<table>
<thead>
<tr>
<th>Meal Pattern (1)</th>
<th>Food Items Used (2)</th>
<th>Serving Size (3)</th>
<th>Quantities Prepared (4)</th>
<th>Planned Servings (5) # Served (6)</th>
<th>Recipe Used (7)</th>
<th>Temp (8)</th>
</tr>
</thead>
</table>

**MONDAY**  
**DATE: _________________________**

**Lunch or Supper - Must serve all 5 components**

1. Fluid Milk  
   Milk  
   1 cup

2. Meat/Meat Alternate  
   BBQ pulled pork sandwich  
   1 serving - 4 oz or amount needed for 2 oz eq M/MA  
   HKM 301

3. Vegetable  
   Glazed carrots  
   ½ cup  
   HKM 322

4. Fruit  
   Applesauce  
   ¼ cup

5. Bread/Grain  
   BBQ pulled pork sandwich - bun  
   1 each  
   (1 oz eq each)

**TUESDAY**  
**DATE: _________________________**

**Lunch or Supper - Must serve all 5 components**

1. Fluid Milk  
   Milk  
   1 cup

2. Meat/Meat Alternate  
   Mandarin chicken bowl - chicken  
   1.75 oz  
   HKM 314

3. Vegetable  
   Mandarin chicken bowl - green onion, celery, peas, carrots, green beans, red cabbage  
   ½ cup

4. Fruit  
   Pineapple tidbits  
   ¼ cup

5. Bread/Grain  
   Mandarin chicken bowl - fried rice  
   ½ cup

Other foods:
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<tr>
<td><strong>WEDNESDAY</strong></td>
<td></td>
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<tr>
<td>Lunch or Supper - Must serve all 5 components</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>1. Fluid Milk</td>
<td>Milk</td>
<td>1 cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Meat/Meat Alternate</td>
<td>Hamburger</td>
<td>1 patty</td>
<td></td>
<td>HKM 312</td>
<td></td>
<td></td>
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<tr>
<td>3. Vegetable</td>
<td>Roasted cauliflower</td>
<td>½ cup</td>
<td></td>
<td>HKM 323</td>
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<td></td>
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<tr>
<td>4. Fruit</td>
<td>Grapes</td>
<td>¼ cup</td>
<td></td>
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</tr>
<tr>
<td>5. Bread/Grain</td>
<td>Hamburger - bun</td>
<td>1 each (1 oz eq each)</td>
<td></td>
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<tr>
<td>Other foods:</td>
<td>Optional toppings: lettuce, tomato, ketchup, pickle</td>
<td></td>
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<tr>
<td><strong>THURSDAY</strong></td>
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<tr>
<td>2. Meat/Meat Alternate</td>
<td>Sweet &amp; Sassy chicken</td>
<td>1 each (2 oz M/MA each)</td>
<td></td>
<td>HKM 317</td>
<td></td>
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<tr>
<td>3. Vegetable</td>
<td>Garden salad</td>
<td>1 cup</td>
<td></td>
<td>HKM 164</td>
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<tr>
<td>4. Fruit</td>
<td>Fruit cocktail</td>
<td>¼ cup</td>
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<tr>
<td>5. Bread/Grain</td>
<td>Seasoned brown rice</td>
<td>½ cup</td>
<td></td>
<td>HKM 142</td>
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## Lunch or Supper - Must serve all 5 components

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</table>

### 1. Fluid Milk
- Milk
- Serving Size: 1 cup

### 2. Meat/Meat Alternate
- Sloppy Joe
- Serving Size: ½ cup (1 serving) - 2 oz eq M/MA / ¼ cup Veg

### 3. Vegetable
- Broccoli
- Serving Size: ¼ cup

### 4. Fruit
- Peaches
- Serving Size: ¼ cup

### 5. Bread/Grain
- Sloppy Joe - bun
- Serving Size: 1 each (1 oz eq each)

Other foods: