

FOOD SPECIFICATIONS FOR CYCLE MENUS

**Chicago Department of Family & Support Services
Senior Services Area Agency on Aging**

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FOOD SPECIFICATIONS FOR CYCLE MENUS

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INTRODUCTION

The Food Specifications for Cycle Menus (FSCM) provide a list of approved menu items minimum portion sizes, purchase requirements and product information. This provides the information needed to serve the meals for the Congregate Dining Meal Program (Golden Diners Program) and the Home Delivered Meals Program administered by the Chicago Department of Family and Support Services.

A. MINIMUM SERVING SIZES

All serving sizes listed in the FSCM are for minimum cooked or edible portions at serving time. Ounces listed always refer to weight, unless otherwise specified as fluid ounces. If a specified portion or package size is not available, a larger portion or package must be provided.

Entrees

The minimum serving size for entrees is 3 oz. (three ounces) cooked weight of the edible protein, excluding fat, bone, or breading. Breading may not exceed 25% of total product weight. Serving sizes for all protein portions are always stated and measured in weight. Fluid volume measurements may be stated for stews and casseroles, but the required volume must include at least 3 oz. (three ounces) of cooked lean meat, fish, poultry or cheese. When entrees are served in sauce or gravy, portion weight listed in the FSCM is exclusive of sauce or gravy. Gravy or sauce may be added in packing to preserve meat temperature and quality.

Starches, Vegetables, Prepared Salads and Some Desserts

Each meal shall minimally contain three, one-half cup servings, drained weight or volume, of vegetables, full strength juices, fruits or full strength fruit juices (3/4 cup of 100% fruit juice or a 1/2 cup juice pack may be counted as a serving). Two servings of grains are to be served. One is to be bread, biscuits muffins, rolls, sandwich buns, cornbread and other hot breads, or bread alternatives. The second may be another bread as in a sandwich or rice, pasta or other grain of which 1/2 cup is the minimal serving size.

Most starches, cooked vegetables, prepared salads, and desserts, such as puddings, canned fruit or gelatins, must be a minimum portion size of one-half cup, without liquid. A #8 scoop will be used for portioning. Approximate drained weights of 1/2 cup servings are listed in the FSCM only as a general guide for providers. It is widely recognized and accepted that the net weight can vary for the same volume of an item. The meal provider must evaluate the net weight of items actually prepared to confirm that adequate quantities are delivered to all sites which includes 1/2 cup drained portions of these items. Liquids may be added during holding or cooking to preserve food temperature and quality.

Milk or Milk Product

Each meal shall contain eight fluid ounces of whole milk, fat free milk, low fat milk or flavored whole or fortified milk, or buttermilk, or the calcium equivalent (at least 285 mg. of calcium). Substitutions may be used equivalent to 8 ounces of milk. For example, the following can be substituted: 1 cup of yogurt, 1 1/2 ounces of natural cheese, 2 ounces of processed cheese, 1 1/2 cups of cottage cheese, 8 ounces tofu (processed with calcium salt) 1/2 cup part skim ricotta cheese.

Other Food Items

Other food items, such as Breads and Baked Desserts, have portion sizes described by minimum weight or dimension or approximate weight. These items are not generally measurable by a ½ cup. Refer to the individual food item in the FSCM.

B. NEW MENU ITEMS

Since there are potentially many new products and recipes available, meal providers are encouraged to request approval of new menu items not currently listed in the FSCM or on the menus. The requested menu item should be submitted for evaluation by the Program Dietitian.

It is very important that the meal providers and DFSS continually seek new or different food items that will provide fresh ideas to the menus. Acceptability to older adults, cost, bulk steamtable service needs and handling concerns will be considered. Upon DFSS request, the meal provider must submit to DFSS their food vendors' product and price listing to assist in this effort. Also, upon DFSS request, the meal provider must include registration of designated DFSS staff for vendors' products shows, to further assist in this effort.

DFSS may revise any food specification or menu item at any time to improve acceptability by the clients. Any substitution to menu items must have prior approval by DFSS.

C. STANDARDIZED RECIPES AND PURCHASED PRODUCTS

This FSCM provide the list of menu items with minimum portion sizes, purchase requirements and product information. The FSCM do not include recipes. The meal provider must develop standardized recipes or purchase prepared that meet the stated specifications or descriptions.

Standardized recipes or production procedures that state quantities of ingredients used and yield must be written for all food items that require any preparation by the meal provider. These recipes or procedures must be available for review by DFSS for the purpose of nutritional analysis and contract compliance.

For commercially prepared entrees that are purchased for use in this program, the meal provider must obtain product ingredients and nutrient content listings from the food manufacturer. This must be submitted to DFSS for the purposes of nutritional analysis of the cycle menu.

Upon request of DFSS, the meal provider must obtain product ingredient and nutrient content listings from the food manufacturer of any other commercially prepared product used in this program. If any product information appears significantly inaccurate, DFSS may require laboratory analysis of at least the calories, fat, protein, carbohydrate and sodium, at the meal provider's expense.

D. FOOD GRADES AND SPECIFICATIONS

All foods on the Master cycle menus are listed in FSCM and must be purchased and prepared accordingly. The FSCM have minimum specifications including food grades. General purchase requirements or specifications that apply to all food items on one page will be stated at the top of that page. The meal provider may exceed minimum grades stated in the FSCM.

All meat and poultry must be U.S.D.A. inspected for wholesomeness and must have the appropriate seal. The FSCM identify numbered red meat cuts to be used according to the Institutional Meat Purchase Specifications (IMPS), adopted by the National Association of Meat Purveyors. The meal provider is responsible for adhering to the standards set for each cut, such as trim and fat levels.

CATEGORY: ENTREE - CHICKEN - QUARTERS

MENU ITEM	MINIMUM SERVING SIZE
PURCHASE FORM/SPECIFICATIONS/INFORMATION	
CHICKEN QUARTER REQUIREMENTS	
ALL CHICKEN MUST BE U.S. GRADE A. PORTION SIZE IS 1/4 OF A 2-1/4 TO 2-1/2 LB. CHICKEN (1 LEG-THIGH QUARTER OR 1 BREAST-WING QUARTER); 6 OZ. MINIMUM COOKED WEIGHT INCLUDING BONE AND SKIN. FRESH OR FROZEN EVisCERATED BROILERS. IF FRESH, RECEIVE PACKED IN ICE WITHIN 3 DAYS OF SERVICE.	
Baked Chicken (Roasted Chicken) Baked with margarine and seasonings.	6 oz. cooked chicken quarter
Barbecue Chicken Baked and packed in Barbecue Sauce or basted with sauce while baking.	6 oz. cooked chicken quarter
Chicken Cacciatore Cooked in tomato sauce, with mushrooms, onions, and Italian seasonings.	6 oz. cooked chicken quarter
Chicken with Mushroom Sauce Baked and served with Mushroom Sauce. See Sauces: Mushroom Sauce.	6 oz. cooked chicken quarter
Grecian Chicken Cooked with lemon, oregano, and garlic.	6 oz. cooked chicken quarter
Herb Baked Chicken Baked with rosemary, paprika, onion and garlic seasoning.	6 oz. cooked chicken quarter
Italian Baked Chicken Baked with Parmesan cheese, Italian seasonings and a light bread crumb coating.	6 oz. cooked chicken quarter
Oven Fried Chicken Baked with a seasoned light flour or bread crumb coating.	6 oz. cooked chicken quarter
Polynesian Chicken Baked with mild orange or pineapple juice, ginger and soy sauce.	6 oz. cooked chicken quarter
Smothered Chicken with Gravy Baked and served in chicken gravy, send two (2) ounces gravy per serving.	6 oz. cooked chicken quarter
Spanish Style Chicken Cooked in Spanish Sauce. See Sauces: Spanish Sauce.	6 oz. cooked chicken quarter
Teriyaki Chicken Marinated in teriyaki sauce and baked.	6 oz. cooked chicken quarter

CATEGORY: ENTREE - CHICKEN - OTHER

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

CHICKEN REQUIREMENTS

ALL CHICKEN MUST BE U.S. GRADE A.

Barbecue Chicken Fillet

3 oz. cooked portion

Frozen. Grilled chicken breast fillet (formed), mild barbecue sauce. No breading.

Chicken Fillet/Gravy

3 oz. cooked portion, 2 oz. gravy

Frozen. Baked chicken breast fillet (formed), brown gravy. No breading.

Chicken Breast

3 oz. cooked portion

Frozen. Baked chicken breast fillet (formed). No breading.

Baked Chicken (LEG)

3 oz. cooked portion

Frozen. Baked chicken leg. No breading.

Barbecue Chicken Wings

8 oz. cooked portion (3 oz. lean meat)

Browned meaty chicken wings, cooked in barbecue sauce.

Breaded Chicken Sandwich

3 oz. lean meat, 1 oz. breading

Frozen. Breaded chicken breast patty. No more than 25% breading. Served with sandwich bun.

Chicken a la King

3/4 cup portion (3 oz. boneless cooked chicken)

Frozen or prepared in house. Diced or small or pieces of pulled chicken, light and dark, cooked in cream sauce with peas, carrots, mushrooms and pimentos. If a commercial product is used as the based, add cooked cubed or pulled chicken to attain appropriate chicken content.

**Chicken Chop Suey
(Chicken Chow Mein)**

**1 cup portion (3 oz. boneless cooked
chicken, 1/2 c. vegetables, plus sauce)**

Frozen or prepared in-house. Combination of chicken cubes in thickened chicken broth-based sauce with chop suey or Chinese vegetable mix and seasonings. No added MSG. If commercial product used as based, add chicken to attain 3 oz. chicken per serving.

Chicken Fricassee

**3/4 cup portion (3 oz. boneless cooked
chicken)**

Frozen or prepared in-house. Pulled or diced chicken, light and dark meat, in a chicken flavored cream sauce with added peas, celery, and onions.

Chicken Enchiladas

2 enchiladas (3 oz. boneless cooked chicken)

IQF, pulled or diced, seasoned chicken rolled in flour or corn tortillas, topped with sauce and cheese and baked. Serve with mild salsa. USDA approved cheese.

CATEGORY: ENTREE - CHICKEN - OTHER

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

CHICKEN REQUIREMENTS

ALL CHICKEN MUST BE U.S. GRADE A.

Chicken Fajitas

As described

Two ounces cooked, mildly seasoned chicken strips, with one ounce shredded cheddar cheese. Served with two 6-inch flour tortillas and one packet of mild taco sauce. Must also be served with one ounce shredded lettuce and 1/3 tomato, chopped.

**Chicken and Noodles
1/2 c. noodles plus sauce)**

1 cup portion (3 oz. boneless cooked chicken,

Frozen or prepared in house. Diced or pulled chicken, light and dark meat. IQF mixed with cream sauce and cooked flat noodles with some green peas, carrots and mushrooms. If a commercial product is used as the base, add chicken to attain 3 oz. chicken per serving.

