



702 Third Avenue South
Virginia, Minnesota 55792

Food Service Proposal General Information

Contact Person: Kathie Irish
(218) 748-7327
kathie.irish@aeoa.org

Deadline: November 8, 2021, at 3:00 P.M. CDT

Opening: November 9, 2021

Ad placed: Duluth News Tribune

Attachments and Instructions: Attachment A - Food Specifications and Meal Pattern Guidelines
Attachment B - Vendor Proposal Form*
Attachment C - Delivery Schedule Form*
Attachment D - Sample contract
Attachment E - Sample menu
Attachment F - Menu Pricing Form*
Attachment G - Product Pricing Form*
Attachment H - Recipe
Attachment I - Recipe

*** Required attachments.**

Return the completed forms in an envelope marked "FOOD SERVICE PROPOSAL" no later than the deadline time stated above.

Conditions: Quote solicitation and award to be in accordance with AEOA's Procurement Policy. AEOA reserves the right to waive any defects and to reject any or all quotes. AEOA will award this contract to one (1) vendor for a twelve month period; January 1, 2022 to December 31, 2022. At the end of 2022, the contract may be renewed up to two additional years. AEOA reserves the right to order emergency items or to take advantage of local opportunity specials that are available periodically and other specific products that are not readily available from the vendor. The AEOA reserves the right to reject any or all quotes and to accept the lowest responsible proposal. As part of the evaluation process AEOA reserves the right to conduct an on-site evaluation of the vendors' facility. The evaluation may include inspection of invoices, review of food ordering options, analysis of food product samples and review of fill-rate ratio.

Intent: The food service proposal request is intended to provide the basis for the purchase of food service products. Food service products include dairy, meats, fresh produce, frozen items, canned products and dry groceries and may also include disposables (paper/plastic), cleaning chemicals, small wares and equipment.

Scope of Service: AEOA's Senior Nutrition Program provides a noon day meal service through its Senior Dining and Meals on Wheels Programs. The service area is the seven counties of the Arrowhead Region of northeastern Minnesota. The Program maintains 7 on-site kitchens. Annually, the Program prepares over 225,000 meals from these kitchens. The project anticipates the 2022 food service contract to be approximately \$375,000.

The federal Older Americans Act requires minimum food grades and standards for Senior Nutrition services. **See Attachment A for Food Specifications and Meal Pattern Guidelines.**

Requirements: Complete Attachment B: Food Service Proposal Form

1. **Delivery:** Complete Attachment C: Delivery Schedule Form
Program requires weekly deliveries to the 7 on-site kitchens. Site locations may be altered due to changes in the program's service structure. Bi-weekly deliveries may be established depending on the vendor's delivery schedule. Deliveries will be made between 8:00 AM and 1:00 PM. Deliveries to the Duluth and Hibbing locations will be made between 6:30 AM and 1:00 PM. **See Attachment D - Sample Food Service Contract for non-compliance penalty clause.**
2. **Minimums:** No minimum order requirements.
3. **Substitutions:** Substitutions of products ordered are to be approved in advance by AEOA's contact person. Substitutions will be of similar quality and value. The vendor will achieve a 98% fill-rate before substitutions. To assist the vendor in maximizing its fill-rate ratio, the project will provide menus in advance. **See Attachment E - Sample menu(s).**
4. **Ordering System:** Vendors are encouraged to propose an ordering system. A locked product guide with current pricing will be developed mutually by the vendor and the program to assist the on-site kitchen personnel in preparing their orders. The vendor will keep the project abreast of food cost trends, product availability, special discounts, etc.
5. **Product & Price:** Complete Attachment F: Menu Pricing Form
Complete Attachment G: Product Pricing Form
6. **In-service Opportunities:** Availability of test kitchen, meeting facility and trainers
7. **Invoice savings:**
 - a. Electronic transfer of payments
 - b. Quantity orders
8. **Additional services:**
9. **Other Cost Savings Opportunities:**



