

January 21, 2020

Bid Administrator

Dear Administrator:

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.

The East Tennessee Human Resource Agency meet's the IRS definition of a non-profit organization and are eligible for any pricing discounts that are available. In addition, each agency presently participants in the USDA Bonus Dairy Commodity Program.

The enclosed bid represents food products that will be utilized during a twelve (12) month cycle menu that has been developed by our Registered Dietician. 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.

We are requesting that you base your bid on a twelve (12) month cycle, beginning February 1, 2020. Your organization may bid on any or all portions of the invitation to bid.

Although the bid is authorized for a twelve (12) month cycle, there will be a negotiation period for specific price adjustments at the end of the first six (6) month billing period. The East Tennessee Human Resource Agency must review all price adjustments before changes are initiated.

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

The East Tennessee Human Resource Agency reserves the right to award or refuse any and all bids.

January 21, 2020 Page 2

All bids must be received by Wednesday, January 29, 2020 before 4:00 p.m. to the address listed below.

East Tennessee Human Resource Agency, Inc. 9111 Cross park Dr. Suite D-100 Knoxville, TN 37923

Written notification to all respondents will be no later than Wednesday, February 12, 2020

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

Johnson me Janige Johnson

ETHRA Senior Nutrition Director

Enclosures

BID COVER SHEET

FOOD SERVICE AND CONSUMABLE SUPPLY RFB 2020-2021

Name:	Position:	
Address:		<u></u>
Telephone:	Fax:	
Email:		

Signature;

Date: _____

REQUEST FOR BID (RFB 2019-2020)

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

February 1, 2020 to January 31, 2021

INSTRUCTIONS TO BIDDERS

1. **INVITATION:** The ETHRA - East Tennessee Human Resource Agency (ETHRA), 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.

The Request for Bid has been released for the provision of food and consumable supply products to be distributed for (2) non-profit agency at various locations within an eight-(8) county service area.

The ETHRA will serve as the facilitator and contact between the vendors and the contracting agencies during the bid process.

2. <u>SUBMISSION OF BIDS:</u> All bids must be received no later than 4:00 p.m. EST, Wednesday, January 29, 2020, at the ETHRA office, at which time they will be dated

received. 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. 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.

ETHRA FOOD SERVICE AND CONSUMABLE SUPPLY BID (RFB 2020-2021)

The date and time will be stamped on the bids as they are received by ETHRA. Bids received later than the deadline will not be considered. The vendor is responsible for ETHRA timely receipt of their bid.

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 and its contractors meet the IRS definition of a non-profit organization and are eligible for any pricing discounts that are available. In addition, each agency presently participates in the USDA Bonus Dairy Commodity Program.

ETHRA request that you base your bid on a twelve-(12) month cycle, beginning February 1, 2020 to January 31, 2021. Although the bid is authorized for a twelve-(12) month cycle, there will be a negotiation period for specific price adjustments at the end of the first six- (6) month billing period. ETHRA must review any and all price adjustments before adjustments are initiated.

4. <u>COST: ETHRA</u> and its contractors are subject to any discount and are tax exempt.

5. **TERMINATION:** The 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.

6. **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 requirement 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.

7. **BID AWARD AND NOTIFICATION:** Written notification to all respondents will be mailed by Wednesday, February 12, 2020. Any respondent may review the bids at the ETHRA office for 45 days following written notification.

8. **QUESTIONS CONCERNING BID REQUEST AND AW ARD:**

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

Ŷ	ETHRA and DCEA Food Bid	FOR THE PERIOD OF January 1, 2020 - December 31-2020
		R THE