**Chicken Parmesan
oz. breading, plus topping)**

6 oz. portion (3 oz. cooked boneless chicken, 1

Frozen. Breaded boneless chicken cutlet topped with Italian sauce and a blend of mozzarella and Parmesan cheeses. USDA approved cheese.

**Chicken Salad
chicken)**

4-1/2 oz. portion (3 oz. boneless cooked

Pulled or diced chicken, light and dark meat, IQF, with added celery, onion and mayonnaise-type binder.

Creamy Chicken and Broccoli

1 cup portion (3 oz. chicken, 1/2 cup broccoli)

Diced or small pieces of pulled chicken, light and dark meat, in a cream sauce with broccoli cuts and some onions and celery.

Grilled Chicken Fillet

3 oz. cooked portion

Frozen. Grilled chicken breast fillet (formed). No added seasonings. No breading.

Oriental Chicken and Vegetables

1 cup portion (3 oz. chicken, 1/2 cup vegetables)

Diced or small pieces of pulled chicken, light and dark meat; with vegetables, such as broccoli, mushrooms, onion, green or red peppers, baby corn and pea pods; (no bean sprouts may be used) in a thickened chicken broth/sauce with no added MSG.

Sweet and Sour Chicken

**3/4 cup portion (3 oz. boneless cooked chicken,
plus sauce)**

Pulled or diced chicken, light and dark meat, cooked in a light sweet & sour sauce with onion, green pepper and pineapple chunks. No added salt, soy sauce or MSG.

CATEGORY: ENTREE - TURKEY

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

TURKEY REQUIREMENTS

ALL TURKEY MUST BE U.S. GRADE A.

Sliced Turkey with Gravy

3 oz. cooked turkey plus 1-1/2 oz. gravy

Frozen, boneless roll; all white meat. Serve sliced with gravy. Must be better quality roll to maintain good texture during long hot holding time.

Open-Faced Turkey Sandwich

3 oz. cook turkey, 2 oz. gravy over 1 slice bread

Boneless, rolled turkey breast, as above, sliced. Serve with turkey gravy over 1 slice bread.

Turkey a la King

3/4 cup portion (3 oz. cooked turkey)

See Chicken a la King; Substitute turkey for chicken

Turkey Divan

3 oz. cooked turkey, 1/2 c. broccoli spears, 2 fl.

oz. cheese sauce

Sliced boneless rolled turkey breast, as above, served over broccoli spears and topped with cheese sauce.

Turkey Ham

3 oz. cooked turkey

Cured turkey thigh meat, cooked. Evenly sliced. Must comply to standard for turkey ham under section 381.171 of poultry products inspection regulations.

Turkey Tetrazzini

1 cup portion (3 oz. cooked turkey, 1/2 c.

noodles, plus sauce

See Chicken and Noodles. Substitute turkey and spaghetti.

CATEGORY: ENTREE - BEEF

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

BEEF REQUIREMENTS

ALL BEEF MUST BE U.S. GOOD. A MAXIMUM OF 12% VEGETABLE PROTEIN PRODUCT IS ALLOWED IN GROUND BEEF ITEMS.

Barbecue Beef

3 oz. lean cooked meat 1-1/2 oz. sauce

Thinly sliced or shredded beef prepared with mild barbecue flavored sauce. No extenders.

Beef Brisket with Gravy

3 oz. lean cooked meat 1-1/2 oz. gravy

#120. Frozen or in house preparation. Beef brisket whole, boneless; closely trimmed, deckel off, evenly cut. Cook beef until tender. Prepare gravy from reduced sodium gravy base. See Sauces: Brown Gravy.

Beef Burgundy with Mushrooms

3/4 cup portion (3 oz. cooked meat)

#135. Frozen or in house preparation. Diced beef. Add enough cooking wine or worcesthire sauce to brown gravy to characterize the sauce. Cook beef until tender. Add canned mushrooms, sliced or pieces.

**Beef Chop Suey with Vegetables
(vegetables)**

1 cup portion (3 oz. beef, 1/2 cup

#135 or #1196 diced beef. See Chicken Chop Suey specifications. Substituted Diced Beef.

Beef Enchiladas

2 enchiladas

See Chicken Enchilada, substitute ground beef for chicken.

Beef Goulash

3/4 cup portion (3 oz. cooked meat)

#135 A frozen or in house preparation. Stew of 3/4" beef cubes, onions and tomatoes, seasoned with mix for goulash. May also have sweet peppers. Cook until meat is tender.

Beef Pot Roast

**3 oz. lean cooked meat plus - 1-1/2 oz.
gravy**

#113, 114A, 115 or 116A, beef chuck pot roast, 1/2" maximum covering of fat. Evenly cut. May be served in onion, country, tomato or brown gravy made according to spec and as menued. Cook beef until tender. See specification for Gravies.

Beef Stew with Potatoes & Vegetables

**1 cup portion (3 oz. lean meat, 1/2 c.
vegetables, plus gravy)**

Frozen. #135 diced beef. Minimum meat chunk size 3/4". Potato, onion, carrot chunks, in brown gravy. If prepared in house, use reduced sodium gravy base. If purchased prepared, add beef cubes to assure 3 oz. separable meat per portion. Meat must be cooked until tender.

CATEGORY: ENTREE - BEEF

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

BEEF REQUIREMENTS

ALL BEEF MUST BE U.S. GOOD. A MAXIMUM OF 12% VEGETABLE PROTEIN PRODUCT IS ALLOWED IN GROUND BEEF ITEMS.

Beef Stroganoff

3/4 cup portion (3 oz. lean cooked meat)

Frozen or in house preparation. Beef cut from the round. Beef cubes, slices or chunks in brown sauce, with sour cream, tomato paste or puree, mushrooms and onions added. Cook until meat is tender. No extenders.

Beef Tips with Mushrooms

1 cup portion (3 oz. lean cooked meat)

Diced beef, cooked until tender with au jus gravy and canned mushroom pieces. U.S. Grade B.

Chili with Beef and Beans

1 cup portion (3 oz. cooked meat)

Frozen or in house preparation. #136A ground beef. Ground beef in mild chili seasoned tomato sauce. Must have at least 40% cooked meat and some US Grade B canned kidney beans.

Cheeseburger

2 oz. lean cooked meat, 1 oz. cheese

#1136 or 1136A ground beef patty topped with 1 oz. sliced American cheese. Serve on a hamburger bun with catsup and mustard. See specifications for Hamburger Bun.

Chopped Steak

3 oz. lean cooked meat, 1-1/2 oz. gravy

#168 or 171. 4 oz. portions of coarsely chopped, shaped, top round. Serve with brown gravy.

Pepper Steak

3 oz. lean cooked meat, 2 oz. bell peppers

#168 or 171. 3 oz. portions of top round. Serve with sauteed green bell peppers.

Corn Beef Brisket

3 oz. lean cooked meat

Frozen or prepared from Cryovac pack, #601 or corned beef brisket; whole, boneless, deckel off closely trimmed, bright appearance, no indication of discoloration, pickled and evenly sliced. No excess fat.

Cubed Steak

3 oz. lean cooked meat, 1-1/2 oz. gravy

#1101. 4 oz. steaks from round loin, rib or square cut chuck, run through cuber twice before cooking. Braised until tender. Serve with gravy.

Country Fried Steak

3 oz. lean cooked meat, 1 oz. breading

Frozen. Breaded ground beef patty. No more than 25% breading.

Hamburger

3 oz. lean cooked meat

Frozen #1136 or #1136A 4 oz. ground beef patties. Serve on Hamburger Bun with catsup and mustard.

**Lasagna with Meat Sauce
cheese combined)**

8 oz. portion, ½ c. meat sauces (3 oz. meat and

Frozen or in house preparation. Casserole of wide macaroni layered with ricotta or dry cottage cheese, ground or chopped beef #136 or #136A in herb flavored tomato sauce with meat. Topped with mozzarella, provolone, or Parmesan cheese.

Spinach Lasagna with Marinara Sauce

8 oz. portion, ½ c. of sauce

Frozen or in house preparation. Casserole of wide macaroni layered with ricotta or dry cottage cheese, spinach in herb flavored tomato sauce. Topped with mozzarella, provolone, or Parmesan cheese

CATEGORY: ENTREE - BEEF

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

BEEF REQUIREMENTS

ALL BEEF MUST BE U.S. GOOD. A MAXIMUM OF 12% VEGETABLE PROTEIN PRODUCT IS ALLOWED IN GROUND BEEF ITEMS.

Manicotti with Meat Sauce (cheese and meat combined) 2 manicotti tubes, ½ c. meat sauce (3 oz.)

Frozen or in house preparation. Enriched pasta. Meatballs prepared using meat loaf spec. See specifications for Italian Sauce. Must be served with 1 Tbs. Parmesan Cheese - See Condiments.

Meatballs with Spaghetti or Mostaccioli 1 cup pasta, 3 oz. meatballs, ¾ cup Italian Sauce, 1 Tbs. Parmesan Cheese

Frozen or in house preparation. Enriched pasta. Meatballs prepared using meat loaf spec. See specifications for Italian Sauce. Must be served with 1 Tbs. Parmesan Cheese - See Condiments.

Meatballs Stroganoff 3 oz. cooked lean meatballs, 2 oz. sauce

Meatballs as above, in stroganoff sauce - see Beef Stroganoff.

Meatball/gravy 3 oz. cooked lean meatballs, 2 oz. gravy

Meatballs as above, in brown gravy - see brown gravy.

Meatball Sandwich 3 oz. meatballs, 2 oz. marinara Sauce, 1 roll

Meatballs prepared using meat loaf spec. See specifications for Marinara Sauce. Served on a white roll.

Meatloaf 3 oz. meat loaf

Frozen or in house preparation with ground beef. At least 65% meat and no more than 12% extenders including textured vegetable protein. No more than 25% fat.

Ravioli with Meat Sauce 8 medium-size filled ravioli plus ½ c. meat sauce

Frozen ravioli. Cook until tender, then cover with Meat Sauce. See Meat Sauce specification. Ravioli to be filled with cheese or meat, as listed on menu.

Pepper Steak ¾ cup portion (3 oz. cooked lean meat)

Frozen or in house preparation from diced beef cubes. Add onions, green peppers to au jus gravy. Tomatoes optional. Cook beef until tender. US #1 vegetables.

Roast Beef 3 oz. lean cooked meat

#168 or #159 Top round of beef, rump and shank on; flank off; cut Chicago Style. All bones removed. In house preparation or precooked, Cryovac packaged. Evenly sliced and tender. Serve gravy or au jus.

Roast Beef Sandwich with Sweet Peppers

3 oz. lean cooked meat

Served sliced Roast Beef, au jus, as above. Send fresh sweet peppers to sites for slicing and steaming at sites. Allow four portions per medium-large green pepper or three portions per small green pepper.

Salisbury Steak with Gravy

3 oz. lean cooked meat, 1-1/2 oz. gravy

Frozen. Ground beef (#136A) shaped oval forms, precooked, must contain at least 65% beef and not more than 12% extenders including textured vegetable protein.