2021 Food Service Procurement Schedule

October 21, 2021	AEOA Request for Food Service proposals and materials released, and also available on AEOA's website at www.aeoa.org
Oct. 21 – Nov. 5, 2021	Applicants may consult Kathie Irish – see below
November 8, 2021	Proposals due to AEOA by 3:00 p.m. CDT – see below
November 9, 2021	Proposal materials provided to Food Service Task Force
November 10, 2021	Food Service Task Force Meeting to Review/Evaluate Proposals and Make Recommendation to Board
November 17, 2021	AEOA Executive Board Awards the 2022 Food Service Contract
Alternate Schedule	If the Food Service Task Force requires additional time to evaluate and to make a recommendation, final action may be delayed to the AEOA December 15, 2021 Board Meeting.

Completed proposal, whether mailed or hand delivered, must arrive at **AEOA Senior Nutrition, 702 Third Avenue South, Virginia, MN 55792** no later than **3:00 p.m. CDT 11/8/21**, in an envelope marked **"Food Service Proposal"**. AEOA does not accept a "postmarked by" date but rather requires that the submission be received by the deadline date and time.

Proposals may be scanned and transmitted using email. Transmit proposals electronically to Kathie Irish (kathie.irish@aeoa.org) no later than **3:00 p.m. 11/8/21**. Mark subject: **"Food Service Proposal"**

The food group information below generally follows the *2000 Dietary Guidelines and Food Guide Pyramid*. Although some foods are classified in more than 1 food group, a serving of a food can only be counted in 1 food group within the same meal. For example, dried beans may be counted as either a meat alternate serving or as a vegetable serving but not in the same meal. Likewise, cottage cheese may be counted as either meat alternate serving or milk alternate serving but not both.

Compiled from the Dietary Guidelines for Americans 2000 and Florida, Massachusetts, and Ohio standards:

Bread or Bread Alternate

A serving of bread is generally 1 slice (1 ounce); 1/2 cup pasta or grain product; or 1 ounce of ready-to-eat cereal.

Bread and bread alternates include:

- 1 small 2-ounce muffin
- 2" cube cornbread
- 1 biscuit, 2.5" diameter
- 1 waffle, 7" diameter
- 1 slice French toast
- 1/2 English muffin
- 1 tortilla, 6" diameter
- 2 pancakes, 4" diameter
- 1/2 bagel
- 1 small sandwich bun
- 1/2 cup cooked cereal
- 4-6 crackers
- 1/2 large sandwich bun
- 3/4 cup ready to eat cereal
- 2 graham cracker squares
- 1/2 cup bread dressing/stuffing
- 1/2 cup pasta, noodles, rice

A variety of enriched and/or whole grain bread products, particularly those high in fiber, are recommended. Bread alternatives do not include starchy vegetables such as potatoes, sweet potatoes, corn, yams, or plantains. These foods are included in the vegetable food group.

Vegetables

A serving of vegetable (including dried beans, peas, and lentils) is generally 1/2 cup cooked or raw vegetable; or 1/2 cup 100% vegetable juice; or 1 cup raw leafy vegetable. For prepacked 100% vegetable juices, a 1/2 cup juice pack may be counted as a serving if a 1/2 cup pre-packed serving is not available). Fresh or frozen vegetables are preferred.

Vegetables as a primary ingredient in soups, stews, casseroles or other combination dishes should total a $\frac{1}{2}$ cup per serving.

Fruits

A serving of fruit is generally a medium apple, banana, orange, or pear; $\frac{1}{2}$ cup chopped, cooked, or canned fruit; or $\frac{1}{2}$ cup 100% fruit juice. For prepacked 100% fruit juices, a $\frac{1}{2}$ cup juice pack may be counted as a serving if a $\frac{1}{2}$ cup pre-packed serving is not available).

Fresh, frozen, or canned fruit will preferably be packed in juice, light syrup or without sugar.

