

January 4, 2021

Dear Vendor:

Enclosed is an invitation released to food service management companies for the provision of food and consumable supply products to be distributed at various locations within a six (6) county service area, for a term beginning February 1, 2021 and ending December 31, 2021, with a possible six (6) month extension period, exercisable at the discretion of The East Tennessee Human Resource Agency ("ETHRA").

ETHRA is a 501(c)(3) non-profit organization and is eligible for any pricing discounts that are available. In addition, ETHRA presently participates in the USDA Bonus Dairy Commodity Program.

The enclosed bid represents food products that will be utilized during an eleven (11) month cycle menu that has been developed by our Registered Dietitian. Quantities are approximate and will vary depending on existing inventories at the various preparation sites.

All bids will be evaluated based on USDA Grade A products. Other grades may be included in the bid if the product is not available in Grade A from your organization.

Your organization may bid on any or all portions of the invitation to bid. We are requesting that you base your bid on an eleven (11) month cycle, beginning February 1, 2020. There will be a negotiation period for specific price adjustments at the end of the first three (3) month billing period.

If ETHRA elects to exercise the extension option, an additional negotiation period for price adjustments will occur within the 30 days prior to the original expiration date (i.e., from December 1 to December 31, 2021). Note that ETHRA must approve all price adjustments before such changes become effective.

Attached with the invitation to bid is a list of all delivery sites in the six (6) county service area. This information has been included to inform you of the various site locations and the delivery times products may be received.

ETHRA reserves the right to award or refuse any and all bids.

All bids must be received by Friday, January 15, 2021 before 4:00 p.m. at the following address: East Tennessee Human Resource Agency, Inc., 9111 Cross park Dr. Suite D-100, Knoxville, TN 37923.

Written notification to all respondents will be mailed or emailed by Monday, January 18, 2021.

If you have any questions please feel free to contact me.

Sincerely,

Janice Johnson
ETHRA Senior Nutrition Director
Enclosures/Attachments (3)

BID COVER SHEET

FOOD SERVICE AND CONSUMABLE SUPPLY RFB 2021-2021

Company: _____

Name: _____ Position: _____

Address: _____

Telephone: _____ Fax: _____

Email: _____

Signature; _____

Date: _____

REQUEST FOR BID (RFB 2021-2021)

EAST TENNESSEE HUMAN RESOURCE AGENCY (ETHRA) FOOD SERVICE AND CONSUMABLE SUPPLY BID

February 1, 2020 to December 31, 2021

INSTRUCTIONS TO BIDDERS

1. INVITATION: The East Tennessee Human Resource Agency (“ETHRA”), located at 9111 Cross Park Drive Suite D-100, Knoxville Tennessee 37923, invites you to submit a bid for food and consumable supply products, as identified in the attached list, in accordance with the following specifications.

This Request for Bid is being released for the provision of food and consumable supply products to be distributed on behalf of ETHRA and the ETAAAD at various locations within a six (6) county service area.

ETHRA will serve as the facilitator and point of contact for vendors throughout the bidding process.

2. SUBMISSION OF BIDS: All bids must be received no later than 4:00 p.m. EST, Friday, January 15, 2021, at the ETHRA office. All bids will be marked with the time and date it is delivered to ETHRA. Bids must include the Bid Cover Sheet with the signature, name, address and phone number of the company, and the name of the person submitting the bid. Bids received later than the deadline specified above will not be considered. The vendor is responsible for ensuring ETHRA’s timely receipt of their bid.

Marked on the front of the bid envelope must be the statement:

If you would like the bid in Excel format, please make your request via email to JJohnson@ethra.org.

3. SPECIFICATIONS: All bid items must be available for the calendar months indicated above at the price quoted. All bid items must be equal to or better than the quality specified. Poultry USDA Grade A, Beef USDA Grade A, Pork USDA Grade 1, Fruit and Vegetables USDA Grade A, Fancy.