	 90% lean, packed 10# frozen 90% lean, packed 10# frozen 80/20 lean, frozen 80/20 lean, frozen 80/20 lean, frozen 80/20 lean, 48/4 100% beef, IQF, round in shape, char-grilled, pre-cooked, 80/20 lean, 48/4 100% beef, IQF, 1/15# Ckd, sliced, 10# Breaded Breast, IQF, precooked, must yield 3 oz.cooked meat, packed 40/4 oz Chipped, packed in 5# tubs, maximum of 3% TVP,4/5# Pre-cooked, IQF, must yield 3 oz.cooked meat, packed 40/4 oz Pre-cooked, IQF, must yield 3 oz.cooked meat, 10# Tyson or equiv, pulled, fully cooked, 100% white meat in 10# poly bag Cod, breaded, pre-cooked, oven ready, must yield 3 oz. cooked fish flesh, 10# U.S.Grade A, 6-2# Pre-cooked, boneless, U.S. Grade A, 1# 90 % lean without bone, U.S. Grade No. 1, 1 # Libbys or equiv, not less than 30% of volume being meat product, packed 6/10 Hormel, beans and meat being not less than 30% of volume, packed 6/10 	20 20 100 70 70 70 70 70 40 10 10 70 50 25 25 25 20 25 25 25 25 25 25 25 25 25 25 25 25 25	
Stew Beef Stew Beef Stew Beef Ground Beef Ground Beef Hamburger Pat Beef Patties Meatloaf Mix Chicken Patties Barbecued Por Barbecued Por Fish Patties Turkey Breast Fulled Chicken Fish Patties Fish Patties Turkey Breast Furkey Breast Turkey Breast Forsteen Beef Stew Chicken and D Sloppy Joe Mix Sloppy Joe Mix Beef Stew Chicken and D Sloppy Joe Mix Egg patty Beef franks Egg patty Beefs, Pickled Beeers, Sliced Mixed Veram S Corn, Whole Sausage Mixed Sausage Beeers, Sliced Beest, Sliced Corn, Whole K Beans, Blackey Beans, Blacker Beans, Blacker Beans, Blacker Blacker	of 10# frozen n F, round in shape, char-grilled, pre-cooked, 80/20 lean, 48/4 1/15# 1/15# IOF, precooked, must yield 3 oz. cooked meat, packed 40/4 i in 5# tubs, maximum of 3% TVP, 4/5# , must yield 3 oz cooked meat, 10# pulled, fully cooked, 100% white meat in 10# poly bag pulled, fully cooked, 100% white meat in 10# poly bag pulled, fully cooked, nust yield 3 oz. cooked fish flesh, 1(2# re-cooked, oven ready, must yield 3 oz. cooked fish flesh, 1(2# ut bone, U.S. Grade A, 1# ut bone, U.S. Grade No. 1, 1 # not less than 30% of volume being meat product, packed 6/ and meat being not less than 30% of volume, packed 6/10	20 100 150 70 70 30 45 45 125 10 10 10 10 10 25 20 20 20	
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Hamburger Patties Beeef Patties Beeef Patties Reactional Mix Chicken Patties Barbecued Port Chicken Barbecued Port Chicken Breast Fish Patties Forket Breast Ham Beef Stew Chicken and D Sloppy Joe Mix Pollock Beef Stew Salisbury Steal Beef franks Beef franks Beef franks Beets, Pickled Beets, Pickled Beets, Sliced Corn, Whole K Corn, Whole K Corn, Cream S Beans, Plato Beans, Blacker Vegetat Beans, Blacker Vegetat Beans, Blacker Vegetat	F, round in shape, char-grilled, pre-cooked, 80/20 lean, 48/4 1/15# 1/15# IQF, precooked, must yield 3 oz.cooked meat, packed 40/4 in 5# tubs, maximum of 3% TVP, 4/5# , must yield 3 oz cooked meat, 10# pulled, fully cooked, neat, 10# pulled, fully cooked, nuet yield 3 oz. cooked fish flesh, 1(z# necooked, oven ready, must yield 3 oz. cooked fish flesh, 1(z# neless, U.S. Grade A, 1# ut bone, U.S. Grade A, 1# not less than 30% of volume being meat product, packed 6/ and meat being not less than 30% of volume, packed 6/10	150 70 30 30 45 45 40 10 10 70 50 50 50 50 50 50 50 50 50 50 50 50 50	
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Chicken Patties Barbecued Por Chicken Breast Fish Patties Fish Patties Turkey Breast Turkey Breast Turkey Breast Ham Chicken and D Sloppy Joe Mix Beef Stew Chicken and D Sloppy Joe Mix Beef Stew Chicken and D Sloppy Joe Mix Pollock Frozen Meals Frozen Meals Salisbury Steal Beef franks Egg patty Sausage Whole Sausag Whole Sausag Corn, Whole Sausag Beets, Pickled Beets, Sliced Corn, Whole K Beets, Sliced Corn, Whole K Beets, Sliced Beets, Sliced Beets, Sliced Beets, Sliced Corn, Whole K Beets, Sliced Beets, Sliced Beets, Sliced Beets, Sliced Beets, Sliced Beets, Pickled Beets, Pickled Beets, Sliced Corn, Whole K Beets, Sliced Beets, Pickled Beets, Pickled Beans, Pinto	ed meat, packed 40/4 n 10# poly bag . cooked fish flesh, 10 at product, packed 6/ olume, packed 6/	25 45 125 10 40 10 30 30 25 25 25 25 25 25 25 25	
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Pulled Chicken Fish Patties Turkey Breast Turkey Breast Ham Beef Stew Chili with Bean Chicken and D Sloppy Joe Mix Pollock Frozen Meals Frozen Meals Salisbury Steal Beef franks Beef franks Beef franks Beets, Pickled Beets, Sliced Corn, Whole Sausag Mohole Sausage Vhole Sausage Beets, Pickled Beets, Sliced Corn, Whole Kean Bears, Blacked Beans Beans, Pinto Beans, Pinto Beans, Pinto Beans, Pinto Beans, Pinto Italian Green	Tyson or equiv, pulled, fully cooked, 100% white meat in 10# poly bag Cod, breaded, pre-cooked, oven ready, must yield 3 oz. cooked fish flesh, 10# U.S.Grade A, 6-2# Pre-cooked, boneless, U.S. Grade A, 1# 90 % lean without bone, U.S. Grade No. 1, 1 # Libbys or equiv, not less than 30% of volume being meat product, packed 6/10 Hormel, beans and meat being not less than 30% of volume, packed 6/10	10 40 30 25 25 25 25 25 25 25 25 25 25 25 25 25	
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	Hormel, beans and meat being not less than 30% of volume, packed 6/10	20	
		20	
	Packed 12/48	G	
	Packed 6/10		
	Hidden Bay or equiv, breaded crunchy potato, 3.6 oz oven ready, 10#	40	
	Traditions or equiv.,packaged 5/case, minimum variety of 4 cases	500	
	Traditions or equiv.,packaged 2/case, minimum variety of 4 cases	3000	
	Patty, must yield 3 oz, packed 40/4 oz	80	
	Packed 10 #	20	
	Frozen, 120/1.5 oz	30	
	Fully cooked, 106/1.5 oz	30	
	4 oz patty, packed 10# frozen	5	
	All Vegetables packed 6/10, Grade A Fancy unless otherwise noted		
		50	
	Bush's or equiv.	30	
	Sliced	5	
		2	
		30	
	min. drained wt 70-75 oz (vacuum pack)	25	
		01	
		101	
	Seive 3, early peas or other smooth skin varieties	30	
	Min drained wt. 72 oz.	0	
		30	
Т		30	
1 A13 ICreat Northern Reans		5	
		9	
		5	
╧	Milk and vit C added rehvdrated by addition of milk or water	25	
410 Pulatues, usityulated glatitutes		10	