Milk or Milk Alternates

One cup whole, low fat, skim, buttermilk, low-fat chocolate milk, or lactose-free milk fortified with Vitamins A and D should be used. Low-fat or skim milk is recommended for the general population. Powdered dry milk ($\frac{1}{3}$ cup) or evaporated milk ($\frac{1}{2}$ cup) may be served as part of a home-delivered meal. (Some states restrict serving reconstituted powdered milk.)

Milk alternates for the equivalent of one cup of milk include:

- 1 Cup Yogurt
- $\frac{1}{2}$ c cottage cheese
- 8 ounces tofu (processed with calcium salt)
- $\frac{1}{2}$ ounce natural or 2 ounces processed cheese
- $\frac{1}{2}$ cup ice milk or ice cream

Meat or Meat Alternate

Three ounces of meat or meat alternate should generally be provided for the lunch or supper meal. Meat serving weight is the edible portion, not including skin, bone, or coating.

- 1 egg
- 1 ounce cheese (nutritionally equivalent measure of pasteurized processed cheese, cheese food, cheese spread, or other cheese product)
- $\frac{1}{2}$ cup cooked dried beans, peas or lentils
- 2 tablespoon peanut butter or $\frac{1}{3}$ cup nuts
- $\frac{1}{2}$ cup cottage cheese
- $\frac{1}{2}$ cup tofu

A one ounce serving or equivalent portion of meat, poultry, fish, may be served in combination with other high protein foods.

Except to meet cultural and religious preferences and for emergency meals, avoid serving dried beans, peas or lentils, peanut butter or peanuts, and tofu for consecutive meals or on consecutive days.

Imitation cheese (which the Food and Drug Administration defines as one not meeting nutritional equivalency requirements for the natural, non-imitation product) cannot be served as meat alternates.

To limit the sodium content of the meals, serve no more than once a week cured and processed meats (e.g., ham, smoked or Polish sausage, corned beef, wieners, luncheon meats, dried beef).

Accompaniments

Include traditional meal accompaniments as appropriate, e.g., condiments, spreads, garnishes. Examples include mustard and/or mayonnaise with a meat sandwich, tartar sauce with fish, salad dressing with tossed salad, margarine with bread or rolls. Whenever feasible, provide reduced fat alternatives. Minimize use of fat in food preparation. Fats should be primarily from primarily vegetable sources and in a liquid or soft (spreadable) form that are lower in hydrogenated fat, saturated fat, and cholesterol.

Desserts

Serving a dessert may or may not be required by the SUA. Healthier desserts generally include fruit, whole grains, low fat products, and/or limited sugar. States may limit the number of times a high sugar or high fat item is provided (e.g., cakes, cookies, pies). Fresh, frozen, or canned fruits packed in their own juice are often encouraged as a dessert item in addition to the serving of fruit provided as part of the meal.

Beverages

Fluid intake should be encouraged as dehydration is a common problem in older adults. It is a good practice to have drinking water available. Other beverages such as juices, coffee, tea, decaffeinated beverages, soft drinks, and flavored drinks, may be served. Nonnutritive beverages do not help meet nutrition requirements but can help.

1. **Delivery Schedule:**

Complete Attachment C: Delivery Schedule Form

2. **Minimums:** Yes No

3. **Substitutions:**

Prior Approval - Yes No

98% Fill Rate - Yes No

4. **Ordering System:** (Explanation of proposed system):

5. **Complete Attachment F: Menu Pricing Form**
Complete Attachment G: Product Pricing Form

6. **In-Service Opportunities:**

Test kitchen Yes No **If yes, location and associated costs.**

Meeting Facility Yes No **If yes, location and associated costs.**

Trainers Yes No **If yes, credentials of the trainers, examples of training topics, and associated costs:**

7. Invoice Savings:

- a. Prompt Pay of payments Yes No
If yes, timeframe of billing procedure and percent of savings.

- b. Volume Incentive Savings Yes No
If yes, specify dollar or number of cases needed to qualify for savings and percent/dollar savings.

