

Holiday Menus

List the meal component/nutrient with the serving size in the spaces below.

January-June

Meal Component/Nutrient (per meal)	January Holiday Pot Roast	February Holiday Chicken Fajitas	March Holiday Smoked Sausages	April Holiday Ham	May Holiday Turkey	June Holiday Hot dogs
Protein sources A minimum 3 ounce edible portion serving	Pot Roast 3 oz portion	<i>2 oz chicken from recipe</i> 1 oz shredded cheese	3 oz smoked sausage	3 oz slice ham	3 oz slice turkey	2 Hot dogs w/ or w/o sauce
Grains, Bread or Alternate 1-2: One Ounce-Equivalent	2" cube corn bread <i>1 oz from dessert</i>	<i>1 oz from recipe</i> 1 oz angel food cake or pound cake	1 bun <i>1 oz from dessert</i>	1 oz roll/bread	1 oz roll/bread	2 hot dog buns
Vegetable 2-3: ½ Cup-Equivalent	1 cup mixed carrots, potatoes, and onions ½ cup peas	<i>¼ cup from recipe</i> ¾ cup Three Bean Salad	½ cup sauerkraut ½ cup baby potato persillade	½ cup orange glazed sweet potatoes ½ cup green beans	¾ cup roasted potatoes O'Brian ½ cup cooked carrots	Small Bag of Chips ½ cup coleslaw
Fruit 1-2: ½ Cup-Equivalent	<i>(¼ cup from dessert recipe)</i>	½ cup strawberries	<i>(3/8 from dessert recipe)</i>	Choice of fruit	Choice of fruit	1 small apple or orange
Milk or Milk Alternates 1: One Cup-	Milk	Milk	1 cup ice cream and/or Milk	Milk	Milk	1 cup ice-cream and/or Milk

Equivalent						
Oils	Optional	Whipped cream or frozen whipped topping	Optional	Optional	Optional - gravy	Optional - Condiments
Desserts	Peach Cobbler	Angel food cake with strawberries and cream	Apple Crisp	Choice of cookie	Choice of pie	Choice of cookie

No food components may be counted in two categories. Example: serving beans as a protein source cannot be counted as a vegetable.

Refer to OAA TITLE III Nutrition Services Operation Manual for additional information.

Notes (Substitutions): _____

Signature: _____

Date: _____

Printed Name: _____

Holiday Menus

List the meal component/nutrient with the serving size in the spaces below.

July-December

Meal Component/Nutrient (per meal)	July Holiday Marinated Chicken	August Holiday Pork tenderloin	September Holiday Corned Beef	October Holiday Pig in a Blanket	November Holiday Turkey	December Holiday Ham
Protein sources A minimum 3 ounce edible portion serving	3 oz chicken choice of marinade	3 oz pork choice seasoning	3 oz corned beef	Hot dog ½ baked beans	3 oz turkey slice	3 oz ham slice
Grains, Bread or Alternate 1-2: One Ounce-Equivalent	¾ cup macaroni salad 1 oz whole wheat roll or bread	1 oz whole wheat roll/bread	½ cup corn pudding	<i>1 oz from pig in a blanket</i>	½ cup dressing/stuffing 1 oz whole wheat roll or bread	½ cup dressing/stuffing 1 oz whole wheat roll or bread
Vegetable 2-3: ½ Cup-Equivalent	½ cup broccoli salad ½ cup corn	½ cup scalloped potatoes ½ cup broccoli	½ cup garlic mashed potatoes ½ cup green beans	½ cup creamed spinach ½ cup cooked carrots	½ cup orange gazed carrots ½ cup mashed potatoes	½ cup green beans ½ cup mashed potatoes
Fruit 1-2: ½ Cup-Equivalent	<i>(1/2 cup in dessert)</i>	3/8 cup fruit salsa	<i>(1/2 cup in dessert)</i>	Choice of fruit	<i>(pumpkin in pie)</i>	1/3 cup cranberry orange relish
Milk or Milk Alternates 1: One Cup-	1 cup ice cream and/or milk	Milk	Milk	Milk	Milk	Milk

Equivalent						
Oils	Optional	Optional	Optional	Optional	Optional - gravy	Optional - gravy
Desserts	Apple cobbler	Cake of choice with icing	Choice of fruit pie	Pumpkin Muffin Squares	Pumpkin Pie	Brownie

No food components may be counted in two categories. Example: serving beans as a protein source cannot be counted as a vegetable.

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Notes (Substitutions): _____

Signature: _____

Date: _____

Printed Name: _____