Smothered Steak with Onion Gravy

3 oz. lean cooked meat plus 2 oz. gravy

Serve Salisbury Steak, as above, covered with onion gravy.

CATEGORY: ENTREE - BEEF

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

BEEF REQUIREMENTS

ALL BEEF MUST BE U.S. GOOD. A MAXIMUM OF 12% VEGETABLE PROTEIN PRODUCT IS ALLOWED IN GROUND BEEF ITEMS.

Soft Beef Taco

2each (3 oz. lean cooked meat)

Lean cooked ground beef, with very mild taco seasoning. Serve each taco with one tablespoon shredded cheese, shredded lettuce and chopped tomatoes on a six-inch tortilla. Send one packet mild taco sauce.

**Spaghetti with Hearty Meat Sauce
3/4 cup sauce, 1 TBS. Parmesan Cheese**

1 cup pasta, 3 oz. cooked ground beef in

Enriched pasta. Ground beef, browned and well drained, added to Italian seasoned tomato sauce, with chopped onions. Must be served with Parmesan Cheese - see Condiments.

**Stuffed Cabbage Roll
or two medium rolls**

6 oz. portion (3 oz. cooked meat), 1 large

Frozen. Cooked cabbage leaves filled with a mixture of ground beef (#136 or #136A) with rice, in tomato sauce. US Fancy if frozen.

**Stuffed Green Peppers
or 2 medium peppers**

6 oz. portion (3 oz. cooked meat), 1 large

Frozen or in house preparation (#136A). Cooked green bell peppers filled with mixture of ground beef with rice; in tomato sauce. US Fancy, if frozen.

Stuffed Pasta Shells with Meat Sauce

2 large stuffed shells, 1/2 cup sauce

Frozen or in-house preparation. Jumbo pasta shells stuffed with blend of Ricotta and Parmesan, or similar cheeses. Topped with meat sauce. See specification for Meat Sauce.

Sloppy Joe

4 oz. portion (3 oz. meat)

#136A ground beef in tomato catsup based sauce.

Swedish Meatballs with Gravy

3 oz. lean cooked meat, 1-1/2 oz. gravy

Frozen or in house preparation. Beef meatballs with bread crumbs or other binder served in brown gravy with mushrooms. See specification for Brown Gravy.

Swiss Steak with Gravy

3 oz. lean cooked meat - 1-1/2 oz. gravy

#1102 Mechanically tenderized boneless roast. Beef bottom round steak, or other designated cuts, trimmed, free of fat on at least 1/2" maximum exterior fat to any point. Braised in house until tender in tomato gravy or brown gravy as menued.

Teriyaki Meatballs

3 oz. lean cooked meat, 1-1/2 oz.

sauce Beef meatballs cooked in mild teriyaki flavored sauce blended with beef gravy base.

CATEGORY: ENTREE - PORK

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

PORK REQUIREMENTS

ALL PORK MUST BE U.S. #1

Baked Ham

3 oz. lean cooked meat

Cured and smoked or canned ham, sliced. Cured and smoked (not canned) must not weigh more after processing than the fresh ham weighs before curing and smoking. If up to 10% added weight, must be labeled, "Ham, water added." Canned ham to be 4x6", 12-1/2#, Deli-style ham. If cured, must be Morrell-Blue label or equivalent. Reduced sodium ham is preferred.

Ham with Fruit Sauce

3 oz. lean cooked meat plus 1 oz. sauce

See Baked Ham. Serve with fruit sauce with raisins (see specifications for SAUCES: Fruit sauce).

Barbecue Pork

3 oz. lean cooked meat, 1-1/2 oz. sauce

Pulled or thin sliced boneless pork cooked in mild barbecue sauce. Excess fat and gristle removed.

Barbecue Ribs

4 ribs portions (3 oz. lean cooked meat)

#416 or 416A, neatly trimmed, semi-loose pieces to be removed. Oven baked in barbecue sauce.

BBQ Pork Ribette

4 ribs portions (3 oz. lean cooked meat)

#416 or 416A, neatly trimmed, pork boneless rib meat. Oven baked in barbecue sauce.

Barbecue Rib Tips

6 oz. portion (3 oz. lean cooked meat)

Meaty pork rib tips, cooked until tender and baked in barbecue sauce.

Breaded Pork Cutlet

3 oz. lean cooked meat, 1oz. breading

Frozen #1400 or 1407 boneless pork filet, or butt steaks, cubed, prepared with unsalted breading. No more than 25% breading.

Red Beans with Ham Hocks

1 smoked ham hock plus ½ cup beans

#417 ham hocks. In house preparation using ethnic recipe. Smoked pork hock, uniform size, not less than 2" in length, must include fleshy section of shank. Serve with US Grade A Fancy red beans.

Roast Pork

3 oz. lean cooked meat, 1-1/2 cup oz. gravy

Fresh or frozen. #410, 411, or 413 or prepared Roast Pork, uniformly trimmed; not more than 1/4" surface fat at any one point. Serve sliced with gravy. If pork roll is used, must have natural oval shape.

CATEGORY: ENTREE - FISH

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

FISH REQUIREMENTS

ALL FISH MUST BE PACKED UNDER FEDERAL INSPECTION OR BE U.S. GRADE A. IF FRESH, MUST BE COOKED AND SERVED WITHIN 48 HOURS OF DELIVERY. IF FROZEN, MUST BE EVISCERATED AND FROZEN SOLID, FREE FROM CONTAMINATION DETERIORATION AND FREEZER BURN AND SHOW NO EVIDENCE OF RE-FREEZING. FROZEN FISH MUST BE COOKED AND SERVED WITHIN 24 HOURS OF DEFROSTING.

Baked Fish in Creole Sauce

3 oz. cooked fish plus 1-1/2 oz. sauce

Square or natural shaped unbreaded mild white fish baked in Creole Sauce. See Sauces: Creole.

Breaded Fish Fillet

3 oz. cooked fish plus 1 oz. breading

Square or natural shape fish fillet, breaded and baked. Serve with tartar sauce. No more than 25% breading.

Lemon Baked Fish

3 oz. cooked fish

Square or natural shaped un-breaded mild white fish fillet baked in margarine and lemon juice. Serve with Tartar Sauce.

Seafood Salad

4-1/2 oz. salad (3 oz. cooked seafood)

Flaked imitation Crab meat (not chopped) in a mayonnaise-type binder, with celery, onions and some small baby shrimp.

Seafood Newberg

3/4 c. portion (3 oz. cooked seafood)

Flaked imitation Crab meat (not chopped), with at least 15% small baby shrimp and no more than 33% flaked baked whitefish, cooked in a white sauce with green peas. Serve with rice.

Tuna Salad

4-1/2 oz. tuna salad (3 oz. tuna)

Canned tuna with added celery, onions, hard-boiled egg, and mayonnaise-type binder. Serve on lettuce.

CATEGORY: ENTREE - SAUSAGE

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

SAUSAGE REQUIREMENTS - ALL SAUSAGE MUST BE FROM USDA OR STATE INSPECTED PROCESSING FACILITY.

Beef Bratwurst

3 oz. cooked meat

Frozen/fresh bratwurst, all beef (no pork) skinless. 5 to a pound. No more than 30% fat.

Beef Hot Dog

3 oz. cooked meat

5:1, precooked, all beef (no pork). Skinless, free from wrinkles and breaks. No more than 30% fat.

Italian Sausage

3 oz. cooked meat

Frozen/fresh. Spiced pork and beef sausage, mild Italian seasoning. No more than 30% fat.

Polish Sausage

3 oz. cooked meat

Frozen, precooked 5:1. Polish-style skinless sausage, pork and/or beef. No more than 30% fat.

Turkey Sausage

3 oz. cooked meat

Frozen/fresh, 5:1. All turkey (no pork) sausage. No more than 30 % fat.

REQUIREMENTS - ALL VEAL AND LAMB MUST BE U.S. GOOD.

Breaded Veal Cutlet

3 oz. cooked meat, 1 oz. breading

Frozen. Ground veal patty from any boneless meat from veal or calf carcass reasonably free of membranous tissue or excessive fat. No more than 25% breading.

Veal Parmesan

6 oz. cooked portion (3 oz. cooked meat, 1 oz.

breading, plus topping)

Frozen or in house preparation using #1300 cubed steak or #1396A ground veal patty, breaded and baked. Topped with Italian sauce and Parmesan and/or Mozzarella cheese. Prepared without salt, sodium seasoning preservative in meat or sauce.

Veal Patty

3 oz. cooked meat

Frozen, #1396A, ground veal in round patties. Un-breaded. Calf may be included.

Veal Italienne

3 oz. cooked meat, 1-1/2 oz. sauce

Frozen or in house preparation from un-breaded veal cutlet using #1300 tenderized boneless veal or unbreaded ground veal patty, with a seasoned tomato sauce, with onions and mushrooms.

Lamb Patty with Gravy

3 oz. cooked meat, 1.5 oz. gravy

Frozen, #1296A Chopped or ground lamb, with or without added seasonings. No more than 25% fat.

CATEGORY: SAUCES AND GRAVIES

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

ALL GRAVIES MUST BE REDUCED SODIUM AND REDUCED FAT PRODUCTS, SUBJECT TO APPROVAL BY DFSS.

Au Jus (Natural Style Gravy)

1-1/2 fl. oz.

Au jus gravy base, sodium reduced. Prepared according to package directions.

Brown Gravy (Beef Gravy)

1-1/2 fl. oz.

Beef stock base, sodium reduced. Prepared according to package directions for gravy or use gravy base.

Cheese Sauce

1-1/2 fl. oz.

See White Sauce; add American cheese.

Chicken Gravy

1-1/2 fl. oz.

Chicken stock base, sodium reduced. Prepared according to package directions. US inspected.

Cream Gravy

1-1/2 fl. oz.

Meat or poultry stock gravy based, sodium reduced. Prepared according to package directions using milk.

Fruit Sauce

1-1/2 fl. oz.

Prepare with fruit juices or nectar mixed with diced canned fruits and raisins and thickened with corn starch.

Italian Sauce (Marinara Sauce)

2 fl. oz. unless otherwise specified

Meatless tomato sauce seasoned with oregano and Italian seasonings.

Meat Sauce

½ cup

Frozen or in-house preparation. Must be at least 75% beef, with maximum 25% lean ground pork. Meat added to tomato based, Italian seasoned sauce. Must have at least 1 oz. cooked meat per serving.

Mushroom Sauce (Mushroom Gravy)

1-1/2 fl. oz.

Mushroom gravy base, sodium reduced with pieces of mushroom. Prepare according to package.

Onion Gravy

1-1/2 fl. oz.

Brown gravy, sodium reduced, with thin sliced or chopped onion.

CATEGORY: SAUCES AND GRAVIES

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

ALL GRAVIES MUST BE REDUCED SODIUM AND REDUCED FAT PRODUCTS, SUBJECT TO APPROVAL BY DFSS.