8. Additional services:

9. Other Cost Savings Opportunities:

Company: _____
Contact Name: _____
Address: _____
Telephone #: _____
Email: _____

Signature _____ **Date** _____

**AEOA Senior Nutrition Program
On-Site Kitchens by County**

	<u>Delivery Day:</u>	<u>Time:</u>	<u>Cost:</u>
<u>Carlton County:</u>			
Cloquet	_____	_____	_____
Moose Lake	_____	_____	_____
<u>Koochiching County:</u>			
International Falls	_____	_____	_____
<u>St. Louis County:</u>			
Duluth	_____	_____	_____
Ely	_____	_____	_____
Floodwood	_____	_____	_____
Hibbing	_____	_____	_____

This contract is made and entered into by the Arrowhead Economic Opportunity Agency, Inc. (AEOA) located at 702 Third Avenue South, Virginia, Minnesota and _____ (designated as the "Vendor") commencing January 1, 2022 and ending December 31, 2022.

The Service

The Arrowhead Regional Development Commission (ARDC) contracts with AEOA to provide meals and nutrition services in accordance with the regulations governing Title III of the Older Americans Act, in the counties of Aitkin, Carlton, Cook, Itasca, Koochiching, Lake and St. Louis. AEOA also contracts with each of the mentioned counties to provide meal service to waiver eligible clients. The meal service includes congregate dining (Senior Dining) and home delivered meals (Meals on Wheels) to registered eligible area seniors. AEOA provides the food service, either directly through actual meal preparation or indirectly by a contractual service agreement.

The above stated parties agree to the following terms:

Scope of Service

1. AEOA's Senior Nutrition Program provides a noon day meal service through its Senior Dining and Meals on Wheels Programs. The service area is the seven counties of the Arrowhead Region of northeastern Minnesota. The Program maintains 7 on-site kitchens. Annually, the Program prepares over 225,000 meals from these kitchens.
2. The Vendor will provide food service products that include dairy, meats, fresh produce, frozen items, canned products, and dry groceries and may also include disposables (paper/plastic), cleaning chemicals, small wares, and equipment.
3. The Vendor will deliver weekly the food service products to the 7 on-site kitchens. Bi-weekly deliveries may be established depending on the vendor's delivery schedule. Deliveries will be made between 8:00 AM and 1:00 PM. Deliveries to the Duluth and Hibbing locations will be made between 6:30 AM and 1:00 PM.
4. The Vendor will not require a minimum order.
5. The vendor will reimburse AEOA for any delivery charges.
6. The Vendor will request prior approval by AEOA's contact person for product substitutions. Substitutions will be of similar quality and value. The vendor will achieve a 98% fill-rate before substitutions. To assist the vendor in maximizing its fill-rate ratio, the project will provide menus in advance. If a substitution is made and it is a more expensive product, the additional costs will be absorbed by the vendor.
7. The Vendor and AEOA will work cooperatively to organize and implement the product ordering system proposed by the Vendor. The Vendor will provide a contact person(s) knowledgeable in its products and services. The contact person will be involved with assisting in the product system, keeping the project abreast of product cost trends, and providing product availability, current pricing, special discounts, etc. A locked product guide with current prices will be developed by the Vendor and AEOA to assist the individual on-site kitchen personnel in preparing their product orders.
8. The Vendor will provide menu costing upon request by AEOA at the start of each new menu cycle. The Vendor, in cooperation with AEOA, will analyze the average per meal cost and make appropriate changes to the menu to adhere to the annual projected meal cost.

- 9. To assist AEOA with completing the weekly orders at each of the on-site kitchens, the Vendor will supply a priced product order sheet at the end of each month to each location.
- 10. The Vendor may indicate optional services at no additional cost to AEOA. The final contract will document this inclusion.

Cost and Payment of Service

- 10. When AEOA receives product that is not fresh, tainted, damaged, etc., the Vendor will issue product credits at the time of delivery or when the product is discovered.
- 11. The Vendor's payment system will include priced invoices at each delivery designation, product credit slips, frequency of payments and the optional invoice savings with electronic transfer of payments. AEOA requires electronic payments.

