PROJECT MENU - STAY-FIT DINING PROGRAM
County: ERIE Type of Menu: **STANDARD** Project Director: Susan Radke Approved by: Chief Dietitian

WEEK NO. 5	MONDAY 7/31/06		TUESDAY 8/1/06 **COLD PLATE**		WEDNESDAY 8/2/06		THURSDAY 8/3/06		FRIDAY 8/4/06	
MEAT OR ALTERNATE 3 oz. cooked Edible portion	(8 oz.)Beef Macaroni Casserole (C)	305	Sliced LS Ham. Turkey Breast and American Cheese over Shredded Lettuce w/ Mayonnaise	30 25 106 100	Boneless Chicken Breast with 1 oz. Herb Gravy	168 31	Breaded Pork Chop with 1 oz. Gravy	280 31	Breaded Fish with Tartar Sauce	179 70
VEGETABLES AND FRUITS	Apple Juice	57	Macaroni Salad	165	Mashed Sweet Potatoes (A & C)	116	California Mixed Vegetables (A&C)	31	Dutchess Potatoes (C) (1 oz. Cheese)	94
2-4 oz. Servings Vit C – Daily Vit A - 3x Wkly	Carrots (A&C)	26	Cherry Gelatin with Fruit Cocktail	84	Brussels Sprouts	33	Mashed Potatoes	75	Peas	62
BUTTER OR fort. MARGARINE 1 tsp	Margarine	37	Margarine	37	Margarine	37	Margarine	37	Margarine	37
BREAD OR ALTERNATE	Breakaway Roll	85	Soft Roll	125	Sliced Multigrain	70	Cornbread	136	Whole Wheat Soft Roll	125
MILK ½ Pint	1%	110	1%	110	1%	110	1%	110	1%	110
DESSERT ½ cup	Tropical Fruit Cup (C)	70	Fresh Cantaloupe (A & C)	28	Ice Cream	127	Applesauce	97	Strawberry Bavarian	102
SALAD							Marinated Tomato Wedges	90		
CALORIE COUNT		690		810		692		887		779
D MEAT OR ALTERNATE **I** 3 oz. cooked										
E VEGETABLES AND FRUITS **T** 2-4 oz.			Diet Fruited Gelatin	58						
S DESSERT ½ cup	Tropical Fruit Cup (C)	70	Fresh Cantaloupe (A & C)	28	Ice Cream	127	Applesauce	97	Diet Strawberry Bavarian	45
CALORIE COUNT	1%	690	1%	810	1%	692	1%	887	1%	722

* Add 20 Calories to the Calorie Count if 2% Milk is served at your center.

Revised 9/01

PROJECT MENU - STAY-FIT DINING PROGRAM
County: ERIE Type of Menu: **STANDARD** Project Director: Susan Radke Approved by: Chief Dietitian

WEEK NO. 6	MONDAY 8/7/06		TUESDAY 8/8/06		WEDNESDAY 8/9/06		THURSDAY 8/10/06		FRIDAY 8/11/06	
MEAT OR ALTERNATE 3 oz. cooked Edible portion	Baked Meatloaf with 1 oz. Mushroom Gravy	244 31	Sliced Turkey Breast with 1/3 cup Stuffing and 1 oz. Gravy & Cranberry PC	75 126 31 30	(6 oz.) Beef Pepper Steak Casserole (C) with ¼ c Rice	229 52	(2) Manicotti with 2 oz. Tomato Sauce	320 20	Breaded Pork Chop with 1 oz. Gravy	280 31
VEGETABLES AND FRUITS	Escalloped Potatoes	130	Mashed Potatoes (C)	75	French Bean Medley (A)	21	Peas	62	Fresh Diced Lyonnaise Creamed Potatoes (C)	109
2-4 oz. Servings Vit C – Daily Vit A - 3x Wkly	Broccoli (A & C)	26	Bavarian Red Cabbage	24	Corn	66	Blended Juice (C)	53	Seasoned Butternut Squash (A & C)	47
BUTTER OR fort. MARGARINE 1 tsp	Margarine	37	Margarine	37	Margarine	37	Margarine	37	Margarine	37
BREAD OR ALTERNATE	Sliced White Bread	80	No Bread	-------	Breakaway Roll	85	Sliced Crusty Bread	65	Fancy Dinner Roll	85
MILK ½ Pint	1%	110	1%	110	1%	110	1%	110	1%	110
DESSERT ½ cup	Cookies	230	Chocolate Ice Cream	143	Pineapple & Pear Cup	66	Angel Food Cake with Strawberries	85 50	Watermelon (C)	20
SALAD									Chef Salad (C) with Dressing	9 71
CALORIE COUNT		888		651		666		802		799
D MEAT OR ALTERNATE **I** 3 oz. cooked										
E VEGETABLES AND FRUITS **T** 2-4 oz.										
S DESSERT ½ cup	Lorna Doones	140	Chocolate Ice Cream	143	Pineapple & Pear Cup	66	Angel food Cake with Strawberries	85 50	Watermelon	20
CALORIE COUNT	1%	798	1%	651	1%	666	1%	802	1%	799

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Revised 9/01

PROJECT MENU - STAY-FIT DINING PROGRAM
County: ERIE Type of Menu: **STANDARD** Project Director: Susan Radke Approved by: Chief Dietitian

WEEK NO. 7	MONDAY 8/14/06		TUESDAY 8/15/06		WEDNESDAY 8/16/06		THURSDAY 8/17/06		FRIDAY 8/18/06 **SITE CHOICE**	
MEAT OR ALTERNATE 3 oz. cooked Edible portion	(2) Baked Chicken Thighs with 2 oz. Cacciatore Sauce (C)	210 28	Knockwurst with ¼ c Sauerkraut & Mustard	226 12 4	(8 oz.) Turkey Tetrazzini	322	Sliced Roast Beef with 1 oz. Herbed Gravy & Horseradish	170 31 2	Macaroni & Cheese Casserole -or- Meatloaf with (1 oz.) Gravy	508 244 31
VEGETABLES AND FRUITS	Green Beans (C)	19	Mashed Potatoes (C)	75	Carrots with Parsley (A&C)	26	Whole Sweet Potatoes (A&C)	91	Stewed Tomatoes (C)	36
2-4 oz. Servings Vit C – Daily Vit A - 3x Wkly	Seasoned Spinach (C)	27	Harvard Beets	43	Fruit Punch	60	Cauliflower with Red Pepper	17	Peas	62
BUTTER OR fort. MARGARINE 1 tsp	Margarine	37	Margarine	37	Margarine	37	Margarine	37	Margarine	37
BREAD OR ALTERNATE	Sliced Italian Bread	65	Hot Dog Bun	90	French Dinner Roll	95	NY Style Dinner Roll	95	Sliced Seedless Marble Rye bread	80
MILK ½ Pint	1%	110	1%	110	1%	110	1%	110	1%	110
DESSERT ½ cup	Lemon Cake with Frosting	150 70	Cantaloupe (A)	28	Tropical Fruit Cup (C)	70	Ambrosia	166	Chunk Pineapple	75
SALAD	Chef Salad with Dressing	9 71								
CALORIE COUNT		796		625		720		719	Mac & Cheese Meatloaf	908 675
D MEAT OR ALTERNATE **I** 3 oz. cooked			Beef Pepper Patty With 1 oz. Gravy	180 31						
E VEGETABLES AND FRUITS **T** 2-4 oz.										
S DESSERT ½ cup	Graham Crackers	120	Cantaloupe (A)	28	Tropical Fruit Cup (C)	70	Diet Ambrosia	38	Chunk Pineapple	75
CALORIE COUNT	1%	696	1%	594	1%	720	1%	591	Mac and Cheese Meatloaf 1%	908 675

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PROJECT MENU - STAY-FIT DINING PROGRAM
County: ERIE Type of Menu: **STANDARD** Project Director: Susan Radke Approved by: Chief Dietitian

