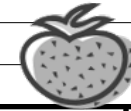




MONDAY Vegetable Bar Recipe - R #2727

MONDAY- Fruit Bar-Recipe - R # 2728



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|-----------------------------|----------------|--------------------------------|-------|-------------------------|------|---------------|--------------|
| Crisp Green Romaine Lettuce | Canned Peaches | Seasonal Fresh Fruit or Apples | Salsa | Baby Carrots and Celery | Peas | Cabbage Salsa | Veggie Beans |
|-----------------------------|----------------|--------------------------------|-------|-------------------------|------|---------------|--------------|



***ENERGY ISLAND* MENU NOTES**

| <u>Menu item</u> | <u>serving size</u> | | <u>Servings set up per 100 students</u> |
|--|---------------------|---------|--|
| Apples Assorted OR | 1 small | Tongs | 20 apples |
| Seasonal Fresh Fruit | 1 small | Tongs | 20 each |
| Diced or Sliced Peaches | 2 oz | Spoodle | 1/2 number 10 can |
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| | | | |
| Salad Recipe R # 2271 | 1/2 cup | Tongs | 1 pound romaine + Cabbage 1/8 # + Spinach 1/8# + Broccoli Slaw 1/4 # + Salad Mix 1/2#=1# |
| Commodity Salsa | 2 oz | Spoodle | 1/4 number 10 can |
| Beans, Veggie | 2 oz | Spoodle | 1/4 number 10 can |
| Baby Carrots (7-9 baby carrots) | 2 oz | Tongs | 1 pound |
| Celery (3-4 sticks) | 2 oz | Tongs | 1 pound |
| Peas, from frozen | 2 oz | Spoodle | 4 cups |
| Cabbage Salsa R #0756 | 2 oz | Spoodle | 4 cups |
| Choice of Dressing | 1 each | | 12 gram pkt Ranch or 12 grm pkt 1000 or 12 grm pkt Italian |
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