Spanish Sauce (Western Sauce)

1-1/2 fl. oz.

In house preparation. To canned US #1 tomatoes, add onion, celery, green peppers, pimento and pepper.

Tomato Sauce

1-1/2 fl. oz.

Tomato or vegetable base, reduced sodium, with added tomato paste; or canned or frozen tomato sauce.

Turkey Gravy

1-1/2 fl. oz.

Turkey stock base, sodium reduced.

White Sauce

1-1/2 fl. oz.

In house preparation, medium consistency or sodium-reduced commercial product. Made with milk.

CATEGORY: GRAINS - NOODLES

MENU ITEM	MINIMUM SERVING SIZE
Buttered Noodles Semolina wheat, enriched flat noodles; add small amount of melted margarine.	½ cup cooked (3 oz.)
Buttered Shells Semolina wheat, enriched or whole wheat. Margarine added for flavor.	½ cup cooked (3 oz.)
Chow Mein Noodles Crisp fried noodles made from wheat and rice flour, dry pack. Serve with chow mein.	½ cup cooked (2 oz.)
Dumplings Frozen or prepared from starch.	2 dumplings (2 oz. each)
Elbow Macaroni (Macaroni) 3/8" diameter, Semolina wheat, enriched or whole wheat macaroni.	½ cup cooked (3 oz.)
Macaroni and Cheese Frozen or in house preparation. Enriched elbow macaroni mixed with cheese sauce.	½ cup cooked (3-1/2 oz.)
Mostaccoli Semolina wheat, enriched mostaccioli.	See Spaghetti
Noodles Romanoff Egg noodles, medium width, mixed with white sauce.	½ cup cooked (3-1/2 oz.)
Rotini Semolina wheat, enriched or whole wheat rotini. Margarine added for flavor. Usually packed in tomato sauce if served with Italian entree.	½ cup cooked (3 oz.)
Spaghetti Semolina wheat, enriched or whole wheat spaghetti. 0.06 - 0.11" diameter. If used as part of entree, must be 1 cup cooked (6 oz.) per serving.	½ cup cooked (3 oz.)

CATEGORY: STUFFING/GRAINS

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

Stuffing

- Celery-Pecan Stuffing **½ cup (3 oz.)**
Bread dressing from mix or freshly prepared with diced celery and pecan pieces (1/2 oz. per portion).

- Cornbread Stuffing **½ cup (3 oz.)**
Dry, packaged, prepared according to directions.

- Herb Stuffing **½ cup (3 oz.)**
Dry, packaged, prepared according to directions.

- Traditional Sage-Celery Stuffing **½ cup (3 oz.)**
Dry, packaged bread dressing with added diced or sliced celery.

Rice

- Steamed Rice **1/ cup cooked (3-1/2 oz.)**
Long grain converted enriched US #1 rice.

- Brown Rice **1/ cup cooked (3-1/2 oz.)**
Long grain converted enriched brown US #1 rice with added chopped parsley.

- Parslied Rice **1/ cup cooked (3-1/2 oz.)**
Long grain converted enriched US #1 rice with added chopped parsley.

- Wild Rice **1/ cup cooked (3-1/2 oz.)**
Dry, packaged, enriched US #1 wild rice mix.

- Herbed Rice **1/ cup cooked (3-1/2 oz.)**
Dry, packaged, enriched US #1 rice mix.

- Rice Pilaf **1/ cup cooked (3-1/2 oz.)**
Dry, packaged, enriched US #1 rice mix.

- Rice with Mushroom **1/ cup cooked (3-1/2 oz.)**
Long grain converted enriched US #1 rice with canned mushroom pieces or slices added. Each serving to include ½ oz. mushrooms.

- Spanish Rice **1/ cup cooked (3-1/2 oz.)**
Dry, packaged enriched US #1 mix or in house preparation with onion, tomato, peppers, seasonings.

- Rice and Beans (Red Beans and Rice) **1/ cup cooked (3-1/2 oz.)**
Mix equal parts, beans and rice.

CATEGORY: VEGETABLES

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

VEGETABLE REQUIREMENTS

ALL VEGETABLES MUST BE U.S. #1 IF FRESH AND U.S. GRADE A IF FROZEN OR CANNED. VEGETABLES MAY BE SEASONED WITH MARGARINE, BUT NO ADDED SALT. DRAINED WEIGHT FOR EACH SERVING IS APPROXIMATE.

Asparagus Cut

½ cup cooked (3-1/2 oz.)

Fresh, frozen or canned. Good similar varietal characteristics, good flavor and odor. No grit present. Medium size, tender. Cut about 1-1/4" in length.

Baked Bean

½ cup cooked (4oz.)

Canned white beans baked in tomato sauce.

Beans, Green

Frozen Green Beans may be US Grade B.

- Almondine

½ cup cooked (3 oz.)

Frozen. Add slivered or sliced almonds (1 tsp. per serving)

- Cut

½ cup cooked (3 oz.)

Frozen. No tough strings, cut crosswise.

- French Cut

½ cup cooked (3 oz.)

Frozen, cut lengthwise.

- w/Bacon Bits

½ cup cooked (3 oz.)

Frozen, cut lengthwise. Add cooked chopped bacon, ½ tbsp. per serving.

- w/Mushrooms

½ cup cooked (3 oz.)

Frozen, cut lengthwise. Add canned mushrooms, 1/4 oz. per serving.

- Seasoned

½ cup cooked (3 oz.)

Frozen, cut green beans seasoned with garlic, onion, bacon bits and margarine.

Black Beans/Corn

½ cup (3 oz.)

Frozen corn may be US Grade B. Prepared from young, sound, sweet products with uniform bright golden color. Free from hard kernels and husk. Golden Bantem variety is type desired. Canned, drained black beans.

Beets

- Diced

½ cup (3 oz.)

Canned. Cubes not larger than 3/8", or evenly sliced.

- Harvard

½ cup (4 oz.)

Canned in sauce.

- Sliced

½ cup (3 oz.)

Canned. No more than 5/16" in thickness or 2 1/2" in diameter. Firm and tender, uniform in size, and of good red coloring. No excessive end cuts, woodiness or softness.

- Whole Baby

½ cup (3 oz.)

Canned. Vary moderately in shape; about 1-1/2" in diameter.

CATEGORY: VEGETABLES

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

VEGETABLE REQUIREMENTS

ALL VEGETABLES MUST BE U.S. #1 IF FRESH AND U.S. GRADE A IF FROZEN OR CANNED. VEGETABLES MAY BE SEASONED WITH MARGARINE, BUT NO ADDED SALT. DRAINED WEIGHT FOR EACH SERVING IS APPROXIMATE.

Black-eyed Peas

½ cup (3-1/2 oz.)

Frozen, canned or prepared from dried beans. Good color from fairly young units in early stages of maturity. Similar varietal characteristics. No mashed, broken, mealy or hard peas; poor coloring; mixed varieties; and cloudy packing medium. Season with garlic, onion and bacon bits.

Broccoli

- Cuts

½ cup cooked (3-1/2 oz.)

Fresh or frozen. Bright green color. Tender and free from tough fiber. Cut in approximately 1" pieces. No off flavor or off dull color.

- Spears

½ cup cooked (3-1/2 oz.)

Fresh or frozen. Bright reasonably uniform characteristics. 2" long, 3/4" in diameter. Uniform in cut and color. Firm compact cluster of small flower buds. Dark or sage green color. Stems not too thick or tough. Watch for irregular brown decay spots.

Spears w/Cheese Sauce

½ cup, 1-1/2 oz. cheese sauce

Broccoli spears with 1-1/2 fl. oz. cheese sauce. See specifications for both items.

Cauliflower

- Cuts

½ cup cooked (3-1/2 oz.)

Fresh or frozen. Tender and free from tough fiber. Cut in approximately 1" pieces. No off flavor.

Brussel Sprouts

½ cup cooked (3 oz.)

Fresh or frozen. Not less than 3/4" diameter; no more than 2" long.

Cabbage

- Steamed

½ cup cooked (3 oz.)

Fresh. Fresh green outer leaves; firm; heavy heads. No decay. 1-1/2 lbs. minimum. Firm, solid and heavy for size; free from discoloration.

- Smothered

½ cup cooked (3 oz.)

Fresh. See steamed Cabbage, with seasonings such as bacon bits, garlic, onion and margarine.

Carrots

- Candied

½ cup cooked (3 oz.)

Fresh or frozen. From carrots of diameter not more than 1-3/8"; length 5-10", well shaped, smooth, solid, of good orange color. Peeled and clean. Candy by cooking in sugar and margarine.

- Coins or Slices

½ cup cooked (3 oz.)

Fresh or frozen. Diameter not more than 1-3/8"; length 5-10", well shaped, smooth, solid, of good orange color. Peeled, clean, uniform. Maximum thickness 1/4"; maximum width, 1-3/4".

CATEGORY: VEGETABLES

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

VEGETABLE REQUIREMENTS

ALL VEGETABLES MUST BE U.S. #1 IF FRESH AND U.S. GRADE A IF FROZEN OR CANNED. VEGETABLES MAY BE SEASONED WITH MARGARINE, BUT NO ADDED SALT. DRAINED WEIGHT FOR EACH SERVING IS APPROXIMATE.

Mixed Greens

½ cup cooked (3-1/2 oz.)

Fresh or frozen.

- Whole Baby Carrots

½ cup cooked (3 oz.)

Frozen. Good orange-yellow color, uniform size and shape. Maximum length - 2-1/2"

Chinese Vegetables (Oriental Vegetables)

Frozen. Stir-fry style mixture of broccoli, pea pods, bean sprouts, water chestnuts plus other vegetables such as celery, mushrooms, red or green pepper, or bamboo shoots.

Cooked Greens

½ cup cooked (3-1/2 oz.)

- Beet Greens

- Collard Greens

- Mixed Greens

- Mustard Greens

- Turnip Greens

Fresh or frozen. Prepared to ethnic preference.

Mixed Greens

½ cup cooked (3-1/2 oz.)

Fresh or frozen.

- Seasoned Greens

Mixed greens prepared with bacon bits, onion, garlic powder and margarine.

Corn

Frozen corn may be US Grade B.

- Whole Kernel (Cut)

½ cup (3 oz.)

Frozen. Prepared from young, sound, sweet products with uniform bright golden color. Free from hard kernels and husk. Golden Bantem variety is type desired.

- Creamed

½ cup cooked (4 oz.)

Canned in cream sauce.

- Mexican

½ cup cooked (3 oz.)

Frozen, with red peppers. May have chopped onions.

- Red and Green

½ cup cooked (3 oz.)

Frozen, with red and green peppers.

- On the Cob

1 small ear

Fresh. Minimum 4" in length. Golden, evenly filled cob, free of silk and husk.

Eggplant Parmesan

½ cup equivalent (4 oz.)

Frozen. Prepared with eggplant, tomato sauce, and Parmesan. Mozzarella cheese blend.