Insurance

12. The following insurance will be maintained by the Vendor for the duration of this contract. A Certificate of Insurance for each policy must be on file with AEOA within 10 days of execution of this contract and prior to commencement of any service under this contract. Each certificate must include a 10-day notice of cancellation, non-renewal, or material change to all named and additional insured.

13. AEOA reserves the right to rescind any contract not in compliance with these requirements and retains all rights thereafter to pursue any legal remedies against the vendor. All insurance policies shall be open to inspection by AEOA and copies of policies shall be submitted to AEOA upon written request. All subcontractors shall provide evidence of similar coverage.

14. Commercial and General Liability Insurance:

- a. Bodily and Personal Liability Coverage - Not less than \$1,500,000 Aggregate
- b. Property Damage - Not less than \$1,500,000 Aggregate
- c. Product Liability - Not less than \$1,500,000 Aggregate
- d. Policy shall include at least premises, operations, completed operations, independent contractors and subcontractors, and contractual liability.
- e. AEOA must be named additional insured.

15. Business Automobile Liability Insurance:

- a. Not less than \$1,500,000 Aggregate
- b. Must cover owned, non-owned and hired vehicles

16. Workers' Compensation

- a. Per Statutory Requirements

Conditions of the Parties Obligations

17. AEOA will promptly notify the Vendor in writing of any claims against the Vendor, and in the event of a suit being filed, will promptly forward to the Vendor all papers in connection therewith. AEOA will not incur any expenses or make any settlement without the Vendor's consent. However, if the Vendor refuses or neglects to defend any of such allegations, then the adjustment of settlement, including reasonable attorney's fees, will be charged to the Vendor.
18. The Vendor will indemnify AEOA against any loss or damage (including attorney's fees and other costs of litigation), caused by the negligence of the Vendor (including its agents or employees) whether by omission, commission, or by theft. The Vendor will defend any suit against the project alleging personal injury, property damage, and transportation of product to the project's sites in any suit alleging personal injury, sickness or disease arising out of the consumption of the meals or other product delivered to the project.
19. The Vendor agrees to comply with any statutes, rules or regulations that are applicable to the Vendor that provides services to the Senior Nutrition Programs under Federal Title III C Programs. The Vendor will therefore maintain such records and supporting documentation as may be required by Federal and/or State authorities having control over the project's food service and will retain those records for a minimum of three (3) years or as required by law. Such records and supporting documentation will be available to the appropriate Federal and State authorities for review and audit during the vendor's regular business hours.
20. AEOA may, during regular business hours, inspect the Vendor's warehouse facilities, delivery vehicles and regulatory inspection reports for health code compliance.
21. Authorized contacts for AEOA: Marilyn Ocepek, Senior Nutrition Program Director (218-748-7325 marilyn.ocepek@aeoa.org) and Kathie Irish, Assistant Director (218-748-7327 kathie.irish@aeoa.org).
22. The Vendor will not assign or transfer any rights or obligations under this contract. Claims for money due or to become due to the Vendor from the AEOA under this agreement may not be assigned to a company, individual, bank, trust company or other financial institution.
23. All notices, requests, demands, waivers and other communications pertaining hereto will be in writing and will be deemed to have been properly given if mailed by registered or certified mail, return receipt requested.

Terms of the Contract

24. The contract commences January 1, 2022, and ends December 31, 2022.
25. This contract may be cancelled by either party at any time, without cause, upon 60 days written notice to the other party. In the event of such a cancellation, the Vendor shall be entitled to payment, determined on a pro-rated basis, for work services satisfactorily performed through the date of cancellation.
22. AEOA reserves the right to rescind the contract for non-compliance and retains all rights to pursue any legal remedies against the Vendor by giving ten (10) days notice in writing of its intention to do so.
23. In the event that state and federal sources is not obtained and continued at a level sufficient to allow for the purchase of indicated quantity of Services, the obligation of each party may be renegotiated.
24. The parties agree if by reasons of strike, weather, acts of God, or other unavoidable cause, either party is unable to perform its obligations herein under, such nonperformance will not be considered a breach of this contract.