ETHRA is a designated 501(c)(3) non-profit entity and thus ETHRA and contractors acting on its behalf are eligible for any available pricing discounts. In addition, ETHRA and the ETAAAD both participate in the USDA Bonus Dairy Commodity Program.

ETHRA requests that you base your bid on an eleven (11) month cycle, beginning February 1, 2021 and ending December 31, 2021. There will be a negotiation period for specific price adjustments at the end of the first three (3) month billing period. ETHRA must review and approve any and all price adjustments before they become effective.

4. EXTENSION: The contract awarded to the vendor with the winning bid will contain an extension option clause, exercisable by ETHRA, at its discretion, for a period of six (6) months. If ETHRA elects to exercise its option to extend the contract, it must send notice to the vendor a minimum of thirty (30) days in advance of the original expiration date. Upon vendor’s receipt of such notice, a negotiation period for price adjustments will occur within the following 30 days (i.e., the second price negotiation period

will occur from December 1 to December 31, 2021 if the option to extend is exercised). ETHRA must approve all price adjustments before they become effective.

5. COST: ETHRA and contractors acting on its behalf are eligible for any applicable discounts and are tax exempt.

6. CANCELLATION: This Request for Bid (RFB) in no matter obligates ETHRA to the eventual purchase of any items described, implied, or which may be proposed, until confirmed by a written notice of award. ETHRA reserves the right to cancel this RFB at any time, for any reason, and to reject any or all bids.

7. EVALUATION: To qualify for evaluation, a bid must be responsive, must have been submitted on time, and must materially satisfy all mandatory requirements throughout the RFB. To be considered responsive, a bid must reasonably and substantially conform to all of the specified requirements in the RFB. Any deviation from requirements indicated herein must be stated on an attached sheet(s). Otherwise, it will be considered that bids are in strict compliance with all requirements, and any successful vendor will be held responsible therefore. Terms of the RFB that any vendor considers particularly unwarranted, and to which that vendor would have to take a significant exception in the response, should be stated in the bid clearly and concisely. Evaluation will be on an item-by-item basis.

8. BID AWARD AND NOTIFICATION: Written notification to all respondents will be sent via mail or email by Monday, January 18, 2021. Any respondent may review the bids at the ETHRA office for 45 days following written notification.

9. QUESTIONS CONCERNING BID REQUEST AND AWARD:

Address all communications regarding food items and specifications to:

