



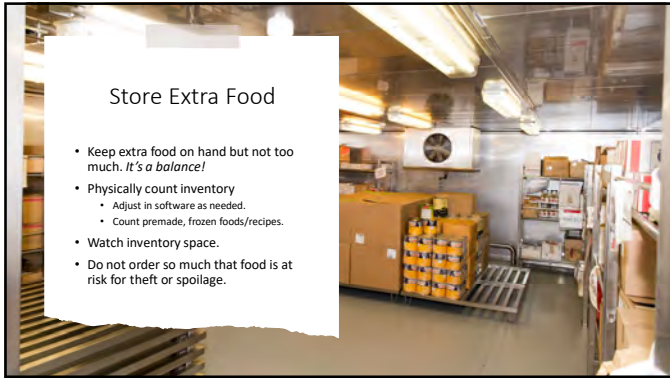
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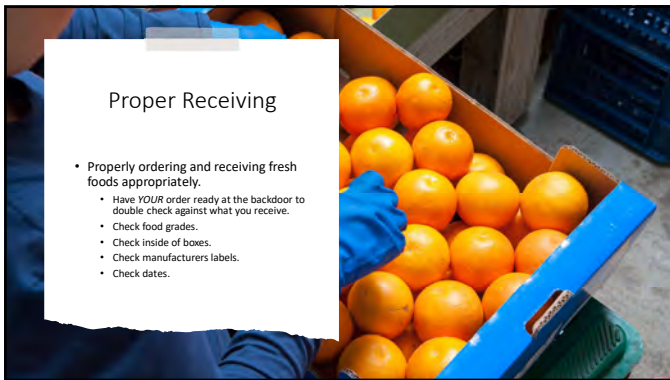
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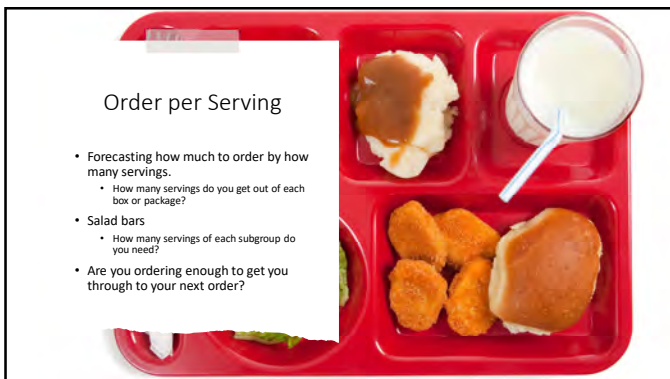
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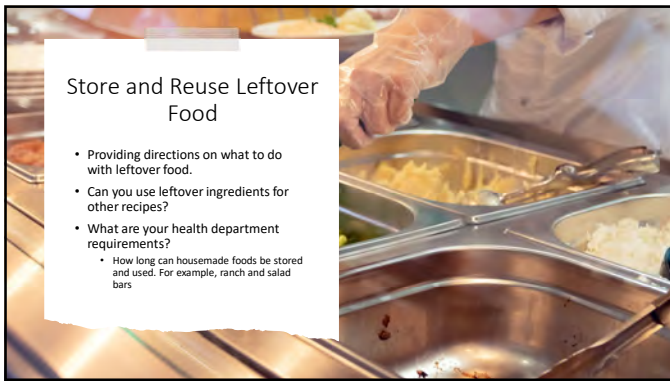
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Store and Reuse Leftover Food

- Providing directions on what to do with leftover food.
- Can you use leftover ingredients for other recipes?
- What are your health department requirements?
 - How long can housemade foods be stored and used. For example, ranch and salad bars

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Things to Consider with a Three-Week Cycle Menu

