

Week 1 Hot 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.

| Items | Amount |
|---|-----------------------------------|
| Meat | |
| Pulled Pork, precooked, frozen, CN labeled to provide 2 oz eq M/MA per 4 oz serving | 12 lb 8 oz |
| Beef, ground 80/20, raw | 17 lb 4 oz |
| Chicken, breast, cooked, 2 oz portions | 6 lb 4 oz or 50 each |
| Chicken, cooked, diced, unbreaded | 5 lb 8 oz |
| Fruit | |
| Applesauce | 3 quarts + ½ cup |
| Fruit Cocktail, canned | |
| Grapes, fresh | 4 lb 13 oz |
| Lemon Juice | 1 cup + 2 Tbsp |
| Orange Juice | ¼ cup |
| Peaches, canned | 1 - #10 can |
| Pineapple, tidbits, canned | 1 - #10 can |
| Vegetables | |
| Broccoli, fresh, RTE | 1 lb 12 oz |
| Cabbage, red, shredded, AP | 3 lb 8 oz |
| Carrots, canned | 24 lb 6 oz or approx 3 ¾ #10 cans |
| Carrots, fresh, AP | 8 oz |
| Cauliflower, fresh, whole, AP | 8 lb 3 oz or 25 cups |
| Celery, fresh, whole, AP | 1 lb + 2 oz |
| Cucumber, fresh, AP | 7 oz |
| Garlic, fresh | 2 Tbsp |
| Ginger, fresh | 2 Tbsp |
| Green Beans, canned | 5 - 15 oz can |
| Green Onion, fresh, AP | 8 oz |
| Lettuce, romaine, AP | 3 lb 4 oz |
| Peas, green, frozen | 2 lb 12 oz |
| Pepper, green bell, AP | 10 oz |
| Spinach, partly trimmed, fresh AP | 3 lb 4 oz |
| Tomatoes, fresh, AP | 11 oz |

| Items | Amount |
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| Grains/Bread | |
| Hamburger Bun, whole wheat, weighing 1 oz each | 150 each |
| Rice, brown, long-grain, dry | 6 lb 8 oz |
| Dairy | |
| Egg, whole, fresh, raw, large | 10 each |
| Milk | 250 - ½ pints or 15 gallons + 2 qts + 2 cups |
| Condiments / Spices / Other | |
| Butter | 1 cup |
| Catsup | 2 qt 3 ¼ cups |
| Cornstarch | 2 ½ Tbsp |
| Dehydrated Onion Flakes | 2 ½ oz |
| Dijon Mustard | 2 oz or ¼ cup |
| Garlic Powder | ¼ cup |
| Honey | 4 oz or ½ cup |
| Liquid Smoke | 2 fl oz |
| Mustard, yellow prepared | 1 ⅞ cups |
| Oil, olive | ½ cup |
| Parsley, dried | 1 Tbsp |
| Pepper, black | 3 Tbsp + 2 tsp |
| Salt | ¼ cup + 2 Tbsp + 2 tsp |
| Soy Sauce, low sodium | 2 ⅝ cups |
| Sugar, brown, packed | 5 cups + 3 Tbsp |
| Sugar, granulated | 1 ½ cup |
| Vegetable Oil | ⅓ cup |
| Vinegar, white | 3 ½ oz |
| Water | 1 gallon |
| Worcestershire Sauce | 3 ½ oz |