CATEGORY: VEGETABLES

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

VEGETABLE REQUIREMENTS

ALL VEGETABLES MUST BE U.S. #1 IF FRESH AND U.S. GRADE A IF FROZEN OR CANNED. VEGETABLES MAY BE SEASONED WITH MARGARINE, BUT NO ADDED SALT. DRAINED WEIGHT FOR EACH SERVING IS APPROXIMATE.

Italian Green Beans

½ cup cooked (3 oz.)

Frozen, cut lengthwise. Flat type bean, full flavored, young and tender. No tough strings.

Kale, Chopped

½ cup cooked (3 oz.)

Fresh or frozen. Uniform typical green color, free from coarse stems or leaves.

Lima Beans, Baby

½ cup cooked (3 oz.)

Frozen. Small and cooked until tender. May be US Grade B. If seasoned Lima Beans, add garlic, onion and bacon bits.

Mixed Vegetables

½ cup cooked (3 oz.)

Frozen. Must contain carrots, green beans and corn with proportionate representation of each. May also contain green peas and/or lima beans. Good color for type and variety of vegetable used, tender.

- Italian Mixed Vegetables

½ cup cooked (3 oz.)

Equal portions of cauliflower, carrots, broccoli, green beans and lima beans.

- California Blend Vegetables

½ cup cooked (3 oz.)

Equal portions of broccoli, cauliflower and carrots.

Okra and Tomatoes

½ cup cooked (4 oz.)

Frozen, sliced okra with canned or frozen diced tomatoes.

Peas

- Green

½ cup cooked (3 oz.)

Frozen. Uniform size and green coloring. Free from odor. No hard or musky peas. Alaskan Variety.

- w/Pearl Onions

½ cup cooked (3 oz.)

Add frozen pearl onions to peas.

- Creamed

½ cup cooked (3-1/2 oz.)

Add white sauce to peas.

- and Carrots

½ cup cooked (3 oz.)

50% each sweet peas and diced carrots.

- w/Mushrooms

½ cup cooked (3 oz.)

Add canned mushrooms, 1/3 ounce per serving.

CATEGORY: VEGETABLES

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

VEGETABLE REQUIREMENTS

ALL VEGETABLES MUST BE U.S. #1 IF FRESH AND U.S. GRADE A IF FROZEN OR CANNED. VEGETABLES MAY BE SEASONED WITH MARGARINE, BUT NO ADDED SALT. DRAINED WEIGHT FOR EACH SERVING IS APPROXIMATE.

Sauerkraut

½ cup cooked (4 oz.)

Canned. May be US Grade B.

Spinach

- Chopped or Leaf

½ cup cooked (3-1/2 oz.)

Frozen spinach. Reasonably uniform, characteristic green color. Normal odor. Tender with no coarse, tough leaves and stems. Watch for off flavor, off color, silt, sand, grit, weeds, grass, and discoloration.

- Creamed

½ cup cooked (4 oz.)

Frozen, chopped spinach in white sauce.

Squash

- Mashed Winter

½ cup cooked (4 oz.)

Frozen or fresh, Hubbard, Butternut or Acorn.

Succotash

½ cup cooked (3 oz.)

Frozen, bright color. Equal amounts of corn and lima beans. May be US Grade B.

Tomatoes - Stewed

½ cup cooked (4 oz.)

Canned or frozen. Vine ripened product. No artificial coloring or preservatives. Diced tomatoes cooked with onions and bread cubes. May be US Grade B. May have green peppers.

Wax Beans

½ cup cooked (3 oz.)

Frozen. May be US Grade B.

Zucchini

½ cup cooked (3-1/2 oz.)

Fresh or frozen. Sliced zucchini.

Zucchini with Tomatoes

½ cup cooked (3-1/2 oz.)

Fresh or frozen. Sliced zucchini with canned or frozen diced tomatoes.

CATEGORY: VEGETABLES - POTATOES

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

POTATO REQUIREMENTS

ALL POTATOES MUST BE U.S. GRADE A IF CANNED OR FROZEN. MUST BE U.S. #1 IF FRESH. WEIGHT FOR EACH SERVING SIZE IS APPROXIMATE.

Potatoes, White and Red

- Au Gratin **½ cup (4 oz.)**

Purchase dehydrated or prepare from sliced fresh, frozen or canned potatoes in house in cream sauce with Cheddar or American cheese.

- Baked with Sour Cream **1 medium potato (1-7/8 - 2-1/2" diameter) 5+ oz.**

Fresh. Firm relatively smooth, clean, reasonably well-shaped, not bruised, wilted or showing sprouts. Russet, Burbank, or other baking. Serve with 1 oz. sour cream - see Condiments.

- Creamed Potatoes **½ cup (4 oz.)**

Frozen or canned cubed potatoes in white sauce.

- Hash Browned **½ cup (3-1/2 oz.)**

Frozen or dehydrated shredded potatoes (solid content 32%), prepared with polyunsaturated oil.

- Hot German Potato Salad **½ cup (4 oz.)**

See Specification for German Potato Salad in "SALADS: Starchy."

- O'Brien (Potato/peppers) **½ cup (3 1/2 oz.)**

Frozen or canned diced potatoes with green and red pepper and onion added.

- Oven Roasted **½ cup (3 oz.)**

Fresh: Firm, relatively smooth, clean, reasonably well-shaped. Frozen or canned: Pre-peeled, 1-1/2" diameter if cut, 2" if whole. Baked with margarine until browned.

- Parslied Whole **½ cup (3 oz.) approx. 3 potatoes**

Fresh, canned or frozen. No harmless, extraneous material or grit present; whole potatoes, 1-2" diameter. Peeled and mixed with melted margarine until browned.

- Parslied Red **½ cup (3 oz.)**

Frozen, uniform in size and shape. Pink, hard, smooth. Boiled and served with skins on; mixed with melted margarine and chopped parsley.

- Parslied Sliced **½ cup (3 oz.)**

Frozen, fresh or canned. Individual slices, no more than 3/4" at thickest portion, 2" diameter. Peeled, boiled and mixed with melted margarine and chopped parsley, fresh or dehydrated.

- Pancakes **2 pancakes (3" diameter)**

Frozen. Must be served with Applesauce. See Canned Fruits.

- Potato Patty **2 patties (3" diameter)**

Frozen potato patty.

- Potato Chips **1 oz. package**

Individual packages. Does not count toward fruit/vegetable requirement.

- Scalloped Potatoes **½ cup (4 oz.)**

Frozen, fresh or canned sliced potatoes in white sauce.

- Tater Tots **6+ tartar tots (4 oz.)**

Frozen. Must be made from whole, shredded and chunk Russet potatoes and enriched with Vitamin C.

- Whipped (Mashed) **½ cup (4 oz.)**

Dehydrated granules or flakes enriched with vitamin C added. Must be made from completely precooked Idaho-potatoes or other varieties having similar characteristics such as Washington. Russet, Burbank. Follow preparation instructions, with no added salt.

Sweet Potatoes/Yams

- Baked **1 small (5+ oz. whole)**

Fresh. Clean, smooth, well-shaped, firm, and bright in appearance. 3" in length and 1-3/4" in diameter minimum.

- Candied **2 medium pieces (4 oz.)**

Fresh, frozen or canned. Units may vary in shape. Uniformly light yellow to deep golden coloring. Tender and uniformly smooth in texture; no fibrous ends, broken pieces or mushiness. Brix 25°. Glazed with margarine and brown sugar.

- Mashed **½ cup (4 oz.)**

Fresh, frozen or canned. May be coarse, but free from lumps; no tough or coarse fibers present. May be U.S. Grade B if frozen.

CATEGORY: SALADS - VEGETABLES

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

SALAD REQUIREMENTS

ALL FRESH VEGETABLES MUST BE US #1. DRAINED WEIGHT FOR EACH SERVING IS APPROXIMATE.

Lettuce Liners

1 leaf

Fresh crisp iceberg head lettuce. Send 1 medium or 2 small heads, iceberg per 20 servings to be assembled at sites. Romaine or leaf lettuce may be substituted providing 10 - 15 liners per head.

Lettuce Salad (Tossed Salad)

1 cup (2 oz.)

Tossed salad containing chopped lettuce, plus shredded carrots and shredded red cabbage.

Lettuce Wedge

1/8th medium head (2 oz.)

Fresh, crisp iceberg head lettuce. Fairly firm with a green color and fresh outer leaves. Free from insects and noticeable discoloration or decay. May be cut into wedges at sites.

Three Green Salad

1 cup (2 oz.)

Mixture of three of the following: Iceberg, chicory, Boston, leaf, red leaf, romaine, escarole, endive or other greens. Washed and cut into bite-size pieces. Salad may contain no more than 50% iceberg lettuce.

Carrot Raisin Salad

½ cup (3 oz.)

Prepared or purchased fresh, finely shredded carrots tossed with mayonnaise-type binder and raisins.

Confetti Coleslaw

½ cup (3 oz.)

Commercial preparation or in house preparation from mixture of freshly shredded green cabbage in an oil and vinegar-type dressing, with shredded carrots and chopped onion.

Creamy Coleslaw

½ cup (3 oz.)

Fresh green cabbage, shredded, tossed with mayonnaise-type binder, with some grated carrots and red cabbage.

Creamy Cucumbers and Onions

½ cup (3 oz.)

Fresh commercial or in house preparation in a sour cream-style dressing.

Sliced Cucumbers

½ cucumber, sliced

Fresh. Very firm with well-rounded ends and mostly deep green coloring. 6-9" long, 2-2/8" maximum diameter. Regular shape; avoid those conical in shape.

CATEGORY: SALADS - VEGETABLES

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

SALAD REQUIREMENTS

ALL FRESH VEGETABLES MUST BE US #1. DRAINED WEIGHT FOR EACH SERVING IS APPROXIMATE.

Creamy Kid Bean Salad

½ cup (4 oz.)

Canned kidney beans, drained well, with celery, and chopped onions in mayonnaise-type binder. US Grade A canned beans.

Iceberg and Romaine Salad

1 cup (2 oz.)

Fresh crisp mixture of bite-size pieces of equal parts iceberg and romaine lettuce.

Marinated Tomato-Cucumber Salad

1 cup (3 oz.)

Commercial or in-house. Chopped fresh tomatoes and cucumbers in seasoned oil and vinegar dressing.

Marinated Vegetable Salad

½ cup (3-1/2 oz.)

Fresh or frozen thawed vegetables. Mixture of 3 or more vegetables in Italian-seasoned oil and vinegar dressing: broccoli, cauliflower, carrots, cucumbers, onions, peppers, peas, tomatoes. Must be marinated at least 24 hours.

Pickled Beets

½ cup (3 oz.)

Canned US Grade A, sliced, drained beets and onions in vinegar-style marinade.

Pickled Cucumbers

½ cup (3 oz.)

Fresh, commercial or in house preparation in sweetened vinegar dressing, with onions.

Tomato:

- Sliced Tomato

3 slices (2-1/2" diameter x 1/4" thick)

Fresh, firm, red, ripe tomato slices on fresh crisp lettuce liner.

