



2025 Food Service Procurement Schedule

October 7, 2024	AEOA Request for Food Service proposals and materials released, and also available on AEOA's website at www.aeo.org
Oct. 7 – Nov. 5, 2024	Applicants may consult Sarah Kumfer – see below
November 8, 2024	Proposals due to AEOA by 3:00 p.m. CDT – see below
November 9, 2024	Proposal materials provided to Food Service Task Force
November 20, 2024	Food Service Task Force Meeting to Review/Evaluate Proposals and Make Recommendation to Board. AEOA Executive Board Awards the 2025 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, 2024 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 11/08/24**, 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 Sarah Kumfer (Sarah.kumfer@aeoa.org / (218) 748-7327) no later than **3:00 p.m. 11/08/24**. Mark subject: **"Food Service Proposal"**



**702 Third Avenue South
Virginia, Minnesota 55792**

Food Service Proposal General Information

Contact Person: Sarah Kumfer
(218) 748-7327
sarah.kumfer@aeoa.org

Deadline: November 8, 2024, at 3:00 P.M. CDT

Opening: November 9, 2024

Ad placed:

Attachments and Attachment A - Food Specifications and Meal Pattern Guidelines
Instructions: 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
Attachment J - 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, 2025 to December 31, 2025. At the end of 2025, 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 6 on-site kitchens. Annually, the Program prepares over 184,000 meals from these kitchens. The project anticipates the 2025 food service contract to be approximately \$496,000.

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 6 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:**

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

Protein

Three ounces of protein 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 hydration.

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 _____

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, 2025 and ending December 31, 2025.

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 6 on-site kitchens. Annually, the Program prepares over 184,000 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 6 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 Sarah Kumfer, Food Services Manager (218-748-7327, sarah.kumfer@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, 2025, and ends December 31, 2025.
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 or 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 are 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



October Portion Guide 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1: October 1-4		Lemon Pepper Tilapia Tilapia- 3 OZ Vegetable Normandy- 1/2 C Herbed Brown Rice- 1/2 C Fresh Orange Slices- 1/2 C Brownie- 2x2 No Bread	Baked Chicken Dinner Chicken Breast- 3 OZ Mashed Potatoes- 1/2 C Gravy- 2 OZ Green Beans- 1/2 C Rice Krispie Treat- 2x2 Wheat Bread- 1 Slice	Stuffed Baked Potato *Alternative Potato- 1 Diced Ham- 2 OZ Shredded Cheese- 1 OZ Broccoli- 1/2 C Chocolate Chip Cookie- 1 Wheat Bread- 1 Slice	Chili Con Carne-Turkey Chili- 1 C Tossed Salad- 1 C Italian Dressing- 1 OZ Cornbread- 2x2 Jell-O- 1/2 C Whipped Topping- 1 TBSP No Bread
Week 2: October 7-11	Deli Sandwich *Alternative Sliced Ham- 3 Slices (.5 OZ ea) Sliced Turkey- 3 Slices (.5 OZ ea) American Cheese- 1 Slice Wheat Bread- 2 Slices Shredded Lettuce- 1/2 C Tomato Slices- 2 = 1/4 C Pink Lady Apple- 1 Sugar Cookie- 1 No Bread	BBQ Chicken Dinner Chicken Breast- 4 OZ Butter Parsley Potatoes- 1/2 C Seasoned Broccoli- 1/2 C Chocolate Pudding- 1/2 C Whipped Topping- 1 TBSP Wheat Bread- 1 Slice	Hamburger Gravy Over Mashed Potatoes Hamburger Gravy- 1 C Mashed Potatoes- 1/2 C Tossed Salad- 1 C Dressing- 1 OZ Frosted Lemon Cake- 2x2 Wheat Bread- 1 Slice	Sweet & Sour Pork Sweet & Sour Pork- 1 C Brown Rice- 1/2 C Vegetable Normandy- 1/2 C Banana- 1 Sugar Cookie- 1 No Bread	Meatloaf Dinner Meatloaf- 3 OZ Baked Potato- 1/2 Potato= 1/2 C Seasoned Green Beans- 1/2 C Fresh Orange Slices- 1/2 C Wheat Bread- 1 Slice
Week 3: October 14-18	California Burger Burger Patty- 4 OZ Bun- 1 Shredded Lettuce- 1/2 C Tomato Slices- 2 Slices = 1/4 C French Fries- 1/2 C Gingersnap Cookie- 1 No Bread	BBQ Pork Riblet BBQ Pork Riblet- 3 OZ French Fries- 1/2 C Dill Carrots- 1/2 C Scotcharo Bar- 2x2 Wheat Bread- 1 Slice	Fish Dinner Breaded Pollock- 4 OZ Baked Beans- 1/2 C Pink Lady Apple- 1 Red Jell-O- 1/2 C Whipped Topping- 1 TBSP Wheat Bread- 1 Slice	Turkey Dinner Turkey Breast- 3 OZ Mashed Potatoes- 1/2 C Gravy- 2 OZ Green Beans- 1/2 C Pumpkin Bar- 2x2 Wheat Bread- 1 Slice	Special of the Day 3 OZ Protein 2 - 1/2 C Servings of Fruits and/or Vegetables 1/2 C Dessert 1 Bread Serving 8 OZ Milk Call in advance for approval.
Week 4: October 21-25	Chicken Strip Dinner Chicken Tenders- 2 (3 OZ) Tater Tots- 1/2 C Fresh Cantaloupe- 1/2 C Cakemix Cookie- 1 Wheat Bread- 1 Slice	Lasagna Dinner Lasagna- 1 C Vegetable Normandy- 1/2 C Frosted Cake- 2x2 Wheat Bread- 1 Slice	Hot Pork Sandwich Shredded Boneless Pork- 3 OZ Bun- 1 Seasoned Peas- 1/2 C Banana- 1 Sugar Cookie- 1 No Bread	Chicken Tetrizzini Chicken Tetrizzini- 1 C Peas and Carrots- 1/2 C Apple Cherry Juice- 1/2 C Rice Krispie Treat- 2x2 No Bread	Spaghetti Dinner Meatballs- 2 (3 OZ) Spaghetti Noodles- 1/2 C Spaghetti Sauce- 1/2 C Green Beans- 1/2 C Red Jell-O- 1/2 C Whipped Topping- 1 TBSP No Bread
Week 5: October 28-31	Chicken Sandwich Chicken Patty- 1 Bun- 1 Shredded Lettuce- 1/2 C Tomato Slices- 2 Slices = 1/4 C Fresh Orange Slices- 1/2 C Chocolate Pudding- 1/2 C Whipped Topping- 1 TBSP No Bread	Tater Tot Hotdish Tater Tot Hotdish- 1 C Tossed Salad- 1 C Italian Dressing- 1 OZ Scotcharo Bar- 2x2 Wheat Bread- 1 Slice	Salisbury Steak Salisbury Steak- 3 OZ Mashed Potatoes- 1/2 C Gravy- 2 OZ Green Beans- 1/2 C Red Jell-O- 1/2 C Whipped Topping- 1 TBSP Wheat Bread- 1 Slice	HALLOWEEN PARTY Ham Dinner *Alternative Ham- 3 OZ Butter & Parsley Potatoes- 1/2 C Seasoned Carrots- 1/2 C Banana- 1 Wheat Bread- 1 Slice	
	Staff - Thank you for all you do to make the AEOA Senior Meals Program successful.			No bread is served on: 2, 5, 7, 10, 14, 23, 24, 25, 28	

