Week 1 Cold Cycle Menu

Shopping List

The list is based on 50 servings/day. Should your participation warrant serving changes, double for 100 servings or divide in half and add to original amount for 75 servings. Please remember to round up decimals to be sure you have enough servings and in the event a meat yield is less than anticipated.

|  | Item | Amount |
| --- | --- | --- |
| Meat |  |  |
|  | Chicken, cooked, diced | 12 lb 8 oz |
|  | Turkey Ham, slice | 4 lb 8 oz |
| Fruit |  |  |
|  | Apples, fresh, sliced | 3 lb 7 oz |
|  | Grapes, fresh | 4 lb 13 oz |
|  | Fruit, fresh, frozen or canned in light syrup or 100% juice | 1 gallon + 2 qts 1 cup |
|  | Fruit Cocktail, canned | 1.1 - #10 can |
|  | Pears, canned, sliced | 1 - #10 can |
|  | Pineapple, canned, crushed | 1 lb 5 oz |
| Vegetables |  |  |
|  | Broccoli, fresh, RTE | 1 lb 12 oz |
|  | Broccoli, fresh, slaw, EP | 3 lb |
|  | Carrots, fresh, AP | 7 lb 13 oz |
|  | Carrots, fresh, shredded, EP | 2 lb |
|  | Celery, fresh, whole, AP | 4 lb 2 oz |
|  | Cucumber, sliced, AP | 6 lb 1 oz |
|  | Green Onion, AP | 1 lb |
|  | Lettuce, romaine, AP | 8 lb 1 oz |
|  | Spinach, fresh, chopped | 13 oz |
|  | Tomatoes, large, AP | 3 lb 5 oz |
| Grains/Bread |  |  |
|  | Bread, whole wheat, 1 oz eq grains per slice | 100 slices |
|  | Cereal, dry, ready-to-eat, no more than 6g sugar per 1 oz | 3 gallons + 2 cups |
|  | Hamburger bun, whole wheat, weighing 1 oz each | 50 each |
|  | Savory snack crackers, whole grain-rich | 2 lb 8 oz |
|  | Tortilla, whole wheat, 8", 2 oz eq grains | 50 each |

|  | Item | Amount |
| --- | --- | --- |
| Dairy |  |  |
|  | Cheese Stick | 6 lb 4 oz or 100 - 1 oz sticks |
|  | Cheese, cheddar, shredded | 12 ½ oz or 3 ⅛ cups |
|  | Egg, whole, fresh, raw, large | 25 each |
|  | Milk | 250 - ½ pints or 15 gallons + 2 qts + 2 cups |
|  | Parmesan, shredded | 8 ⅓ oz or 3 ⅛ cups |
|  | Yogurt, no more than 3.83g sugar per 1 oz | 12 lb 8 oz or 1 gallon + 2 qts 1 cup |
| Condiments / Spices / Other | |  |
|  | Caesar Dressing | 4 ⅔ cups |
|  | Chili Powder | 1 oz or ¼ cup |
|  | Dressing, red French | 1 qt 2 ¼ cups |
|  | Jelly, assorted flavors | 3 cups 2 Tbsp |
|  | Garlic Powder | 1 oz or 3 ½ Tbsp |
|  | Mayonnaise, reduced calorie | 1 lb |
|  | Onion Powder | 1 oz or ¼ cup |
|  | Peanut Butter | 3 lb 14 oz or 1 qt 2 ¼ cup |
|  | Poppy Seeds | 1 oz or 3 Tbsp |
|  | Sugar, granulated | 1 lb |
|  | Vinegar, white | 1 ½ cups |