Janice Johnson Nutrition Manager
(865) 691-2551 ex 4210
or Nick Pappada ex 4207

ATTACHMENT I

FOOD SERVICE PRODUCTS

ETHRA and DCEA Food Bid
FOR THE PERIOD OF February 1, 2021 - December 31-2021

Item #	Item Name	Specification	Quantity	Size	Bid Price
201	Stew Beef	90% lean, packed 10# frozen	12		
202	Ground Beef	80/20 lean, frozen	300		
203	Hamburger Patties	4 oz. Patties, IQF, round in shape, char-grilled, pre-cooked, 75/25 lean, 10#	20		
204	Beef Patties	100% beef, IQF, 1/15#	20		
205	Meatloaf Mix	Ckd, sliced, 10#	10		
206	Pot Roast	Old-fashioned, Eckrich or equiv, pre-cooked, frozen	2		
207	Chicken Patties	4 oz. Patties, IQF, precooked, must yield 3 oz. cooked meat, packed 20#	5		
208					
209					
210	Chicken Thighs	Pre-cooked, roasted, IQF, U.S. Grade A, 2.75 oz	0		
211	Barbecued Pork	Chipped, packed in 5# tubs, maximum of 3% TVP, 4/5#	8		
212					
213	Chicken Breast patty	Pre-cooked, IQF, Breaded Southern Style, 40/4	30		
214	Pulled Chicken	Tyson or equiv, pulled, fully cooked, 100% white meat in 10# poly bag	4		
215	Chicken Drumsticks	Pre-cooked, roasted, IQF, U.S. Grade A, 2.75 oz, 10#	0		
216	Fish Patties	Cod, breaded, pre-cooked, oven ready, must yield 3 oz. cooked fish flesh, 2/5#	8		
217					
218					
219	Turkey Breast , deli-sliced	U.S. Grade A, 6-2#	5		
220	Turkey Breast	Pre-cooked, boneless, U.S. Grade A, 1#	25		
221	Ham	90 % lean without bone, U.S. Grade No. 1, 1 #	25		
222	Beef Stew	Libbys or equiv, not less than 30% of volume being meat product, packed 6/10	8		
223	Chili with Beans	Hormel, beans and meat being not less than 30% of volume, packed 6/10	8		
224	Chicken and Dumplings	Packed 12/48	2		
225	Meat Balls	Pre-cooked, 1/2 oz., packed 10#	0		
226	Sloppy Joe Mix	Packed 4/10	1		
227	Pollock	Hidden Bay or equiv, breaded crunchy potato, 3.6 oz oven ready, 10#	20		
228	Frozen Meals	Traditions or equiv., packaged 5/case, minimum variety of 4 cases	0		
229	Frozen Meals	Traditions or equiv., packaged 2/case, minimum variety of 4 cases	0		
230	Salisbury Steak	Patty, must yield 3 oz, packed 40/4 oz	15		
231	Beef franks	Packed 10 #	8		
232	Egg patty	Frozen, 120/1.5 oz	8		
233	Sausage	Fully cooked, 106/1.5 oz	10		
234	Whole Sausage Patties	4 oz patty, packed 10# frozen	0		
		All Vegetables packed 6/10, Grade A Fancy unless otherwise noted			
401	Green Beans	Short cuts	30		
402	Baked Beans	Bush's or equiv.	12		
403	Beets, Pickled	Sliced	0		
404	Beets, Sliced		1		
405	Carrots, Sliced		12		

Item #	Item Name	Specification	Quantity	Size	Bid Price
406	Corn, Whole Kernel	min. drained wt 70-75 oz (vacuum pack)	4		
407	Corn, Cream Style		4		
408	Mixed Greens		0		
409	Mixed Vegetables		0		
410	Peas, Green	Seive 3, early peas or other smooth skin varieties	10		
411	Peas, Blackeyed	Min drained wt. 72 oz.	0		
412	Beans, Pinto	Average wt. 71 oz	10		
413	Italian Green Beans		10		
414	Great Northern Beans		3		
415	Lima beans		0		
416	Navy beans		0		
417					
418					
419	Potatoes, dehydrated granules	Milk and vit C added, rehydrated by addition of milk or water	10		
420	Potatoes, dehydrated slices		0		
421	Potatoes - Whole		3		
422	Potatoes - Diced		0		
423	Spinach		1		
424	Stewed tomatoes		6		
425	Sweet Potatoes	cut or broken pieces, packed in lightsyrup or water	10		
426					
427					
428					
429					
430					
431					
432	Tomatoes - Diced		1		
433	Turnip Greens		3		
434	Vegetables for Stew		0		
435					
436					
437	Cream of Chicken Soup	Packed 12/5	2		
438	Spaghetti Sauce		8		
439	Broccoli - Cut/Frozen	Packed 12/2.5	5		
440	Broccoli-Chopped/Frozen	Packed 12/2.5	5		
441	Brussel Spouts - Frozen	Packed 12/2	6		
442	Carrots - Whole Baby/Frozen	Packed 12/2 and 20#	1		
443	California Blend Vegetables	Mix of Broccoli, carrots & cauliflower	5		
444	Collard Greens - Frozen	Packed 12/3	1		
445					
446	Mixed Greens - Frozen	Packed 12/3	1		
447	Turnip Greens - Frozen	Packed 12/3	3		
448	Lima Beans - Frozen	Baby #2 size, packed 12/2.5	1		
449	Spinach - Chopped/Frozen	Packed 12/3	1		
450	Mixed Vegetables - Frozen	Packed 20#	0		