25. The contract contains all conditions made by the parties and may not be modified orally or in any other manner than by an agreement in writing signed by both parties or their respective successors in interest, except as otherwise specified.

The following representatives approve and accept this contract:

Scott Zahorik, Executive Director
AEOA
702 3 Avenue South
Virginia, Minnesota 55792

Vendor's Representative



December Portion Guide

Wednesday, December 1, 2021 through Friday, December 31, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1: December 1-3	California Chicken Casserole 1 C Casserole #P32 1/2 C Lettuce/Spinach Salad 1/2 C Pudding/Tpg <i>No Bread</i>	Stew 8 oz. Stew #1 1 Fresh Roll 4 oz Juice 1/2 C Fresh Fruit <i>No Bread</i>	Special of the Day 3 oz. Protein 2- 1/2 C. Servings Fruit/Vegetables 1/2 C. Dessert 1 Starch 8 oz Milk	Roast Beef Dinner 3 oz Roast Beef 1/2 c Mashed Potatoes 2 oz Gravy 1/2 C Steamed Cabbage 2x2 Frosted Cake	Goulash 1 C Goulash 1/2 C. Green Beans 1/2 C. Fruit <i>No Bread</i>
Week 2: December 6-10	Polish/Sauerkraut 4 oz Polish 1/2 C Sauerkraut 1/2 C Mashed Potatoes 1/2 C Fruit	Sweet and Sour Chicken 6 oz Sweet and Sour #3M 1 C Rice 1/2 C Green Beans 1/2 C Cinnamon Applesauce Jello #71S <i>No Bread</i>	Chili 8 oz Chili #67M 1/2 C Ambrosia Salad #76S 1 Fresh Roll 1/2 C Ice Cream <i>No Bread</i>	Chicken Strips 2 Chicken Strips 1/2 C Dutchess Potatoes 1/2 C Baked Beans 1- Garlic Biscuit #20 B 2x2 Jello Poke Cake #40C <i>No Bread</i>	Porcupine Meatballs 2-2oz. Meatballs #12M 1/2 C Mashed Potatoes 2 oz Gravy 1/2 c Wax/Green Beans 1 Oatmeal Scotchie Cookie #49C
Week 3: December 13-17	Special of the Day 3 oz Protein 2 - 1/2 C Fruits and/or Vegetables 1/2 C. Dessert 1 Starch Serving 8 oz Milk	Spaghetti 1 C. Spaghetti 6 oz. Meat Sauce #19M 1/2 C. Tossed Salad w/ Spinach 2 oz. Dressing 1/2 C. Fresh Fruit <i>No Bread</i>	Roast Pork Loin 3 oz. Roast Pork Loin 2 oz. Gravy 1/2 C. Mashed Potatoes 1/3 C Dressing #8B 1/2 C. Carrots 2x2 Pumpkin Bar/Cream Cheese Frosting #4C <i>No Bread</i>	Baked Fish 3 oz Fish w/ Tartar sauce 1/2 C Potato Wedges 1/2 C Pea & Cheese Salad #2S 1/2 C Fruited Jello/Tpg	Soup & Sandwich 8 oz Green Pepper Soup #20S 1- Grilled Cheese Sandwich #2C 4 oz Juice 1- Choc Chip Cookie #20C <i>No Bread</i>
Week 4: December 20-24	Tator Tot Hotdish 1 C Hotdish #39M 1/2 C Tossed Salad 4 oz Juice 1/2 C Fresh Fruit	Special of the Day 3 oz Protein 2 - 1/2 C Fruits and/or Vegetables 1/2 C. Dessert 1 Starch Serving 8 oz Milk	Meatloaf Dinner 4 oz. Meatloaf #16M 1/2 C. Mashed Potatoes 2 oz Gravy 1/2 C. Carrot Coin Salad #x4S 1/2 Pudding/Topping	~Holiday Party~ Ham Dinner or Alternate 3 oz. Baked Ham 1/2 C. Colcannon Potatoes #18V 1/2 C. Mexicali Corn #52V 2x2 Egg Nog Cake #76C 1 Roll 	Merry Christmas Sites Closed ~Frozen Meals Available~ 
Week 5: December 27-31	Merry Christmas Sites Closed ~Frozen Meals Available~ 	Egg & Sausage Muffin 1 - Egg 1 - Sausage Patty 1 - Slice of Cheese 1 - English Muffin 4 oz Hash Browns 4 oz Juice 1 Yogurt <i>No Bread</i>	Sloppy Joe/Bun 1/2 C Sloppy Joe #57M 1 Bun 1/2 C. Seasoned Potato Chunks 1/2 C. Cole Slaw 1/2 C Whipped Jello <i>No Bread</i>	Roast Turkey Dinner 3 oz Turkey 2 oz Gravy 1/2 C Mashed Potatoes 12 C Broccoli Normandy 1/3 C. Dressing #8B 2x2 Favorite Cake <i>No Bread</i>	Chicken Noodle Soup & Egg Salad Sandwich 8 oz Soup #18S 1/2 Cup Egg Salad #2E 1 Lettuce Leaf 2- Slices of bread 4oz of Juice 1/2 C Fruit

