

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

Item	Amount
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