Item #	Item Name	Specification	Quantity	Size	Bid Price
	<u> </u>				
the second se	Stewed tomatoes		25		
	Sweet Potatoes	cut or broken pieces, packed in lightsyrup or water	40		
	Tomatoes - Diced		5		
	Turnip Greens		5		
	Vegetables for Stew		10		
1	Cream of Chicken Soup	Packed 12/5	5		
	Spaghetti Sauce		30		
	Broccoli - Cut/Frozen	Packed 12/2.5	30		
	Broccoli-Chopped/Frozen	Packed 12/2.5	20		
	Brussel Spouts - Frozen	Packed 12/2	20		
	Carrots - Whole Baby/Frozen	Packed 12/2 and 20#	20		
429	California Blend Vegetables	Mix of Broccoli, carrots & cauliflower	20		
	Collard Greens - Frozen	Packed 12/3	2		
	Mixed Greens - Frozen	Packed 12/3	2		
	Turnip Greens - Frozen	Packed 12/3	2		
	Lima Beans - Frozen	Baby #2 size, packed 12/2.5	5		
	Spinach - Chopped/Frozen	Packed 12/3	5		
	Mixed Vegetables - Frozen	Packed 20#	5		
	Peas & Carrots - Frozen	Packed 12/2.5	5		
437	Green Peas - Frozen	Packed 12/2.5 and 20#	5		
	Sweet Potato Patties, frozen	Packed 224/1.5 oz	5		
439	Cauliflower - Frozen	Packed 12/2.5	25		
440	Tater Tots	Packed 6/5#	25		
441	Corn, whole kernel, frozen	Packed 20#	5		
442	Tri-tater - Frozen		5		
504					
	Apples - Sliced	Min. drained wt. 96 oz	20		
	Applesauce - Canned	Unsweetened, not less than 9.0 degrees brix	30		
	Fruit Cocktail	light syrup	30		
	Mixed Fruit	light syrup	10		
	Peaches, Clingstone Regular Slice	115/155, light syrup, 14-18 degrees brix	30		
	Mandarin Oranges	Light syrup or natural juice	30		
	Peaches, Diced	Natural juice	30		
	V-8 Juice, Low sodium	Packed 48/5.5	20		
	Pineapple, Tidbits	Dole or equiv., packed in own juice	20		
	Pears, Sliced	Natural juice	30		
	Pears, Diced	Natural juice	30		
the second s	Strawberries - Frozen	Sliced, packed 1/6.5	20		
	Cranberry Sauce	jellied	0		
	Tropical Fruit Mix	Packed 6/10	10		
	Three Bean Salad		5		
······	Apple Juice	unsweetened, packed 48/5.5	20		
The second se	Orange Juice	unsweetened, packed 48/5.5	40		
518	Tomato Juice	unsweetened, packed 48/5.5	40		
519	Grape Juice	unsweetened, packed 48/5.5	20		
	Biscuit - Southern Style - Frozen	Pillsbury, 2.2 oz	30		
602	Yellow Cake Mix	packed 6/5 #	5		