- Sliced Tomato and Cucumber

2 slices each, tomato and cucumber

Fresh, firm, red, ripe tomato slices and firm, fresh cucumber slices on fresh crisp lettuce liner. 2 tomato slices (2-1/2" diameter x 1/4" thick) and 2 cucumber slices (1-1/2" diameter x 1/2" thick).

- Tomato Wedges

½ medium tomato, wedged

Fresh, firm, red, ripe tomato wedges on fresh crisp lettuce liner. ½ medium or 1 small tomato cut into 4-6 wedges.

Three Bean Salad

½ cup (4 oz.)

Canned beans; commercial or in house preparation with vinegar-based dressing. Mixture of canned green, wax and kidney beans, US Grade B. May also have garbanzo beans.

CATEGORY: SALADS - FRUIT

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

FRUIT SALAD REQUIREMENTS

DRAINED WEIGHT FOR EACH SERVING IS APPROXIMATE. SEE GREEN SALADS FOR LETTUCE LINER REQUIREMENT.

Citrus Segments on Lettuce

½ cup (3-1/2 oz.)

Equal portions of drained US Grade A grapefruit and orange segments; no more than 20% broken on lettuce liner.

Cottage Cheese

1/3 cup (2-1/2 oz.) cottage cheese

Scoop of cottage cheese on lettuce liner.

**Cottage Cheese and Peach or Pear Salad
peach or pear slices**

1/3 cup (2-1/2 oz.) cottage cheese, 2

Canned juice pack peach or pear slices with scoop of cottage cheese on lettuce liner.

Cranberry Sauce

½ cup

Canned on a lettuce liner. Jellied, whole or strained. U.S. Grade A.

Fruit Cup

½ cup (4 oz.)

Frozen. Combination of at least 3 IQF sliced peaches, sliced apples, bing cherries, grapes or melon balls.

Tropical Fruit

½ cup (4 oz.)

Frozen. Combination of at least 3 IQF tropical, seasonal fruits.

Peach Halves on Lettuce

2 medium peach halves

Canned US Grade B, juice-pack large peach half, drained, on lettuce liner.

**Peach Half with Cranberry Sauce
sauce**

1 large peach half, 2 Tbs. cranberry

Canned US Grade B large peach half with scoop of cranberry sauce on lettuce liner.

Pear Halves

2 medium pear halves

Canned US Grade B, juice-pack Bartlett pear halves, drained.

Pear and Cheddar Salad

1 large pear half, 1 oz. shredded cheese

Canned juice-pack Bartlett pear halves, topped with shredded Cheddar cheese on lettuce liner. May use 2 small or medium pear halves.

Pineapple Rings on Lettuce

2 large rings

Canned, US Grade B. Juice packed, pineapple slices, drained, on lettuce liner. May use 3 medium rings.

Spiced Apple Rings on Lettuce

3 small rings

Canned apple rings, drained, on lettuce liner.

Waldorf Salad

½ cup (3-1/2 oz.)

Commercially prepared or in house preparation of US Grade B chopped apple, diced celery, chopped walnuts and mayonnaise-type binder.

CATEGORY: SALADS - STARCHY

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

STARCHY SALAD REQUIREMENTS

SALADS MUST BE ORVAL KENT OR EQUIVALENT. WEIGHT FOR EACH SERVING IS APPROXIMATE. POTATOES MUST BE US GRADE A.

Macaroni Salad

½ cup (4 oz.)

Commercial or in house preparation; cooked, enriched elbow macaroni with mayonnaise-type binder, celery, carrots, seasoning.

Pasta Salad

½ cup (4 oz.)

Commercial or in house preparation of cooked enriched rotini in oil and vinegar dressing, added green peppers, chopped celery, sliced olives, seasoning. May include bits of other vegetables, cheese for flavoring.

Potato Salads:

- Creamy Potato Salad

½ cup (4 oz.)

Commercial or in house preparation; cooked potatoes with mayonnaise-type binder, celery, and seasoning.

- Hot German Potato Salad

½ cup (4 oz.)

Commercial or in house preparation; cooked potatoes with cooked bacon and vinegar dressing, with onions and celery. Must be delivered hot, in steam table pans.

- Mustard Potato Salad

½ cup (4 oz.)

Commercial or in house preparation; add yellow mustard to traditional potato salad mixture.

CATEGORY: SALADS - GELATIN

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

GELATIN SALAD REQUIREMENTS

ALL GELATIN SALADS MUST BE SERVED ON A LETTUCE LINER
(SEE GREEN SALADS).

Molded Bing Cherry Salad **½ cup**

1/4 cup per serving, drained, measured, canned US Grade B, pitted Bing cherries in cherry gelatin, chilled and firm, on a lettuce liner.

Molded Bing Cherry Lime Salad **½ cup**

1/4 cup per serving, drained, measured, canned US Grade B, pitted Bing cherries in lime gelatin, chilled and firm, on a lettuce liner.

Molded Carrot Lime Salad **½ cup**

1/4 cup (1 oz.) shredded carrots per serving, in lime gelatin, chilled and firm, on a lettuce liner.

Fruited Gelatin Salad **½ cup**

1/4 cup canned, drained US Grade B fruit cocktail per serving in fruit gelatin, chilled and firm, on a lettuce liner. Flavor of gelatin must be shown on the menu, such as Fruited Lemon Gelatin Salad.

Cranberry-Orange Gelatin Salad **½ cup**

Canned cranberry sauce blended into orange gelatin, chilled and firm, on lettuce. Ocean Spray or equivalent.

Molded Pear Lime Salad **½ cup**

1/4 cup drained canned US Grade B diced pears in lime gelatin, chilled and firm, on a lettuce liner.

Molded Pineapple Salad **½ cup**

1/4 cup drained, canned US Grade B, crushed pineapple per serving in lemon, lime or orange gelatin, chilled and firm, on a lettuce liner.

Perfection Salad **½ cup**

1/4 cup shredded carrots and crushed pineapple in lemon or orange gelatin, chilled and firm, on a lettuce liner.

CATEGORY: SALAD DRESSING

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

SALAD DRESSING REQUIREMENTS

A SERVING IS ONE 1 OZ. PACKET OR TWO 7/16 OZ. (12 GRAMS) PACKETS. IF OTHER SIZE PACKETS ARE PURCHASED, EACH SERVING MUST EQUAL AT LEAST 3/4 OUNCE.

Assorted Dressing

3/4 oz. minimum

At least 3 types including 1 low calorie variety.

Blue Cheese Dressing

3/4 oz. minimum

Commercial.

Ranch Dressing

3/4 oz. minimum

Commercial.

Catalina Dressing

3/4 oz. minimum

Commercial.

Creamy Italian Dressing

3/4 oz. minimum

Commercial.

French Dressing

3/4 oz. minimum

Commercial.

Italian Dressing

3/4 oz. minimum

Commercial.

Low Calorie Dressing (Assorted flavors, fat reduced)

3/4 oz. minimum

Commercial.

Thousand Island Dressing

3/4 oz. minimum

Commercial.

CATEGORY: SOUP

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

SOUP REQUIREMENTS

SOUP MAY BE CANNED, FROZEN CONCENTRATE OR PREPARED IN HOUSE FROM UNSALTED STOCK BASE AND ADDED INGREDIENTS APPROPRIATE TO SOUP TYPE. REGARDLESS OF ORIGINAL FORM, PREPARED SOUPS SHOULD HAVE NO MORE THAN 600 MG. SODIUM PER 6 OZ. SERVING AND SHOULD HAVE NO MSG. AS AN INGREDIENT. IF CANNED, CAMPBELL OR HEINZ OR EQUIVALENT; IF FROZEN, STOCK POT OR EQUIVALENT; IF FROM BASE, LJ MINOR OR LE GOUT OR EQUIVALENT WITH ADDED INGREDIENTS TO EQUAL CAMPBELL.

CREAM SOUPS MUST BE PREPARED WITH LOW FAT MILK. MINIMUM SERVING SIZE FOR ALL SOUPS 3/4 CUP (6 FL. OZ.). TWO PACKAGES OF CRACKERS MUST ACCOMPANY ALL SOUP SERVINGS.

Beef Soups

- Beef Barley
- Beef Vegetable

Tomato

Tomato Rice

Chicken Soups

- Chicken Gumbo
- Chicken Rice
- Chicken Noodle

Turkey Soups

- Turkey Noodle
- Turkey Rice

Cream Soups

- Cream of Broccoli
- Cream of Celery
- Cream of Mushroom
- Cream of Potato

Vegetable Soup

French Onion

Minestrone

Navy Bean Soup (with Ham or Bacon)

Seafood Soup

- New England Clam Chowder
- Manhattan Clam Chowder

Split Pea with Ham

CATEGORY: JUICE

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

JUICE REQUIREMENTS

ALL JUICES MUST BE U.S. GRADE A; MUST BE INDIVIDUAL. PUNCTURE RESISTANT, READY-TO-SERVE CARTONS OF DURABLE CONSTRUCTION.

Apple Juice

½ cup (4 fl. oz.)

Pure unsweetened fruit juice, refrigerated, undiluted 100% fruit juice of single strength. No preservatives.

Fruit Juice

½ cup (4 fl. oz.)

Pure unsweetened fruit juice, refrigerated, undiluted 100% fruit juice of single strength.

Cherry Apple Juice

½ cup (4 fl. oz.)

Pure unsweetened fruit juice, refrigerated, undiluted 100% fruit juice of single strength. No preservatives.

Cranberry Juice Cocktail

½ cup (4 fl. oz.)

Sweetened cranberry juice drink, with at least 25% cranberry juice. Fortified with vitamin C.

Fruit Nectar

½ cup (4 fl. oz.)

Sweetened. Mixture of juices, diluted and sugar added. Fortified with vitamin C.

Fruit Punch

½ cup (4 fl. oz.)

Sweetened. Mixture of juices, diluted and sugar added. Fortified with vitamin C.

Grape Juice

½ cup (4 fl. oz.)

Pure unsweetened fruit juice, refrigerated, undiluted 100% fruit juice of single strength. No preservatives or coloring allowed.

Grapefruit Juice

½ cup (4 fl. oz.)

Pure unsweetened fruit juice, refrigerated, undiluted 100% fruit juice of single strength. No preservatives or coloring allowed. Serve Orange-Grapefruit juice blend, if on menu.

Lemonade

½ cup (4 fl. oz.)

Sweetened lemon juice drink. Upgraded.

Orange Juice

½ cup (4 fl. oz.)

Pure unsweetened fruit juice, refrigerated, undiluted 100% fruit juice of single strength. No preservatives or coloring allowed.

Pineapple Juice

½ cup (4 fl. oz.)

Pure unsweetened fruit juice, refrigerated, undiluted 100% fruit juice of single strength. No preservatives or coloring allowed. Serve Pineapple-Orange juice blend, if on menu.

Tomato Juice

½ cup (4 fl. oz.)

Pure tomato juice, refrigerated, undiluted 100% juice of single strength. No preservatives or coloring allowed.

