Week 2 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.

|  | Item | Amount |
| --- | --- | --- |
| Meat |  |  |
|  | Beef, chuck roast, fresh or frozen | 10 lb 4 oz |
|  | Chicken, cooked, diced | 4 lb 11 oz |
|  | Ground Beef, 80/20 | 2 lb 14 oz |
|  | Pulled Pork, precooked, frozen, CN labeled to provide 1.5 oz eq M/MA per 3 oz serving | 9 lb 6 oz |
|  | Sausage, Italian, fresh or frozen (no more than 35% fat) | 3 lb 6 oz |
|  | Sausage, mini link, fully cooked, CN label to provide 1 oz M/MA per 3 links | 3 lb 3 oz or 150 each |
| Fruit |  |  |
|  | Apples, fresh, sliced | 3 lb 7 oz |
|  | Grapes, fresh | 4 lb 13 oz |
|  | Lime Juice | 1 cup |
|  | Orange Juice | 1 cup |
|  | Oranges, whole, sliced | 25 whole |
|  | Pears, canned, halves | 1 - #10 can |
|  | Strawberries, fresh | 4 lb 13 oz |
| Vegetables |  |  |
|  | Beans, canned, cut | 2 ½ - #10 cans |
|  | Beans, pinto, canned | 4 lb 8 oz or 6 ¼ cups |
|  | Broccoli, raw AP | 10 lb 4 oz |
|  | Cabbage, green, shredded, ready to use | 6 lb |
|  | Carrots, fresh, AP | 12 oz |
|  | Chilies, green, canned | 10 oz |
|  | Corn, frozen, whole kernel | 7 lb |
|  | Garlic, minced | 1 cup |
|  | Ginger, minced | 1 cup |
|  | Lettuce, romaine, AP | 3 lb 4 oz |
|  | Onion, green \*optional | 2 cups |
|  | Pepper, bell, red | 1 lb 14 oz |
|  | Peppers, green or red bell, AP | 2 lb 12 oz |
|  | Salsa, canned | 6 ¼ cups |
|  | Spaghetti Sauce, canned | 4 ¼ cups |
|  | Tomatoes, canned, diced | 3 lb 12 oz |
| Grains/Bread |  |  |
|  | Bread Slice, whole wheat, purchased weighing 1 oz each | 100 slices |
|  | Breadstick, whole wheat, purchased weighing 1 oz each | 50 each |
|  | Hamburger Bun, whole wheat, weighing 1 oz each | 50 each |
|  | Penne Noodle, whole grain, dry | 2 lb 3 oz |
|  | Rice, brown, long-grain, dry | 4 lb 6 oz |
|  | Tortilla, whole wheat, 8", 2 oz equivalent Grains | 50 each |
| Dairy |  |  |
|  | Butter, unsalted | 2 ½ cups |
|  | Cheese, American, slices | 3 lb 2 oz or 50 - 1 oz slice |
|  | Cheese, American, slices | 1 lb 9 oz or 50 - ½ oz slices |
|  | Cheese, mozzarella, shredded | 3 lb 11 oz |
|  | Cheese, parmesan | 4 oz |
|  | Milk | 250 - ½ pints or 15 gallons + 2 qts + 2 cups |
| Condiments / Spices / Other | |  |
|  | BBQ Sauce | 2 cups |
|  | Celery Seed | 1 Tbsp + 1 tsp |
|  | Cilantro, fresh | ¼ cup |
|  | Cornstarch | 1 ¼ cups |
|  | Cumin, ground | ¼ cup |
|  | Dry Mustard | 2 tsp |
|  | Garam Masala or Curry Powder | 2 tsp |
|  | Garlic Powder | 1 Tbsp |
|  | Hot Sauce | 1 cup |
|  | Mayo, reduced calorie | 1 lb 12 oz or 2 cups |
|  | Oil, olive | 2 ⅓ cups |
|  | Oil, vegetable | 1 cup |
|  | Pan Release Spray | as needed |
|  | Ranch Dressing | 1 cup |
|  | Salt | 1 Tbsp + 1 tsp |
|  | Soy Sauce, low sodium | 3 ½ cups |
|  | Sugar, brown | 1 ½ cups |
|  | Sugar, granulated | ¼ cup |
|  | Vinegar, cider | 2 ½ cups |
|  | Vinegar, white | ¼ cup + 2 Tbsp |
|  | Water | 1 gallon + 2 cups |
|  | Worcestershire Sauce | ½ tsp |