Item #	Item Name	Specification	Quantity	Size	Bid Price
451	Peas & Carrots - Frozen	Packed 12/2.5	1		
452	Green Peas - Frozen	Packed 12/2.5 and 20#	4		
453	Sweet Potato Patties, frozen	Packed 224/1.5 oz	1		
454					
455					
456					
457					
458	Cauliflower - Frozen	Packed 12/2.5	8		
459	Tater Tots	Packed 6/5#	5		
460	Corn, whole kernel, frozen	Packed 20#	1		
461					
462	Tri-tater - Frozen		1		
501	Apples - Sliced	Min. drained wt. 96 oz, packed 6/10	6		
502	Applesauce - Canned	Unsweetened, not less than 9.0 degrees brix	6		
503	Citrus salad	light syrup	0		
504	Fruit Cocktail	light syrup	6		
505	Mixed Fruit	light syrup	0		
506	Peaches, Clingstone Regular Slice	115/155, light syrup, 14-18 degrees brix	5		
507	Mandarin Oranges	Light syrup or natural juice	6		
508	Peaches, Diced	Natural juice	8		
509	V-8 Juice, Low sodium	Packed 48/5.5	8		
510	Pineapple, Tidbits	Dole or equiv., packed in own juice	5		
511	Prunes, Stewed	Prepared from dried prunes, pitted, packed in water only, 215-235 ct.	0		
512	Pears, Sliced	Natural juice	0		
513	Pears, Diced	Natural juice	6		
514	Strawberries - Frozen	Sliced, packed 1/6.5	6		
515	Cranberry Sauce	jellied	1		
516	Tropical Fruit Mix	Packed 6/10	6		
517	Three Bean Salad		0		
518	Apple Juice	unsweetened, packed 48/5.5	8		
519	Orange Juice	unsweetened, packed 48/5.5	15		
520	Tomato Juice	unsweetened, packed 48/5.5	15		
521	Grape Juice	unsweetened, packed 48/5.5	5		
601	Biscuit - Southern Style - Frozen	Pillsbury, 2.2 oz	5		
602	White Cake Mix	packed 6/5 #	0		
603	Yellow Cake Mix	packed 6/5 #	1		
604					
605	Oatmeal Raisin	baked, thaw & serve	5		
606	Peanut Butter Cookies	bulk, 5 #	1		
607	Sugar Cookies	bulk, 10#	1		
608	Vanilla Wafer Cookies	bulk, 5 #	0		
609					

Item #	Item Name	Specification	Quantity	Size	Bid Price
610	Rolls, Sister Shubert	90/2 oz	25		
611	Flour - Plain Enriched	packed 10/5, 2/25#	0		
612					
613	Flour - Self-rising	enriched, packed 10/5, 2/25, 1/50#	0		
614	Kruesteav Cornbread Mix	packed 6/5 #	1		
615					
616					
617	Cornmeal - Self-rising	packed 10/5, 2/25#	2		
618	Sugar - Granulated	packed 12/5, 25, 50#	1		
619	Sugar - Powered	10X, packed 12/2, 50#	0		
620	Sugar -Brown	packed 12/2, 25, 50#	0		
621					
622					
623	Dinner Rolls - Ready to Serve		0		
624					
625					
701	Macaroni - Elbow	pack/3/10#	3		
702	Noodles, Medium egg	pack 10#	3		
703					
704	Pasta, spaghetti	pack/2/10#	5		
705	Chocolate Pudding	ready to serve, pack 6/10	0		
706	Butterscotch Pudding	ready to serve, pack 6/10	0		
707	Vanilla Pudding	ready to serve, pack 6/10	0		
708	Banana Pudding	ready to serve, pack 6/10	3		
709	Lemon Pudding	ready to serve, pack 6/10	0		
710	French Dressing	pack 4/1 gal	0		
711	French Dressing	pack 200/7/16 oz	0		
712	Italian Dressing	pack 200/7/16 oz	0		
713	Thousand Island Dressing	pack 200/7/16 oz	0		
714	Buttermilk Ranch Dressing	pack 500/12 GM	3		
715	Diet pudding	lemon, chocolate, vanilla flavors	0		
716	Gelatin - Diet Red		0		
717	Gelatin - Diet Lime		0		
718					
719					
720		2			
721	Pepper	pack 6/1000	0		
722	Pepper	1#	0		
723					
724	Tomato Ketchup	pack 1000/9 gm	1		
725	Mustard	pack 500/.2	1		
726	Saltine crackers	pack 500/2	2		
727	Saltine crackers	bulk pack			