CATEGORY: BREAD

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

Buttermilk Biscuit

1 biscuit (2" diameter)

Commercial, frozen or in house preparation. Enriched flour high quality, open-grain, fluffy texture, excellent taste. Delivered in sealed plastic bag inside a box to retain freshness.

Breads:

- Cornbread

1 2-1/2" x 2 1/2" square

In house preparation or commercially purchased. Send sanitarily wrapped. Not excessively sweet.

- Garlic Bread

1 piece (1 oz.)

Purchase commercially or purchase Italian or French bread and prepare in house with garlic powder and margarine. Each loaf must weigh a minimum of 1 lb. Sanitarily wrapped.

- Italian Bread

1 slice (1 oz.)

Commercial. Delivered sanitarily wrapped. Enriched flour, sliced. Count useable slices only, no heels.

- Dark Rye (Pumpernickel) Bread

1 slice (1 oz.)

Commercial. Delivered sanitarily wrapped. Completely fresh and undamaged. Enriched flour, sliced. Count useable slices only. No heels.

- Cinnamon Bread

1 slice (1 oz.)

Commercial. Delivered sanitarily wrapped. Completely fresh and undamaged. Enriched flour, sliced. Count useable slices only. No heels.

- Rye Bread

1 slice (1 oz.)

Commercial. May be either pullman-type or open-hearth, or french-style loaves. Delivered sanitarily wrapped. Completely fresh and undamaged. Enriched flour, sliced. Count useable slices only. No heels.

- Wheat Bread

1 slice (1 oz.)

Commercial. Enriched wheat flour with enough whole grain flour to provide at least 1.0 gram of dietary fiber per slice. Sanitarily wrapped, fresh and undamaged, sliced. Count useable slices only, no heels.

- White Bread

1 slice (1 oz.)

Commercial. Completely fresh and undamaged. Enriched flour, sliced. Count useable slices only. No heels. Delivered sanitarily wrapped.

CATEGORY: BREAD

MENU ITEM	MINIMUM SERVING SIZE
- Whole Wheat Bread	1 slice (1 oz.)
Commercial 100% Whole wheat flour must be used. May contain other whole grains. Bread must be sliced. Delivered sanitarly wrapped. Completely fresh and undamaged. Enriched flour. Count useable slices only. No heels.	
Buns	
- Hamburger (Sandwich) Bun	1 bun, 4" diameter (1-3/4 oz.)
Commercial. Must not be less than 4" in diameter. Buns must be sliced and enriched.	
- Hot Dog Roll	1 roll, 6 to 7" long (1-1/3 oz.)
Commercial. Must be sliced, and not less than 6" long with enriched flour.	
Croissants - Croissant	1 croissant (2 oz.)
Commercial, enriched. Delicate pastry. No less than 48 folds (256 layers). Taste and texture must be light and fluffy. Crescent shape. Presliced. Use for sandwich.	
- Small Croissant	1 croissant (1 oz.)
Croissant in 1 oz. size.	
English Muffin	1 muffin (1 oz.)
Commercial, enriched. Send sanitarly wrapped. Pre-split.	
Muffins	
- Blueberry Muffin	1 muffin (1-1/2 oz.)
Commercial enriched. Send sanitarly wrapped.	
- Bran Muffin	1 muffin (1-1/2 oz.)
Commercial enriched. Send sanitarly wrapped.	
- Corn Muffin	1 muffin (1-1/2 oz.)
Commercial enriched. Send sanitarly wrapped.	
Rolls	
- Cloverleaf Roll	1 roll (1 oz.)
Commercial. Enriched. Send sanitarly wrapped.	
- French Hard Roll	1 roll (1-5/6 oz.)
Commercially purchased from enriched flour. Sliced. Delivered sanitarly wrapped.	

CATEGORY: BREAD

MENU ITEM	MINIMUM SERVING SIZE
- Kaiser Roll Commercial, enriched. Send sanitarly wrapped. Sliced	1 roll (1-5/6 oz.)
- Parkerhouse Roll Commercial, enriched. Delivered sanitarly wrapped.	1 roll (1 oz.)
- Rye Roll Commercial. Delivered sanitarly wrapped.	1 roll (1 oz.)
- Dinner Roll Commercial. Delivered sanitarly wrapped.	1 roll (1 oz.)
- Wheat Roll Commercial. Delivered sanitarly wrapped. Enriched wheat flour with enough whole grain flour to provide at least 1.0 gram dietary fiber per roll.	1 roll (1 oz.)
Tortillas	
- Corn Commercial. Fresh and flat if used as a bread. Crisp and fried if used as a tortilla. Azteca or equivalent.	2 tortillas (3/8 - 1/2 oz. each)
- Flour Commercial. Azteca or equivalent. Six inch.	2 tortillas (3/8 - 1/2 oz.)
- Taco Shell Commercial. Crisp and folded. Azteca or equivalent.	2 taco shells (3/8 to 1/2 oz. each)

CATEGORY: FRESH FRUIT
MINIMUM SERVING SIZE

MENU ITEM

PURCHASE FORM/SPECIFICATIONS/INFORMATION

FRESH FRUIT REQUIREMENTS

ALL FRESH FRUIT MUST BE US #1. UNLESS INDICATED

Apple

1 medium, 2 ½ to 3" diameter (5 oz.)

Fresh. Firm, crisp, bright, clean, well-colored with good flavor. Packed in 125 or 113 per box. Only: Grimes, Starking, Golden Delicious, Jonathan, Winesap, Delicious, MacIntosh. No overripe, bruised or decayed fruit. Must be US fancy.

Apricots

2 medium, 1-1/2" diameter (3 oz. total)

Fresh, mature, but not soft, overripe or shriveled. Free from skin cracks, dirt and bruises. Golden color, juicy flesh.

Banana

1 medium, 5-1/2" long x 1-1/2" diameter (5 oz.)

Fresh. Plump, unblemished, firm and bright in appearance. Exact color is not a quality factor. Must be 90% or more free from damage by scarring; decay must be less than 1%. No dull gray, aged appearance unbroken skin. Serve yellow and ripe.

Blueberries

½ cup (3 oz.)

Fresh. Clean, well-colored, not overripe, wet or decayed. Medium size berries, minimum 90-130 per pint. Ripe and dry, free from sticks, leaves and stems.

Strawberries

½ cup (3 oz.)

Fresh. Clean, well-colored, not overripe, wet or decayed. Medium size berries, minimum 90-130 per pint. Ripe and dry, free from sticks, leaves and stems.

Cantaloupe Wedge

1/4 of medium melon 5" diameter

Fresh. Mature, good internal quality, but not soft, overripe or decayed. Grayish to yellowish green color. Stem should be missing leaving a healed depression to indicate maturity. Well developed "netting" covering yellowish skin indicates ripeness. Heavy for size, firm. Uniform size.

Grapes

½ cup (3-1/2 oz.)

Fresh. Seedless sweet red, white or black grapes. Firm, well-developed with no decay, discolored or crushed berries. Compact bunches; grapes do not fall off stems.

Honeydew Melon Wedge

1/8 of medium melon 7" diameter

Fresh. Fully ripe; creamy outer color, and waxy feel to surface. Pale green flesh, sweet, juicy, and fine textured. Pleasant fruity aroma.

Melon Wedge (Melon Slice)

See individual melon specification

Cantaloupe, honeydew, or watermelon wedge. See individual melon specifications.

Nectarines

2 medium, 1-1/2" diameter (3 oz. total)

Fresh. Mature, but no overripe. Clean; free from decay, broken skins, holes, scars.

CATEGORY: DESSERTS - FRESH FRUIT

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

FRESH FRUIT REQUIREMENTS

ALL FRESH FRUIT MUST BE US #1. UNLESS INDICATED

Orange

2 medium, 1-1/2" diameter (3 oz. total)

Fresh. Must be from CA, AZ, FL, TX. Firm, well-colored bright yellow orange. Well-informed, no creases, heavy for size, no soft spots.

Peach

1 medium, 2 to 2-1/2" diameter (4 oz.)

Fresh, freestone variety. Firm, not hard, skin between red areas. Must have a yellowish cast. Round, plump, regular shape; fragrant odor. Flesh yields when gently pressed. Uniform size.

Pear

1 medium, 2 to 2-1/2" diameter

Fresh Bartlett, D'Anjou, Bosc, Comice varieties. No cuts or bruises. Firm with juicy, not gritty fruit. Watch for pears which are shriveled near the stem and have hard spots on the surface. Uniform size.

Sweet Cherries
diameter

½ cup - about 10 medium, not less than 3/4" in

Fresh. Firm. No cuts or bruises.

Plums

1 large, 2-1/2" diameter or 2 small (4 oz. total)

Fresh. Well-formed, mature but not overripe. May be Red, Blue or prune-type. Fully ripe, unbroken skins, free from bruises, firm.

Tangelo

1 medium, 2-1/4" diameter

Fresh. Firm; no cuts or bruises.

Tangerine

1 medium, 2-1/4" diameter (4 oz.)

Fresh. Firm, mature, free from bruises and decay. Skin bright yellow orange. Heavy for size. No soft spots.

Watermelon Slice

**1/4 of a 26-30# melon or
1/16 of a 18-22# melon**

Fresh, mature, but not overripe. Fairly well-formed and free from decay, cuts, scars and other damage. Good red, fresh, crisp and not mealy. Enough melons must be sent to provide at least 1 pound wedge per serving.

CATEGORY: DESSERTS - CANNED FRUIT

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

ALL CANNED FRUIT MUST BE JUICE-PACKED OR PACKED
IN LIGHT SYRUP. MUST BE GRADE B, UNLESS INDICATED
DRAIN WEIGHT PER SERVING IS APPROXIMATE.

Applesauce

½ cup (4-1/2 oz.)

Regular or chunky-style. Full flavor, medium sweetness, of a consistency that will mound when poured.

Apricot Halves

4 halves (4 oz.)

Unpeeled. Properly pitted and halved. Reasonably good color - not pale or light greenish yellow; no brown coloring. Uniform size and thickness.

Chilled Peaches (diced peaches)

½ cup slices or 2 medium halves, 2" diameter (4 oz.)

No crushed or broken pieces.

Chilled Pears (diced pears)

½ cup slices or 2 medium halves, 2" diameter (4 oz.)

No crushed or broken pieces.

Fruit Cocktail

½ cup (4 oz.)

Combination of peaches, pineapple, pears, grapes and cherries. No hard or mushy pieces, variability in size of fruit or excessively small fruit.

Fruit Mix

½ cup (4 oz.)

Pear, pear and pineapple chunks.

Purple Plums

½ cup (4 oz.)

Plum halves or whole.

Pineapple Chunks

½ cup (4 oz.)

Free from stems, eyes, core.

Pineapple Rings

2 large rings (4 oz.)

No off-color, brown spots, pieces of stem, eyes, core. May use 3 medium rings.