WEEK NO. 8	MONDAY 8/21/06		TUESDAY 8/22/06		WEDNESDAY 9/23/06 **COLD PLATE**		THURSDAY 8/24/06		FRIDAY 8/25/06	
MEAT OR ALTERNATE 3 oz. cooked Edible portion	Low Sodium Ham Steak with 1 oz. Mustard Sauce	90 38	(8 oz.) Beef Stew	298	#8 scoop Tuna Macaroni Salad & #12 scoop Cottage Cheese with Shredded Lettuce	250 52 4	(6) Meatballs with ½ c Cavatapi Pasta with 3 oz. Tomato Sauce & Parmesan Cheese (C)	284 99 30 28	(2) Breaded Chicken Drumsticks	300
VEGETABLES AND FRUITS	Lima Bean Bake (C)	104	Mashed Potatoes (C)	75	Marinated Tomatoes (C)	90	Broccoli (A & C)	26	Southern Style Mashed Potatoes (C)	57
2-4 oz. Servings Vit C – Daily Vit A - 3x Wkly	Sweet Potato (C)	91	1/2 c Vegetables in Stew (A & C)	-----	Molded Citrus Salad	106	Grape Juice	53	Peas, Corn & Carrots (A)	64
BUTTER OR fort. MARGARINE 1 tsp	Margarine	37	Margarine	37	Margarine	37	Margarine	37	Margarine	37
BREAD OR ALTERNATE	Hoagie Roll	160	Biscuit	110	NY Style Roll	95	Sliced Italian Bread	65	Sliced Wheat Bread	80
MILK ½ Pint	1%	110	1%	110	1%	110	1%	110	1%	110
DESSERT ½ cup	Apricot Halves	88	Pistachio Pudding	150	Watermelon	20	Strawberry Ice Cream	127	Cookies	230
SALAD							Chef Salad With Dressing	9 71		
CALORIE COUNT		718		780		764		939		878
D MEAT OR ALTERNATE **I** 3 oz. cooked										
E VEGETABLES AND FRUITS **T** 2-4 oz.					Diet Molded Citrus Salad	73				
S DESSERT ½ cup	Apricot Halves	88	Diet Pistachio Pudding	70	Watermelon	20	Strawberry Ice Cream	127	Lorna Doones	140
CALORIE COUNT	1%	718	1%	700	1%	731	1%	939	1%	788

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PROJECT MENU - STAY-FIT DINING PROGRAM
County: ERIE Type of Menu: **STANDARD** Project Director: Susan Radke Approved by: Chief Dietitian

WEEK NO. 9	MONDAY 8/28/06		TUESDAY 8/28/06		WEDNESDAY 8/30/06		THURSDAY 8/31/06 **SITE CHOICE**		FRIDAY 9/1/06	
MEAT OR ALTERNATE 3 oz. cooked Edible portion	Stuffed Cabbage Roll with 2 oz. Savory Meat Sauce	120 78	Baked Boneless Chicken Breast with 1 oz. Polynesian Sauce	168 42	Salisbury Steak with 1 oz. Gravy	244 31	Cheese Omelet with (2 oz.). Western sauce -or- Chicken Patty with (2oz.). Western Sauce	190 144 205 144	(4 oz.) Shredded Roast Pork in Gravy	165 31
VEGETABLES AND FRUITS	Garlic Mashed Potatoes (C)	75	Rice Pilaf	119	Mashed Potatoes (C)	75	Oven Brown Potato Wedges	110	Mashed Sweet Potatoes (A&C)	116
2-4 oz. Servings Vit C – Daily Vit A - 3x Wkly	Carrots (A)	26	Broccoli & Cauliflower (C)	21	Peas with Fresh Onion	62	Green Beans	55	Creamed Cabbage with Dill	35
BUTTER OR fort. MARGARINE 1 tsp	Margarine	37	Margarine	37	Margarine	37	Margarine	37	Margarine	37
BREAD OR ALTERNATE	Sliced Rye Bread	80	Breakaway Roll	85	French Dinner Roll	95	Sliced Wheat Bread	80	Hoagie Roll	160
MILK ½ Pint	1%	110	1%	110	1%	110	1%	110	1%	110
DESSERT ½ cup	Tapioca Pudding with Fruit	117	Cherry Cake with Frosting	255 70	Orange Pineapple Velvet	69	Fresh Cantaloupe (A&C)	26	Fruit Cocktail	69
SALAD			Chef Salad with Dressing	9 71						
CALORIE COUNT		643		987		723	Omelet Chix Patty	752 767		723
D MEAT OR ALTERNATE **I** 3 oz. cooked										
E VEGETABLES AND FRUITS **T** 2-4 oz.										
S DESSERT ½ cup	Diet Bavarian with Fruit	68	Angel Food Cake	85	Orange Pineapple Velvet	69	Fresh Cantaloupe	26	Fruit Cocktail	69
CALORIE COUNT	1%	594	1%	747	1%	723	Omelet Chix Patty	752 767	1%	723

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