

**Oregon Menu Component Review**

Meal provider:

**IRCO**

updated 8/29/16

Date: September 2016

Proposed meal	Bread, cereal, rice, grain (2 servings)	Vegetable (2 servings)	Fruit (1 serving)	Milk or calcium alternate (1 serving)	Meat/meat alternate (1 serving)
Brief description of proposed meal and beverages	1 serving equals 1 slice bread; 1/2 cup cooked pasta, rice or cereal; 1 cup cold cereal. At least 1 serving should be whole grain products	1 serving equals 1/2 cup; 1 cup leafy; 3/4 cup 100% vegetable juice. An additional vegetable may be served in place of a fruit. If corn, peas, squash, or other starchy vegetable, count as bread and include another vegetable. Look for dark green, red, orange or yellow vegetables.	1 serving equals one medium whole fruit; 1/2 cup chopped, cooked, or canned; 1/2 cup 100% fruit juice	1 serving equals 1 cup fluid milk; 1 cup yogurt; 1 cup tofu, processed with calcium salt; 1 1/2 oz. natural cheese. Select low or nonfat products.	1 serving equals 2.5-3 oz. meat, fish poultry; 3/4 cup cooked beans, peas, or lentils; 7 oz. soy burger; 3 Tbsp. peanut butter; 3 eggs; 1 1/2 cups tofu
September 1: Indian chicken chili wraps with lettuce, bell paper and onions; pakoras, mongo lassi; Oregon berries, water, tea	1 tortillas whole grain wrap and flour for pakoras	1/2 cup of vegetable pakoras and 1/2 cup fresh sliced onion, bell peppers, lettuce for chili	1/2 cup of Oregon berries	1 cup of mango lassi (low fat yogurt with mango flavor)	2 oz. of chicken and 1 oz. of cooked garbanzo and peas)
September 7: Slavic cuisine; vegetarian borsht, whole grain bread, baked salmon, mash potato, kefir, berries, water, tea	1 slice of whole grain dark bread and 1/2 cup of mash potato	1 cup of vegetarian borsht	1/2 cup of blueberries	1 cup of low fat kefir	3 oz. of salmon
September 8: Doro Wat with boiled eggs, brown rice; yellow lentil soup, Ethiopian cottage cheese, injera, oranges, water, tea	1/2 cup of brown rice and 1/4 of injera	1 cup of yellow lentil soup	1 orange	1 1/2 ounces of Ethiopian natural cheese	2 oz. chicken stew and 1/2 of boiled egg
September 14: Sautéed lamb, brown rice, Yatakiete (vegetables), oranges, milk	1 cup of brown rice	1 cup of stir-fried veggies	1 orange	1 cup of 1% milk	3 oz. of lamb
September 15: Goat with rice, chopped salad with mixed vegetables, whole grain rolls, bananas, milk	1/2 cup of brown rice or 1/4 of injera; 1 whole grain roll	1 cup of mixed steamed vegetables	1 banana	1 cup of 1% milk	3 oz. of goat stew
September 21: Indian chicken curry with rice, mixed fried vegetables; garbanzo salad; whole grain bread; apples;	1/2 cup of white rice and 1 small whole grain roll	1 cup of fried cauliflower, carrots, potato, tomato, onion, green chili	1 apple	1 cup of (low fat yogurt with mango flavor)	2 oz. of chicken and 1 oz. of cooked garbanzo and peas)
September 22: Kia Wat (beef stew) brown rice, injera, red lentil, green beans, bananas, Ethiopian cottage cheese.	1/2 cup of brown rice and 1/4 of injera	1 cup of red lentil soup	1 banana	1 1/2 ounces of Ethiopian natural cheese	2 oz. of beef
September 28: Vietnamese beef noodle soup Pho with bean sprouts, cabbage salad, whole grain sliced salad, milk, oranges.	1 cup of cooked noodle soup with 1/2 cup of noodles and 1 small whole grain roll	1 cup of cabbage salad and 1/4 cup of bean sprouts	1 orange	1 cup of 1% milk	3 oz. of beef
September 29: Ethiopian cuisine: Doro Wat (chicken stew) with boiled eggs; brown rice; yellow lentil soup, Ethiopian cottage cheese, injera, oranges, water, tea	1/2 cup of brown rice and 1/4 of injera	1 cup of yellow lentil soup	1 orange	1 1/2 ounces of Ethiopian natural cheese	2 oz. chicken stew and 1/2 of boiled egg