		Charification	Quantity	Size	Bid Price
Item #	Item Name	Openiiradivi			
603	Oatmeal Raisin	baked, thaw & serve	21,		
604	ubert	90/2 oz	150		
605	l Mix	packed 6/5 #	10		
606	Commeal - Self-rising	packed 10/5, 2/25#	S		
607	Sugar - Granulated	packed 12/5, 25, 50#	5		
701	Macaroni - Elbow	pack/10#	10		
202	Noodles Medium eaa	pack 10#	10		
703	Pasta shadhettí	pack/10#	20		
204	Ranana Pudding	I ready to serve, pack 6/10	°		
102	Ruttermik Ranch Dressing	pack 500/12 GM	15		
202	Tomato Katchin	nack 1000/9 am	10		
202	Mintered	hack 500/ 2	2		
002	Routine crochere	nack 500/2	5		
		hackad 4/1 rai	15		
240	liviayoririaise Maxamatao	ind backs 200/12 Gm	20		
2 7 7			2		
- (*	Totas Source	200 ct	10		
212	I al lal Jauve	racked 12/24 nz	5		
212	Gelatin - Assorteu		10		
714	Brown Gravy Mix		20		
715	Margarine		5		
716	Margarine	individual packs, 500/5			
717	Country Crock	whipped aleo cups			
718	Processed Cheese - Sliced	packed 4/5#	01		
719	Tuna	packed in water, 6/66.5 oz	7		
720	Tuna Salad	2/5 lb. Tub	30		
721	Chicken Salad	[2/5 lb. Tub	30		
722	Potato Salad	packed 2/5#	20		
723	Cooking Oil, sprav	packed 6/17 oz can	2		
704	Raked Lave Potato Chins		75		
725	Cheese Sauce		3		

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ATTACHMENT II

CONSUMABLE SUPPLIES

ETHRA and DCEA Consumable Service Bid FOR THE PERIOD OF January 1, 2020 - December 31, 2020