Item #	Item Name	Specification	Quantity	Size	Bid Price
728					
729	Mayonnaise	packed 4/1 gal.	1		
730	Mayonnaise	ind. packs, 200/12 Gm	3		
731					
732					
733	Peanut Butter	rich color, USDA color 1-3, no oil separation, U.S. Fancy, packed 6/5#	0		
734					
735					
736					
737	Garlic, chopped	32 oz	2		
738	Chili Powder	5#	0		
739					
740					
741	BBQ Sauce	Classic Cattlemans, 4/1	2		
742	Salt	iodized, packed 6000/1 g	0		
743					
744	Tartar Sauce	200 ct	5		
745	Vanilla Extract	1 qt	0		
746	Vinegar - Apple Cider	1 gal	1		
747	Vinegar	individual packs, 500/2	1		
748					
749					
750	Gelatin - Assorted	packed 12/24 oz	1		
751					
752					
753					
754					
755					
756	Brown Gravy Mix	pack 8/1#	4		
757	Margarine	main ingredient liquid veg oil, packed 30/1#	8		
758	Margarine	individual packs, 500/5	5		
759	Country Crock	whipped oleo cups	0		
760	Whipped Topping	Rich's, non-dairy, packed 12/2#	0		
761	Processed Cheese - Sliced	packed 4/5#	6		
762	Processed Cheese - Bulk	packed 2/5#	0		
763	Milk	2%, white, carton refrigerated, packed 48/8 oz	50		
764					
765					
766					
767	Tuna	packed in water, 6/66.5 oz	0		
768	Tuna Salad	2/5 lb. Tub	4		
769	Chicken Salad	2/5 lb. Tub	8		
770	Potato Salad	packed 2/5#	8		
771	Cooking Oil, spray	packed 6/17 oz can	1		
772					

Item #	Item Name	Specification	Quantity	Size	Bid Price
773	Baked Lays Potato Chips	packed 64/1.13 oz	30		
774					
775	Cheese Sauce	packed 6/10	1		

ATTACHMENT II
CONSUMABLE SUPPLIES

ETHRA and DCEA Consumable Service Bid
FOR THE PERIOD OF February 1, 2021 - December 31, 2021

Item #	Item Name	Specification	Quantity	Size	Bid Price
801	Aluminum Oblong Trays & Lids	3-compartment, Reynolds or equiv., 35 gauge alum, 250 cnt	50		
802	Aluminum Foil	18" X 1000'	6		
803					
804	Styrofoam Squat Container	6 oz, w/lid, packed 20/25	10		
805	Styrofoam Squat Container	8 oz, w/lid, packed 20/25	1		
806	Styrofoam Squat Container	12 oz, w/lid, packed 20/25	1		
807	Styrofoam Tray	5 Compartment Styrofoam, Gen.pack, 4/125 cnt	5		
808	Plastic Aprons	Disposable, 100 per roll	2		
809	Plastic Gloves	Disposable, size large powder free, standard	5		
810					
811					
812	Brown Paper Bags	6 lb., standard, 500 cnt	8		
813	Bakery Bags	6x3x15, clear, standard, 1000 cnt	6		
814	Sandwich Bags	Plastic, Flip top, clear, 5/2000 cnt	1		
815					
816	Paper Towels	Household roll, standard, 30 cnt	15		
817					
818					
819	Cutlery kit	Plastic medium weight knife, spoon, fork napkin, 250 cnt	15		
820					
821					
822					
823	Plastic container	12 oz w/lid, packed 1000	5		
824					
825	Toilet Tissue	2 ply, standard	1		
826	Dishwashing Liquid	Dawn or equiv, 8/38 oz	3		
827					
828	Clear PVC Film	18" width roll, standard, mile long	1		