CATEGORY: DESSERTS - FRUIT BASED

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

WEIGHT FOR SERVING SIZE IS APPROXIMATE. NOTE: Fruit based desserts can be counted towards a fruit if they contain at least ½ cup of fruit. If the dessert is to be counted towards a fruit and a grain, it would need to contain at least ½ cup of fruit and 2 oz of grain for a 6 oz serving of dessert.

Apple Brown Betty

½ cup (5 oz.)

Frozen or prepared in house with fruit filling and bread crumb topping.

Apple Square

2-1/2 x 2-1/2 x 1" (1-1/2 oz.)

Fresh from commercial bakery or frozen.

Baked Apple

1 medium apple, 2-1/2" diameter

Canned, frozen or in house preparation from fresh baking apple (MacIntosh, Rome, Gravenstein, US Grade B) cooked in syrup with cinnamon, raisins and spices.

Fruit Cobbler

½ cup (5 oz.)

Fresh from commercial bakery or prepared in house from fruit filling and single-crust topping. May be Apple, Blueberry, Cherry or Peach.

Fruit Crisp

½ cup (5 oz.)

Prepared in house with fruit filling and rolled oat streusel topping. May be Apple, Cherry, or Peach.

Hawaiian Dessert

½ cup (3-1/2 oz.)

Pineapple, mandarin oranges, mini-marshmallows, coconut and maraschino cherries in sour cream and whipped topping binder. May also have diced peaches, pears and grapes.

Hot Cinnamon Apples

½ cup (4 oz.)

Sliced, frozen or canned apples cooked in sweetened syrup with cinnamon. May add raisins.

Hot Spiced Peaches

½ cup (4 oz.)

Sliced, frozen or canned peaches cooked in sweetened syrup with cinnamon. May also have nutmeg or cloves.

Melon Balls

½ cup (4 oz.)

Frozen. At least 2 types of IQF melon balls. US Grade A. Good firm texture, not sloughy. May be unsweetened or in syrup.

Stewed Fruit Compote

½ cup (4 oz.)

Canned or prepared from dried or frozen fruits including raisins, peaches, apples and pears. Must be US Grade B if canned or choice if dried.

Stewed Prunes**½ cup (4 oz.)**

Canned whole prunes, in light syrup (20-24° BRIX) or in house prepared from dried prunes.
Must be US Grade B if canned or choice if dried.

CATEGORY: DESSERTS - PUDDING AND GELATIN

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION
WEIGHT FOR SERVING SIZE IS APPROXIMATE.

Pudding **½ cup (5 oz.)**

- Banana
- Butterscotch
- Chocolate
- Lemon
- Rice
- Tapioca
- Vanilla

Canned, frozen, commercial bulk pack or prepared in house from mix. Must be made with milk, except lemon.

Fruited Yogurt **½ cup (4 oz.)**

Commercially prepared blended fruit yogurt. Any fruit flavor. May be 4.4 ounce containers. USDA quality approved.

Bing Cherries in Cherry Gelatin **½ cup**

See Molded Bing Cherry Salad.

Fruited Gelatin **½ cup**

See Fruited Gelatin Salad. Serve flavor on menu.

Gelatin **½ cup**

- Cherry
- Lemon
- Lime
- Orange
- Raspberry
- Strawberry

Plain fruit flavored gelatin, chilled and firm. Serve flavor on menu.

Mandarin Orange Gelatin **½ cup**

Drained canned mandarin orange in orange flavored gelatin, chilled and firm.

Pear Lime Gelatin **½ cup**

See Molded Pear Lime Gelatin Salad

Pineapple Gelatin **½ cup**

See Molded Pineapple Gelatin Salad

CATEGORY: DESSERTS - CAKES

MINIMUM SERVING SIZE

MENU ITEM

PURCHASE FORM/SPECIFICATIONS/INFORMATION

Angelfood Cake

1/12 of round cake

Fresh from commercial bakery, frozen or prepared in house. Chocolate or strawberry flavored, if specified.

Brownie

2-1/2 x 2-1/2 x 1"

Fresh from commercial bakery, frozen or prepared in house.

Cake

2-1/2 x 3 x 2" piece

- Banana
- Carrot
- Chocolate
- Coconut
- German Chocolate
- Lemon
- Orange
- Spice
- Yellow

Fresh from commercial bakery, frozen or prepared in house. Sheet cakes with frosting.

Crumb Cake

Individual

Frozen or fresh from commercial bakery. Sara Lee or equivalent. Blueberry, French, Cherry or Apple. Specify flavor on menu.

Frosted Cupcakes

1 medium

Fresh from commercial bakery, frozen or prepared in house, vanilla or chocolate with frosting.

Pound Cake

3 x 3 x 3/4" piece

Fresh from commercial bakery or frozen. Marbled Pound Cake must have chocolate and vanilla swirls.

Strawberry Shortcake

1 shortcake, 1/4 cup strawberries, 2 Tbsp.

whipped topping

Individual commercial shortcake or sliced pound cake topped with frozen crushed or sliced sweetened US Grade A strawberries. Whipped topping sent sanitarilly wrapped and added at site. See specification for Whipped Topping.

CATEGORY: DESSERTS - PIES AND COOKIES

MENU ITEM

MINIMUM SERVING SIZE

PURCHASE FORM/SPECIFICATIONS/INFORMATION

Fruit Pie

- Apple
- Blueberry
- Cherry
- Peach
- Pumpkin

**1/8 of 10" diameter pie or
1/6 of 8" diameter pie**

Fresh from commercial bakery, frozen or prepared in house. Specify flavor on menu.

Chocolate Pie

**1/8 of 10" diameter pie or
1/6 of 8" diameter pie**

Fresh from commercial bakery, frozen or prepared in house.

Lemon Crumb Pie

**1/8 of 10" diameter pie or
1/6 of 8" diameter pie**

Fresh from commercial bakery, frozen or prepared in house.

Sweet Potato Pie

**1/8 of 10" diameter pie or
1/6 of 8" diameter pie**

Fresh from commercial bakery, frozen or prepared in house.

Pie Slices

- Apple
- Cherry
- Pumpkin

2-1/2 x 2-1/2 x 1"

Fresh from commercial bakery, frozen or prepared in house. Specify fruit flavor on menu

Giant Cookies -

- Chocolate Chip
- Oatmeal
- Sugar

1 large cookie (4" diameter)

Fresh from commercial bakery or baked in house from enriched dough. Individually wrapped.

Fortune Cookies fortune

2 cookies each with enclosed

Commercial. Individually wrapped. No more than 10% broken.

CATEGORY: DESSERTS - MISCELLANEOUS

MENU ITEM **MINIMUM SERVING SIZE**
PURCHASE FORM/SPECIFICATIONS/INFORMATION
MISCELLANEOUS

Bread Pudding **½ cup**
Prepared in house or commercial.

Donut **1 item, 3-3/4" diameter**
Fresh from commercial bakery or frozen.

Mousse - **½ cup**
- Chocolate
- Lemon
- Strawberry
Frozen or prepared in house from mix.

Muffins: **1 medium muffin (1-1/2 oz.)**
- Apple Spice
- Banana Nut
- Blueberry
- Carrot Raisin
- Chocolate Chip
- Cinnamon Swirl
Frozen, fresh from commercial bakery or baked in house. Sweet Muffins.

Nut Breads: **3 x 3 x 3/4" slice**
- Apricot
- Banana
- Cranberry
- Date
- Zucchini
Frozen, fresh from commercial bakery or baked in house. Sweet Nut Breads.

CATEGORY: CONDIMENTS

MENU ITEM	MINIMUM SERVING SIZE
Catsup	Individual packet (7/16 oz.)
Individual packet. Good, red, ripe tomato color. Good flavor, smooth finish, specific gravity not less than 1.15 (33% solids). US Grade Extra Standard.	
Coffee Creamer (Low Fat)	Individual packet (2.8 gram)
Individual packets of powdered creamer that contain no more than one gram of total fat or saturated fat. Such as Carnation Coffee-Mate Lite.	
Crackers	2 packages
Must accompany all soup servings. Saltine-type crackers. Two 1-7/8" square crackers per package.	
Graham Crackers	2 packages
Standard graham crackers. Two 1-7/8" square crackers per package.	
Dill Pickle	1/4 of pickle
From green and firm cucumbers, brine or vinegar-packed. US Grade B or Extra Standard.	
Lemon Slice	1/8"-tick slice (2" minimum diameter)
Fresh. Heavy for size: oily and elastic thin skins; no sharply pointed ends. US Combination 1 & 2.	
Lemon Wedge	1/6 whole lemon
Fresh. See specification for Lemon Slice. US Combination 1 & 2.	
Margarine	5 gram Redi-pat (1 tsp.)
100% pure vegetable oil margarine. Send one redi-pat for each lunch meal. Send two redi-pats for each breakfast meal.	
Mayonnaise	Individual packet (7/16 oz.)
Commercial.	
Mustard	Individual packet (1/5oz.)
English (yellow) or French-style mustard. Smooth paste, free of hulls, heavy.	
Parmesan Cheese	1 Tbs. (5 gm.)
Grated Parmesan. Made of partly defatted cow's milk; hard, sharp flavor. USDA quality approved. Send in bulk to sites. 1 Tbs. (5 gm.) per serving to accompany Spaghetti (Mostaccioli) with Meatballs.	
Pepper	1 packet
Individual packets (0.3 gram).	

Salt

Individual packets (1.0 gram).

1 packet

CATEGORY: CONDIMENTS BEVERAGES

MENU ITEM	MINIMUM SERVING SIZE
Seafood Cocktail Sauce Individual packets.	Individual packet (7/16 oz.)
Soy Sauce Light soy sauce.	Individual packet (9 gm.)
Sour Cream Sour cream or sour half-and-half. USDA quality approved.	1 oz. packet
Sugar Individual packets (4.0 gram) granulated.	1 packet
Sugar Substitute Sweet 'n Low, Equal or equivalent. Individual 1.0 gram packets.	1 packet
Tartar Sauce Individual packets.	Individual packet (7/16 oz.)
Whipped Topping Frozen or prepared from commercial mix. Pure vegetable-type product. Send in sanitarly wrapped container for portioning at sites. Must be Grade A. if frozen. Rich's or equivalent.	1 tablespoon
BEVERAGES	
Decaffeinated Coffee Decaffeinated ground coffee prepared according to package specifications, medium strength. Taste panel may be required to evaluate flavor.	6 fl. oz.
Milk, 2% and Skim 2% low fat milk fortified with vitamins A and D. USDA quality approved. Nonfat skim milk may be ordered by each site.	Individual carton (8 fl. oz.)
Tea Individual wrapped packets. Lipton or equivalent.	1 tea bag plus 6 oz. boiling water

Lemon Crumb Pie

1/8 of 10" pie or 1/6 of 8" pie

See Desserts. Round pies only.

Cheesecake

1/16 of 10" cheesecake

French cream cheese or New York style cheesecake with crumb crust. 10" round cheesecake. Sara Lee or equivalent. With cherry or strawberry topping, if menued.