824	823	822	821	820	819	818	817	816	815	814	813	812	811	810	809	808	807	806	805	804	803	802	801	Item #
Garbage Can Liners	Garbage Can Liners	Scouring Pads	Degreaser	Bleach	Disposable Dish Towel	Cloth Dish Towel	Clear PVC Film	Dishwashing Liquid	Toilet Tissue	Plastic container	Cutlery kit	Paper Towels	Sandwich Bags	Bakery Bags	Brown Paper Bags	Plastic Gloves	Plastic Aprons	Styrofoam Tray	Styrofoam Squat Container	Styrofoam Squat Container	Styrofoam Drinking Cups	Aluminum Foil	Aluminum Oblong Trays & Lids	Item Name
60 gal, 200/cs	33 gal, 250/cs	#96, Scotch Bright	12/32 oz, standard	6/1 gal Clorox or equiv	12"X24"		18" width roll, standard, mile long	Dawn or equiv, 4/38 oz	2 ply, standard	12 oz w/lid, packed 1000	Plastic medium weight knife, spooon, fork napkin, 250 cnt	Household roll, standard, 30 cnt	Plastic, Flip top, clear, 5/2000 cnt	6x3x15, clear, standard, 1000 cnt	6 lb., standard, 500 cnt	Disposable, size medium, standard	Disposable, 100 per roll	5 Compartment Styrofoam, Gen.pack, 4/125 cnt	6 oz, with lid, combination pack	8 oz, extra squat container w/lid, combination pack	6 oz, standard	18" X 1000'	3-compartment, Reynolds or equiv., 35 gauge alum, 250 cnt	Specification
15	2	2	2	10	თ	ω	5	10	2	5	60	50	2	30	30	10	5	30	50,000	5,000	10	15	175	Quantity
																								Size
																								Bid Price

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ATTACHMENT III

DELIVERY SITES/LOCATIONS

EAST TENNESSEE HUMAN RESOURCE AGENCY KITCHEN LOCATIONS

PATTERSON'S CATERING 148 Fowler Street Oliver Springs, TN 37840 865-435-2844 Margaret Patterson ***Delivery accepted Monday-Tuesday-Wednesday, Friday (PREFER WEDNESDAY)* BEFORE 11:00 A.M.

HARROGATE SENIOR CENTER 310 Londonderry Road Harrogate, TN 37752 423-973-3673 Lisa Bailey ***Delivery accepted Monday-Friday*** BEFORE 11:00 A.M.

SCOTT COUNTY NUTRITION SITE 215 Sunset Drive Oneida, TN 37841 423-569-6729 Shonda Lawson ***Delivery accepted Monday-Tuesday-Thursday-Friday*** BEFORE 11:00 A.M.

UNION COUNTY SENIOR CENTER 298 Main Street Maynardville, TN 865-992-4801 Linda Ball ***DELIVERY ACCEPTED Monday-Tuesday-Thursday-Friday***BEFORE 11:00 A.M.

PAGE 1

ATTACHMENT IV

SAMPLE THREE (3) MONTH CYCLE MENU

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	Oct 28 Nov 25 Dec 23	Oct 01 Oct 29 Nov 26 Dec 24	Oct 02 Oct 30 Nov 27 Dec 25	Oct 03 Oct 31 Nov 28 Dec 26	Oct 04 Nov 01 Nov 29 Dec 27
	Vonday	Tuesday	Wednesday	Thursday	Finday
Meat or Alternate 3 oz. cooked edible portion	Baked ham	Hamburger (condiments)	Chicken patty or oven fried chicken	Beef stew	Turkey
Vegetables & Fruit 2 1/2 cup servings	Green beans	Baked beans	California blend	Cole slaw or tossed salad	Whipped potatoes or sweet potatoes
	Sweet potatoes	Tater tots	Potatoes of choice	Baked apples	Green peas
Bread or Alternate 1 serving	Roll	Bun	Roll or biscuit	Cornbread	Roll
Dessert	Chilled pineapple	Strawberry shortcake	Fruit in season or fruit juice	Cranberry orange Oatmeal raisin cookie salad or pumpkin pie	Cranberry orange salad or pumpkin pie
Diet dessert	Chilled pineapple	Strawberry shortcake Fruit in season or fruit juice	Fruit in season or fruit juice	Graham crackers	Cranberry orange salad or tangerine