ETHRA and DCEA Consumable Service Bid
FOR THE PERIOD OF February 1, 2021 - December 31, 2021

Item #	Item Name	Specification	Quantity	Size	Bid Price
829	Cloth Dish Towel		0		
830	Disposable Dish Towel	12"x21", 150 cnt	2		
831	Bleach	6/1 gal Clorox or equiv	6		
832	Degreaser	12/32 oz, standard	2		
833					
834	Scouring Pads	#96, Scotch Bright	1		
835	Garbage Can Liners	33 gal, 250/cs	1		
836	Garbage Can Liners	60 gal, 200/cs	8		
837					

ATTACHMENT III
DELIVERY SITES/LOCATIONS



DELIVERY SITES

PATTERSON'S CATERING

148 Fowler Street

Oliver Springs, TN 37840

Margaret Patterson

865-435-2844

*****Delivery Accepted Monday-Tuesday-Wednesday-Friday (PREFER WEDNESDAY)
before 11:00 A.M.

HARROGATE SENIOR CENTER

310 Londonderry Rd

Harrogate, TN 37752

Lisa Bailey

423-973-3673

*****Delivery Accepted Monday-Tuesday-Thursday-Friday BEFORE 11:00 A.M.

SCOTT COUNTY NUTRITION SITE

215 Sunset Drive

Oneida, TN 37841

Shonda Lawson

423-569-6729

*****Delivery Accepted Monday-Tuesday-Thursday-Friday BEFORE 11:00 A.M.

UNION COUNTY SENIOR CENTER

298 Main Street

Maynardville, TN

Linda Ball

865-992-4801

*****Delivery Accepted Monday-Tuesday-Thursday-Friday BEFORE 11:00 A.M.

9111 CROSS PARK DRIVE, SUITE D-100-KNOXVILLE, TN 37923 info@ethra.org
865-691-2551

ATTACHMENT IV

SAMPLE THREE (3) MONTH CYCLE MENU

January - March 2021 Menu

	Jan 25 Feb 22 Mar 22	Jan 26 Feb 23 Mar 23	Jan 27 Feb 24 Mar 24	Jan 28 Feb 25 Mar 25	Jan 01 Jan 29 Feb 26 26-Mar
	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Alternate 3 oz. cooked edible portion	BBQ pork or Sloppy joe	Navy or pinto beans (onions)	Sausage egg biscuit or burrito	Beef and noodles or tater tot casserole or lasagna	Chili
Vegetables & Fruit 2 1/2 cup servings	Carrots	Greens of choice (vinegar)	Hash browns or tri-taters	Tossed salad	Corn
	Oven fries or cheesy potatoes	Mashed potatoes	Orange or V-8 juice	Green beans	Cole slaw or vegetable salad
Bread or Alternate 1 serving	Bun	Cornbread	Biscuit or tortilla	Italian bread or roll	Crackers
Dessert	Applesauce or fruit in season	Fruit in season or fruit juice	Baked apples or citrus salad	Sliced pears	Mixed fruit or fruit juice
Diet Dessert	Applesauce or fruit in season	Fruit in season or fruit juice	Baked apples or citrus salad	Sliced pears	Mixed fruit or fruit juice

Note: All menus include fortified margarine and 1/2 pint milk.

