ST. JOHN'S ELC 700 S Franklin St, Denver, CO 80209

CYCLE 1- WEEK 3

|        | 700 S Franklin St, Denver, CO 80209 CYCLE 1- WEEK 3 |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|--------|---|-------------------|--|---------------------------------|------------|------|-------------|----------|--|--|--|--|--|---------------|--|------|--|
|        | Time Out  | Kit Site Kit S    |  | y LUNCH                         | Portion    | Unit | Total       | Prep     |  | Kit Site #                                       | Agy  | Snack                                  | Portion Unit                                     | Total         | Prep   | Unit |  |
| MON    | Delivery  | Temp Temp Temp Te |  | DestMart 1                      | 1 4 5      | 07   |             |          |  | emp Temp   |  | \\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\ | 4 514  | ^             |  |      |  |
| MON    |   |                   | <b>0</b> E   |                                 | 1.5        | EA   |             | 0        | LB   |  | G  |  | 1 PK 1 EA  | 0             |  |      |  |
|        |   |                   | I GL   | Mashed Potatoes                 |            | C    |             | 0        | LB   |  | 10   | String Cheese                          | I EA   | U             |  |      |  |
|        |   |                   |  | Chickpea Salad                  | 0.25       | C    |             |          | CN   |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
| 1/16   |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
| 2022   |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  | Skim Milk                       | .75        | С    | 0           |          | G  |  |  |  |  |               |  |      |  |
| TUES   |   |                   | <b>133</b> GE  |                                 | 0.5        |      | 66.5        |          |  | 11   | 3 D  | .SLICED CHEDDAR                        | 0.5 OZ   |               | 0  | LB   |  |
|        |   |                   |  | .FULLY STEAMED PEAS             | 0.25       |      | 33.25       |          |  |  | G  | 6" WW Tortilla                         | 0.5 EA   | 56.5          |  |      |  |
|        |   |                   | -  | .FULLY STEAMED CARROTS          | 0.25       | C    | 33.25       | 13.3     | LB   |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 | 1          |      |             | 1        | + +  | <del>-   -  </del>                               | +  |  | + +  |               | + +  |      |  |
| 1/17   |   |                   | <del>-                                     </del>        |                                 |            |      |             | 1        | + +  | + +  | +-   |  | <del>                                     </del> |               | + + -  |      |  |
|        |   |                   | <del>-     -</del>                                       |                                 |            |      |             | 1        |  | <del>     </del>                                 | +  |  |  |               | + +  |      |  |
|        |   |                   |  | SUB 1 GF TURKEY SAN             | DWICH      | 1    | <u> </u>    | 1        | <u>'</u>   | <del>     </del>                                 |  | SUB                                    | 1 CORN TORT                                      | ILLA          |  |      |  |
|        |   |                   | SUB 1 WW TURKEY SANDWICH                                 |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  | Skim Milk                       | .75        | С    | 6.25        | T        | G  |  | T  |  |  |               |  |      |  |
| WED    |   |                   | 135  | Beef with Spanish Rice          | 0.5        |      | 67.5        |          |  | 11   | <b>5</b> GD                                      | WW Goldfish Crackers                   | 0.25 C   | 0             | 0  | LB   |  |
|        | /   |                   |  | .FULLY STEAMED CORN             | 0.25       | С    | 33.75       | 13.5     | LB   |  | <u> </u>   | Sliced Pears                           | 0.5 C  | 58            | 9  | CN   |  |
|        |   |                   |  | Cucumber Salad                  | 0.25       | С    | 33.75       | 11.8     | LB   |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             | <u> </u> |  |  |  |  |  |               |  |      |  |
| 1/18   |   |                   |  |                                 |            |      |             | 1        |  |  | +  |  | <del>                                     </del> |               |  |      |  |
|        |   |                   |  |                                 |            |      | <u> </u>    | 1        |  |  |  | <u> </u>                               | UB 1 RICE CAK                                    | Œ             |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  | 31                                     | I MOL OAN  | · <del></del> |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   | <del>                                      </del>        | Skim Milk                       | 75         |      | e e         | 1        | G  |  | <u> </u>   | Τ                                      | <del>                                     </del> |               | <u> </u>   |      |  |
| THURS  |   |                   | 133  | Three Bean Chili                | .75<br>0.5 |      | 6.5<br>66.5 |          |  | 111  | 3 D  | Yogurt                                 | 0.25 C   | 28            | 14   | LB   |  |
| 111013 |   |                   | GE   |                                 | 1          |      | 133         |          |  | <del>-   '</del> '                               | <del>5</del>                                     | Pineapple                              | 0.25 C   | 26<br>57      | 9  | CN   |  |
|        |   |                   | <del>      <u>                                </u></del> | Baked Potato                    | 1          |      | 133         |          | LB   |  | <del>                                     </del> | tapp.o                                 |  | <u> </u>      | -  |      |  |
|        |   |                   |  | .FULLY STEAMED BROCCOLI         | 0.25       |      | 33.25       |          | LB   |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
| 1/19   |   |                   | $\perp$  |                                 |            |      |             | <u> </u> |  |  |  |  |  |               |  |      |  |
|        |   |                   | $\perp$  | CUD 4 OF CODNESS                | AD         |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  | SUB 1 GF CORNBRE                | AU         |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        | /   |                   |  | Skim Milk                       | .75        |      | 6.25        |          | G  |  | _  | 7 . 2                                  |  |               | <del>  _   _   _   _     _                  </del> |      |  |
| FRI    |   |                   | 132  | Sliced Turkey                   | 1.5        |      | 199.5       |          | LB   | 11   | <b>2</b> D                                       | Zesty Chex                             | 0.75 C   | 84            | 7  | LB   |  |
|        | /   |                   | G  |                                 | 1 1        |      | 132<br>132  |          | <del>                                     </del> | <del>-   -  </del>                               | +  | Seasonal Fruit                         | 0.5 C  | 56            | 35   | LB   |  |
|        |   |                   |  | Applesauce                      | 0.25       | C    | 33          |          | CN   |  | +  |  | <del>                                     </del> |               | + + -  |      |  |
|        |   |                   | <del>-     -</del>                                       | .FULLY STEAMED SEASONAL VEGGIES |            | C    | 33          |          | LB   | <del>                                     </del> | +  |  |  |               | + + -  |      |  |
| 1/20   |   |                   |  |                                 |            |      |             | 1        |  |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  | SUB 1 GF TURKEY SAN             | DWICH      |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  |  |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  | <del>-   -  </del>                               |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  | <del>     </del>                                 |  |  |  |               |  |      |  |
|        |   |                   |  |                                 |            |      |             |          |  | <del>-   -  </del>                               |  |  |  |               |  |      |  |
|        | /   |                   |  | Skim Milk                       | .75        | С    | 6.25        | Τ        | G  | <del>     </del>                                 | $\overline{}$                                    |  |  |               |  |      |  |
|        |   |                   |  |                                 | •          | •    | •           | •        |  |  | _  |  |  |               |  |      |  |