

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