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K-12 Washington Potato Commission School Lunch Sample Cycle Menu					
WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
MMA (oz. eq.)	Spiced Cheese Sandwiches	Roast Chicken Wraps	Hot or Cold Pork Tacos	Spicy Spaghetti	Teriyaki Chicken
Grain (oz. eq.)	Crusty Bread	Triscuits	Whole Wheat Roll	Crustless Muffin	Whole Wheat
Vegetable (cups)	Roasted Root Veg	Roasted Beans	French Fries	Mixed Green Salad	Cooked Beans
Fruit (cups)	Homemade Applesauce	Orange Slices	Frozen Strawberries	Diced Peas	Canned Pineapple Chunks
Fluid Milk (cups)	1% white or FF chocolate	1% white or FF chocolate	1% white or FF chocolate	1% white or FF chocolate	1% white or FF chocolate
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
MMA (oz. eq.)	Spicy Roast Chicken	Chicken Street Tacos	Loaded Baked Potato	Macaroni & Cheese	Beef, Chicken, Sandwich
Grain (oz. eq.)	Crusty Bread	Triscuits	Crusty Bread Slices	Macaroni Muffin	Crusty Bread
Vegetable (cups)	Roasted Beans	Roasted Root Veg	Roasted Potatoes	Cooked Beans	Cooked Beans
Fruit (cups)	Diced Apples	Diced Apples	Watermelon	Canned Mixed Fruit	Frozen Mixed Berries
Fluid Milk (cups)	1% white or FF chocolate	1% white or FF chocolate	1% white or FF chocolate	1% white or FF chocolate	1% white or FF chocolate
WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
MMA (oz. eq.)	Chicken Sandwiches	Turkey Sandwiches	Chicken Burrito	Lasagna	Orange Chicken
Grain (oz. eq.)	Crusty Bread	Crusty Bread	Crusty Bread	Crusty Bread	Crusty Bread
Vegetable (cups)	Roasted Root Veg	Roasted Root Veg	Roasted Root Veg	Roasted Root Veg	Roasted Root Veg
Fruit (cups)	Diced Mixed Fruit	Fresh Apple Slices	Frozen Strawberries	Fresh Strawberries	Fresh Apples
Fluid Milk (cups)	1% white or FF chocolate	1% white or FF chocolate	1% white or FF chocolate	1% white or FF chocolate	1% white or FF chocolate

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M/MA

Considerations

- Typically, the most expensive
 - Utilize all or most of your USDA allocation here
 - Use purchased if cost less than USDA foods
 - Use proteins that are flexible
- Store extra for shortages
- Provide directions on how to store leftovers in recipe

USDA Foods

- Cheese
- Ground Beef
- Pulled Pork
- Diced Chicken
- Unseasoned Chicken Strips
- Chili Beans (Canned Pinto, Black, and Small Red)

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Whole Grains

Considerations

- Purchase baked goods from a local bakery
 - Store extra in the freezer
 - Rolls, sliced bread
- Store extra rice and pasta for shortages
- Provide directions on how to store leftovers in recipe

USDA Foods

- Rice
- Rotini
- Macaroni

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Vegetables

Considerations

- Use DOD wisely
 - Fresh salads
 - Baked potatoes (6 oz)
 - Cabbage

USDA Foods

- Refried Beans
- Frozen Broccoli
- Frozen Potato Wedges
- Canned Vegetarian Baked Beans
- Canned Black Beans
- Canned Spaghetti Sauce

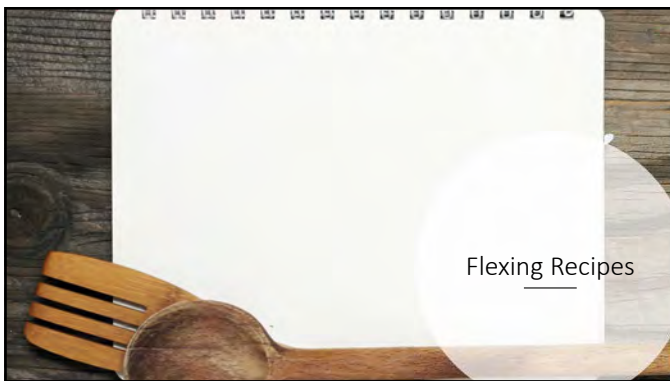
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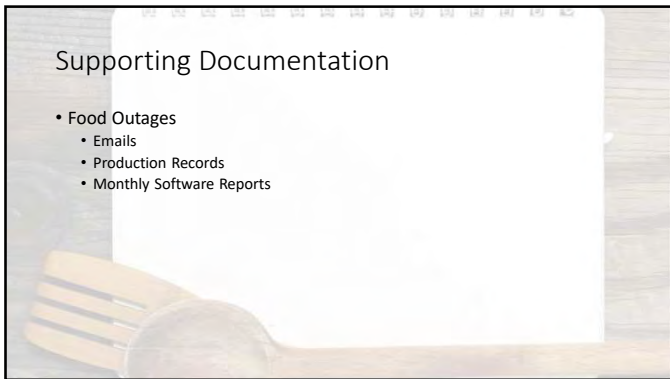
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