No bread is served on:
 Dec. 3, 7, 8, 9, 14, 15, 17, 23, 28, 29, 30

AEOA Menu Pricing Form

Attachment F

Market Basket quotes must be from the week of October 11-15, 2021

- Price Per Serving
- Grades of Choice, Extra Standard or Standard; no private labels
- Items must comply with Attachment A - Food Purchasing Specifications

Product & Portion Size	Product Description	Yield	Calculation Detail to arrive at Price/Serving	Price/Serving
MENU 1				
3 oz Roast Turkey				
1/2 C Mashed Potatoes(vit C)				
2 oz. Turkey Gravy				
1/2 C Mixed Vegetable				
1/2 C Applesauce				
8 oz. Milk (1%-1/2 pint)				
1 Pat of Margarine				
1 Slice Whole Wheat Bread (Sandwich)				

TOTAL COST MENU 1

MENU 2				
(2) 2 oz Porcupine Meatballs (recipe attached)				
1/2 C Parsley Potatoes (Fresh)				
1/2 C Green Beans (Frozen)				
1/2 C Sliced Peaches (Can)				
8 oz. Milk (1%-1/2 pint)				
1 Pat of Margarine				
1 Slice Whole Wheat Bread (Sandwich)				

TOTAL COST MENU 2

Product & Portion Size Product Description Yield Calculation Detail to arrive at Price/Serving Price/Serving

MENU 3

3 oz. Roast Pork (BRT)				
½ C Mashed Potatoes (Instant, Vit. C fortified)				
2 oz. Pork gravy				
½ C Sliced Carrots (Frozen)				
1 Apple (Fresh - 125 count)				
8 oz. Milk (1%-1/2 pint)				
1 Pat of Margarine				
1 Slice Whole Wheat Bread (Sandwich)				

TOTAL COST MENU 3

MENU 4

4 oz. Bnls/skls Chicken Brst.				
Sliced Hamburger Bun (Wheat)				
1/2 C Baked Beans				
1/2 c. Fresh Potato Wedges				
2x2 Chocolate Cake/icing				
8 oz. Milk (1%-1/2 pint)				
1 Pat of Margarine				

TOTAL COST MENU 4

Product & Portion Size	Product Description	Yield	Calculation Detail to arrive at Price/Serving	Price/Serving
MENU 5				
8 oz Harvest Stew (recipe attached)				
4 oz Juice				
1 Breadstick				
8 oz. Milk (1%-1/2 pint)				
1 Pat of Margarine				
1 Banana				
TOTAL COST MENU 5				

AEOA Select Products and Price Form. Note priced items must be from the week of October 11-15, 2021

- Grades of Choice, Extra Standard or Standard - No private labels are allowed
- Items must comply with Attachment A - Food Purchasing Specifications