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October 5: Slavic cuisine: chicken shish kebab, whole grain bread, green salad, mash potato, kefir, apples, tea and water	1/2 cup of mashed potato 1 whole grain bread	1 cup of green salad	1 apple	1 cup of low fat kefir (yogurt)	3 oz. of cooked chicken
October 6: Somali cuisine: Goat with rice, chopped salad w/ mixed vegetables, whole grain rolls, bananas, milk, water, tea	1 whole grain rolls and 1/2 cup of rice	1 cup of chopped salad w/ Mixed vegetables	1 banana	1 cup of 1% milk	3 oz. of goat meat
October 12: Ethiopian cuisine: Sautéed lamb, brown rice, Yataklote kiki(vegetables), oranges, milk, water, tea	1 cup of brown rice	1 cup of yataklote vegetables	1 orange	1 cup of 1% milk	3 oz. of Sautéed lamb
October 13: Ethiopian cuisine: Kia Wat (beef stew) brown rice, injera, red lentil, green beans, apples, Ethiopian cottage cheese.	1 cup of brown rice, injera	1 cup of green beans 1 cup red lentils	1 apple	1 cup of cottage cheese	3 oz. of beef stew
October 19 Indian Cuisine Indian lamb Shish kebab, red lentil soup, rice, whole grain rolls, garbanzo salad, bananas, mango lassi, water, tea	1/2 cup of brown rice, whole grain rolls	1 cup of garbanzo salad	1 banana	1 cup of mango lassi (low fat yogurt with mango flavor)	3 oz. lamb shish kebab cup of lentils soup
October 20: Indian chicken curry with rice, mixed fried vegetables, garbanzo salad, sliced whole grain bread, grapes, mango lassi water.	1/2 cup of brown rice, whole grain bread	1 cup of fried cauliflower, carrots, potato, tomato, onion, green chili and garbanzo salad	1/2 c grapes	1 cup of mango lassi (low fat yogurt with mango flavor)	3oz of chicken
October 26: Nepali chicken dumpling (momos), tandoori, vegetable korma, apples, mango lassi, water, tea	1 slice of tandoori bread and 1 whole grain small roll	1 cup of vegetable korma	1 apple	1 cup of mango lassi (low fat yogurt with mango flavor)	5 pieces of chicken momos with tomato sauce
October 27: Ethiopian cuisine: Doro Wat (chicken stew) with boiled eggs; brown rice; yellow lentil soup, Ethiopian cottage cheese, injera, oranges, water, tea	1/2 cup of brown rice and 1/4 of injera	1 cup of yellow lentil soup	1 orange	1 1/2 ounces of Ethiopian natural cheese	2 oz. chicken stew and 1/2 of boiled egg

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November 2: Slavic cabbage rolls, salad with shredded cabbage, sliced tomato and carrots; whole grain dark bread, apple, kefir, water, tea	1/2 c.-1 slice of dark bread; 1/2 c. cooked white rice;	1/2 cup of salad and 1 cabbage leaf for 1 roll	1 apple	1 cup of low fat kefir (yogurt)	3 oz. of ground chicken
November 3: Somali cuisine: Goat with rice, chopped salad w/ mixed vegetables, whole grain rolls, bananas, milk, water, tea	whole grain roll 1/2 cup of rice	1 cup of Mixed vegetables	1 banana	1 cup of 1% milk	3 oz. of goat meat
November 9: Ethiopian cuisine: Doro Wat (chicken stew) with boiled egg, brown rice, injera, yellow lentil, green beans, apples, Ethiopian cottage cheese, water, tea.	1/2 cup of brown rice and 1/4 of injera	1 cup of yellow lentil soup	1 apple	1 1/2 ounces of Ethiopian natural cheese	2 oz. chicken stew and 1/2 of boiled egg
November 10: Indian lamb shish kebab, red lentil soup, rice, whole grain rolls, garbanzo salad, bananas, mangalossi	1 cup or rice and 1 whole grain roll	1 cup or red lentil 1/2 cup of garbanzo salad	1 banana	1 cup of mangalossi	2 oz. of lamb
November 16: Indian chicken tikka kebab, rice, tandoori, vegetable korma, apples, mango lassi	1 tandoori and 1 cup of brown rice	1 cup of vegetable korma	1 apple	1 cup of mangalossi	3 oz. of chicken
November 17: Kila Wat (beef stew) brown rice, injera, red lentil, green beans, oranges, Ethiopian cottage cheese, water, tea	1/2 cup of brown rice and 1/4 of injera	1 cup of red lentil soup 1/2 cup of green beans	1 orange	1 1/2 ounces of Ethiopian natural cheese	2 oz. of beef
November 23: Vietnamese beef noodle soup Pho with bean sprouts, cabbage salad, whole grain sliced salad, milk, oranges.	1 cup of cooked noodle soup with 1/2 cups noodles and 1 small whole grain roll	1 cup of cabbage salad and 1/4 cup of bean sprouts	1 orange	1 cup of 1% milk	3 oz. of beef
November 30: Slavic cuisine: vegetarian borsht, whole grain bread, baked salmon, mash potato, kefir, apples, water, tea	1 slice of whole grain dark bread and 1/2 cup of mashed potato	1 cup of vegetarian borsht	1 apple	1 cup of low fat kefir	3 oz. of salmon