Week 2 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 |  |  |
|  | Beans, red kidney, canned | 1 ⅓ - #10 can |
|  | Chicken, cooked, diced | 6 lb |
|  | Ham, cooked, water added, sliced | 1 lb 14 oz |
|  | Tuna, canned in water, chunk style, drained | 2 - 66.5 oz cans |
| Fruit |  |  |
|  | Applesauce, unsweetened | 1 gallon + 1 cup |
|  | Bananas, fresh, AP | 2 lb 8 oz |
|  | Blueberries, fresh or frozen | 2 lb 4 oz |
|  | Honeydew Melon, whole | 10 lb 4 oz |
|  | Kiwi, whole | 50 each |
|  | Oranges, whole, sliced | 25 whole |
|  | Pineapple Juice, 100% | ¾ cup |
|  | Pineapple, tidbits, canned | 1 - #10 can |
|  | Strawberries, fresh, AP | 2 lb |
| Vegetables |  |  |
|  | Broccoli, fresh, RTE | 3 lb 8 oz |
|  | Carrots, fresh, AP | 7 lb 13 oz |
|  | Carrots, fresh, shredded, AP | 1 lb 8 oz |
|  | Celery, fresh, AP | 2 lb 7 oz |
|  | Corn, frozen kernels | 2 lb 8 oz |
|  | Lettuce, romaine, chopped, AP | 9 lb |
|  | Peppers, green or red bell, AP | 3 lb 7 oz |
|  | Salsa, canned | 1 cup |
|  | Tomato paste | 2 cups |
|  | Tomato, fresh, chopped, AP | 7 lb 5 oz |
| Grains/Bread |  |  |
|  | Bread, whole wheat, 1 oz eq grains per slice | 100 slices |
|  | Crackers, whole wheat | 2 lb 8 oz or approx. 350 each |
|  | Tortilla Chips, whole grain-rich | 3 lb 2 oz |
|  | Tortilla, whole wheat, 8", 2 oz eq grains each | 50 each |

|  | Item | Amount |
| --- | --- | --- |
| Dairy |  |  |
|  | Cheese Stick | 3 lb 2 oz or 50 - 1 oz sticks |
|  | Cheese, American, slices | 1 lb 9 oz or 50 - ½ oz slices |
|  | Cheese, cheddar, shredded | 3 lb 10 oz |
|  | Cottage Cheese, low-fat | 12 ½ cups |
|  | Egg, whole, fresh, raw, large | 5 each |
|  | Milk | 252 - ½ pints or 15 gallons + 3 qts |
| Condiments / Spices / Other | |  |
|  | Baking Powder | 2 oz |
|  | Baking Soda | ½ oz |
|  | Chili Powder | 1 ¾ cups |
|  | Cinnamon, ground | 1 ½ Tbsp |
|  | Cumin, ground | 1 ⅓ cups |
|  | Flour, whole wheat | 1 lb 2 oz |
|  | Mayonnaise, low-fat | 2 lb 11 oz or 1 qt 1 ½ cups |
|  | Mustard, dry, ground | 1 ½ tsp |
|  | Oats, rolled, dry | 1 lb 2 ½ oz |
|  | Oil, soybean, salad or cooking | 6 oz or ¾ cup |
|  | Onion Powder | ¼ cup 3 Tbsp |
|  | Onion, dehydrated flakes | 1.3 oz |
|  | Paprika | ¼ cup 3 Tbsp |
|  | Pepper, black, ground | 2 ½ tsp |
|  | Pickle Relish, sweet, undrained | 8 ¾ oz or 1 cup |
|  | Ranch Dressing, chipotle flavored | 1 cup |
|  | Salsa, canned | 1 cup |
|  | Salt | 2 tsp |
|  | Sugar, brown, packed | ⅛ cup 2 tsp |
|  | Sugar, granulated | 10 ½ oz or 1 ½ cups |