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

Prepared by: Paula Nelson, RD

Date: 31-Aug-19

. . . . October - December 2019 Menu

Italian green beans, Spaghetti w/meat sauce Oct 11 Nov 08 Dec 06 Friday Tossed salad Chilled pears Chilled pears Italian bread Mandarin oranges or Mandarin oranges or Roll or whole wheat Oven fried chicken Steamed broccoli Sliced peaches or chicken patty Sliced peaches Thursday Oct 10 Nov 07 Dec 05 Carrots bread Macaroni & tomatoes or stewed tomatoes Greens of choice Wednesday Oct 09 Nov 06 Dec 04 Fruit cocktail Fruit cocktail Pinto beans Cornbread Fruit in season or Fruit in season or Tuesday Oct 08 Nov 05 Dec 03 Dec 31 Sloppy joe or BBQ Green beans fruit juice fruit juice Corn Bun V-8 or tomato juice Oct 07 Nov 04 Dec 02 Dec 30 Monday Sausage/egg (biscuit) Baked apples Fruit cup or banana or banana Fruit cup Biscuit Vegetables & Fruit 2 1/2 cup servings Bread or Alternate Meat or Alternate edible portion 3 oz. cooked Diet Dessert 1 serving Dessert

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

Prepared by: Paula Nelson, RD

Date: 31-Aug-19

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October - December 2019 Menu

	Oct 14 Nov 11 Dec 09	Oct 15 Nov 12 Dec 10	Oct 16 Nov 13 Dec 11	Oct 17 Nov 14 Dec 13	Oct 18 Nov 15 Dec 14
	Monday	Tuesday	Wednesday		Friday
Meat or Alternate 3 oz. cooked edible portion	Hamburger (lettuce, tomato)	Baked ham	Chicken & noodles or chicken pot pie	Chili	Oven fried fish (tartar sauce)
Vegetables & Fruit 2 1/2 cup servings	Baked beans	Sweet potatoes	Green beans	Corn or cheesy potatoes	Green peas
	Baked potato chips or potato salad	Cauliflower	Baby carrots	Coleslaw	Scalloped potatoes
Bread or Alternate 1 serving	Bun	Biscuit or whole wheat roll	WW bread or roll	Corn chips (fritos) or crackers	Bun or cornbread
Dessert	Bananas or fruit in season	Chilled pineapple	Fruit in gelatin	Fruit in season	Chilled peaches
Diet Dessert	Bananas or fruit in season	Chilled pineapple	Fruit in gelatin	Fruit in season	Chilled peaches

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

Prepared by: Paula Nelson, RD

Date: 31-Aug-19

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October

	Oct 21 Nov 18 Dec 16	Oct 22 Nov 19 Dec 17	Oct 23 Nov 20 Dec 18	Oct 24 Nov 21 Dec 19	Oct 25 Nov 22 Dec 20
	Monday	Tuesday	Wednesday	Thursday The second sec	Fiday
Meat or Alternate 3 oz. cooked edible portion	Macaroni & cheese	Chicken & dumplings or oven roasted chicken	Meatloaf	BBQ chicken or pork	Salisbury steak
Vegetables & Fruit 2 1/2 cup servings	Broccoli	Lima beans	Potatoes of choice	Creamed corn	Whipped potatoes
	Sliced or stewed tomatoes	Carrots	California blend	Green beans	Peas and carrots or brussel sprouts
Bread or Alternate 1 serving	W W bread or roll	Roll or biscuit	Whole wheat bread	Bun	Roll
Dessert	Fruit in season or chilled pears	Fruit in gelatin	Fruit in season	Applesauce or strawberry shortcake	Fruit in season or fruit cup
Diet Dessert	Fruit in season or chilled pears	Fruit in gelatin	Fruit in season	Applesauce or strawberry shortcake	Fruit in season or fruit cup

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

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Date: 31-Aug-19