Product:	Product Description:	List Grade Choice, Stand, Extra Stand	Label/Brand or Manufacturer:	Pack Size:	Cost:	Other Associated Costs: (i.e. Drop Costs; Fixed Fees, etc.)	Total Cost:
Meats:							
Beef Roast (Flat USDA Choice)							
Diced Chicken LS 1/2" natural							
Boneless Pit Ham							
Ground Beef 80/20							
Canned/Dry Items:							
Pineapple Tidbits (LS - 6/#10 Cans)							
Pears Sliced (LS - 6/#10 Cans)							
Diced Beets (6/#10 Cans)							
White Cake Mix (6/#5)							
Dairy:							
Sour Cream (5#)							
1# Margarine Solids							
8 oz. 1% milk							
4/1 gallon 1% milk							
Eggs (Medium - 15 Dzn)							

AEOA Select Products and Price Form. Note priced items must be from the week of October 11-15, 2021

Fresh:										
Bananas - 150 ct.										
Potato Baker (110 ct)										
Onions (50#)										
Frozen:										
Peas & Carrots (30 #)										
Green Beans 30#										
Tator Tots 6/5# Bags										

Upon request, the vendor may be asked to supply the above products for sampling at no cost to the project

Attachment H

Porcupine Meat Balls

MEAT # 12

Portion Size = 2 Balls

SERVINGS:	AMOUNTS:			
	30	50	75	120
INGREDIENTS:				
Ground Beef	7 1/2 lbs	12 1/2 lbs	19 lbs	30 lbs
Long grain rice, raw	1 lb	1 1/2 lbs	2 1/4 lbs	3 1/2 lbs
Slightly beaten eggs	7 eggs	12 eggs	18 eggs	29 eggs
Finely chopped onions	2 c	1 qt	1 qt 2 c	2 qts 2 c
Salt	2 tsp	2 Tbsp	1 Tbsp 1 tsp	2 Tbsp
Water	2 c	1 qt	1 qt 2 c	2 qts 2 c
Tomato Puree - #10 Can	3/4 can	1 can	1 1/2 cans	2 1/2 cans
Water	1 qt 3 c	3 qts	4 qts 2 c	7 qts 1 c
Oregano	2 tsp	1 Tbsp	1 1/2 Tbsp	2 Tbsp
Basil	1/2 tsp	1 tsp	1 1/2 tsp	2 1/2 tsp
Garlic powder	1/4 tsp	1 tsp	3/4 tsp	1 1/4 tsp

PROCEDURE:

1. Put ground beef in mixer bowl; add rice, eggs, onions, salt and water; mix at low speed 2 to 4 mins. or until well bended. Do not overmix.
2. Shape gently into meat balls using a #16 dipper to portion meat.
3. Put meat balls on lightly greased sheet pans and bake at 350° for 45 mins; drain off fat and transfer meat balls to roasting pan.
4. Combine tomato puree, water, oregano, basil and garlic; bring to simmer and pour over hot meat balls.
5. Cover and bake additional 45 mins at 350° until rice is tender.

****NOTE:** Portion size may be changed to 1 ball if a #8 scoop is used to portion meat. Baking time is longer.

Beef Stew #43II
Revised

Portion Size - 8 oz
Servings - 50

14 lbs. Pork cubes
½ C vegetable oil
1 lb fresh onions, quartered
12 oz flour
1 ½ oz garlic powder
1 Tbsp paprika
¼ C Worcestershire sauce
½ Tbsp black pepper
1 tsp thyme
1 ½ gallon beef stock
3 lbs carrots, sliced
4 lbs potatoes, cubed
3 lbs 4 oz green beans, drained

Trim visible fat from Pork cubes. Brown Pork cubes in oil. Drain. Add onions, flour, garlic powder, paprika, pepper, Worcestershire sauce and thyme. Add water or stock. Bring to a boil. Reduce heat and cover. Simmer for approximately 1 ½ hours or until meat is tender. Add carrots and potatoes. Cook until tender. Add beans and heat through.

Pour into serving pans and portion with 8 oz ladle (1 cup).