Prepared by: Paula Nelson, MS, RD, LDN

Date: 30-Nov-20

January - March 2021 Menu

	Jan 04 Feb 01 Mar 01 Mar 29	Jan 05 Feb 02 Mar 02 Mar 30	Jan 06 Feb 03 Mar 03 Mar 31	Jan 07 Feb 04 Mar 04	Jan 09 Feb 05 Mar 05
	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Alternate 3 oz. cooked edible portion	Salisbury steak or beef patty w/gravy	Spaghetti w/ meat sauce	Chicken tetrazinni or chicken pot pie	Turkey	Shepherds pie or tater tot casserole
Vegetables & Fruit 2 1/2 cup servings	Sweet potatoes or potatoes of choice	Tossed salad or california blend	Carrots	Whipped potatoes	Brussel sprouts
	California blend or mixed vegetables	Italian green beans	Lima beans or beets of choice	Green peas	Cauliflower
Bread or Alternate 1 serving	Whole wheat bread	Wheat or Italian bread	Wheat bread or biscuit	Roll	Roll
Dessert	Fruit in season or fruit juice	Banana pudding or fruit cup	Chilled pineapple or peaches	Cranberry orange relish or tangerine	Fruit in gelatin
Diet Dessert	Fruit in season or fruit juice	Banana pudding or fruit cup	Chilled pineapple or peaches	Cranberry orange relish or tangerine	Fruit in gelatin

Note: All menus include fortified margarine and 1/2 pint milk.

Prepared by: Paula Nelson, MS, RD, LDN

Date: 30-Nov-20

January - March 2021 Menu

	Jan 11 Feb 08 Mar 08	Jan 12 Feb 09 Mar 09	Jan 13 Feb 10 Mar 10	Jan 14 Feb 11 Mar 11	Jan 15 Feb 12 Mar 12
	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Alternate 3 oz. cooked edible portion	Hamburger w/condiments (tomato, lettuce, onion)	Oven fried fish or salmon patties (tartar sauce)	Chicken patty or chicken and noodles	Baked ham	Beef patty w/gravy
Vegetables & Fruit 2 1/2 cup servings	Baked beans	Cole slaw	Steamed broccoli	Sweet potatoes	Mashed potatoes
	Oven fries or baked potato chips	Peas	Cauliflower	Green beans	California blend or carrots
Bread or Alternate 1 serving	Bun	Whole wheat bread	Whole wheat roll	Whole wheat roll or biscuit	Roll
Dessert	Fruit in season	Tangerine or Mandarin oranges	Strawberry shortcake or fruit in season	Fruit in season or pineapple	Fruit in season or juice
Diet Dessert	Fruit in season	Tangerine or Mandarin oranges	Strawberry shortcake or fruit in season	Fruit in season or pineapple	Fruit in season or juice

Note: All menus include fortified margarine and 1/2 pint milk.

Prepared by: Paula Nelson, MS, RD, LDN

Date: 30-Nov-20

January - March 2021 Menu

	Jan 18 Feb 15 Mar 15	Jan 19 Feb 16 Mar 16	Jan 20 Feb 17 Mar 17	Jan 21 Feb 18 Mar 18	Jan 22 Feb 19 Mar 19
	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Alternate 3 oz. cooked edible portion	Macaroni and cheese	Oven roasted chicken or chicken patty	Pinto or mixed beans (onions)	Beef stew or cabbage beef soup	Meatloaf
Vegetables & Fruit 2 1/2 cup servings	Lima beans	Broccoli	Spinach	Baked apples	Whipped potatoes
	Stewed tomatoes	Carrots	Potatoes of choice	Tossed salad	Italian green beans or peas
Bread or Alternate 1 serving	Roll or whole wheat bread	Whole wheat bread or roll	Cornbread	Cornbread	Whole wheat bread or roll
Dessert	Mandarin oranges or Citrus salad	Applesauce or fruit in season	Peaches	Oatmeal raisin cookie	Fruit in season
Diet Dessert	Mandarin oranges or Citrus salad	Applesauce or fruit in season	Peaches	Graham crackers	Fruit in season

Note: All menus include fortified margarine and 1/2 pint milk.

Prepared by: Paula Nelson, MS, RD, LDN

Date: 30-Nov-20