG CAP contracts will abide by the following:

(1) Provisions will be specified in the Performance Work Statement (PWS).

(2) Government subsistence items will be furnished through a Subsistence Prime Vendor contractor. Subsistence is considered Government Furnished Property until consumed and is therefore accountable in accordance with the terms of the contract. The government will provide LOG CAP contractors a delivery schedule.

(3) Under other special situations, a request for funding authority will be submitted to the MACOM for approval.

(4) Requests to purchase catered meals (including host nation support meals) will be approved in writing by the MACOM prior to obligating funds. Subsistence purchased from commercial sources must originate from sanitarily approved food establishments in accordance with AR 40-657.

f. Units in support of Contingency Operations, with the exception of those supported under the Defense Cooperation Agreement (DCA) are entitled to purchase subsistence with Military Personnel Army (MPA) Subsistence Account funds for operational rations. Units that are supported under DCA will abide by the procedures established by the theater or exercise commander for reimbursement of the MPA account for rations provided to the United States by a foreign government in the form of burden sharing reimbursement supplemental and operational rations.

g. Units deploying away from home station for contingency operations are entitled to purchase bottled water as part of their Unit Basic Load using the designated contingency operation project code. Commanders will not use subsistence dollars to buy bottled water for local training areas (LTAs) at home station or mobilization station. For planning factors, consumptions rates are found in FM 101-10-1/2

SUMMARY

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ARMY 21-DAY CONOPS MENU

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