AEOA Menu Pricing Form

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- Roast Turkey Dinner				
3 oz Roast Turkey				
1/2 C Mashed Potatoes(vit C)				
2 oz. Turkey Gravy				
1/2 C Green Beans				
2x2 Pumpkin Bar (Recipe Attached)				
8 oz. Milk (1%-1/2 pint)				
1 Pat of Margarine				
1 Slice Whole Wheat Bread (Sandwich)				

TOTAL COST MENU 1

MENU 2- Chicken Tetrazzini				
8 oz Chicken Tetrazzini				
½ C Peas and Carrots (Frozen)				
1/2 Cup 100% juice				
2x2 Rice Krispie Treat				
8 oz. Milk (1%-1/2 pint)				

TOTAL COST MENU 2

Product & Portion Size	Product Description	Yield	Calculation Detail to arrive at Price/Serving	Price/Serving
MENU 3- Hot Pork Sandwich				
3 oz. Shredded Pork				
1 Bun (Whole Grain)				
1/2 C Peas (Frozen)				
1 Banana (Fresh)				
1 Sugar Cookie (Frozen Dough- 240 ct)				
8 oz. Milk (1%-1/2 pint)				

TOTAL COST MENU 3

MENU 4 BBQ Chicken Dinner				
3 oz. Bnls/skls Chicken Brst.				
1/2 C Butter/Parsley Potatoes (Fresh)				
1/2 C Broccoli (Frozen)				
1/2 C Chocolate Pudding (Premade)				
1 TBSP Whipped Topping				
1 Slice Whole Wheat Bread (Pullman)				
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 Stuffed Baked Potato

1 Potato (Fresh- Baker Sized)				
2 oz Diced Ham				
1 oz Shredded Cheddar Cheese				
1/2 C Broccoli (Fresh)				
1 Chocolate Chip Cookie (Frozen dough- 240 ct)				
1 Pat Margarine				
1 Slice Wheat Bread (Pullman)				

TOTAL COST MENU 5

AEOA Select Products and Price Form. Note priced items must be from the week of October 11-15, 2024

- 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)							
Fresh:							
Bananas - 150 ct.							
Potato Baker (110 ct)							

AEOA Select Products and Price Form. Note priced items must be from the week of October 11-15, 2024

Onions (50#)							
<i>Frozen:</i>							
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

Chicken or Turkey Tetrazzini

POULTRY #5
Portion Size= $\frac{3}{4}$ c

SERVINGS		40	60	90	140
BAKING TIME	ULF Item #	30 mins	30 mins	30 mins	30 mins
INGREDIENTS:					
Chicken or Turkey, cooked, cubed $\frac{1}{2}$ "	673615	6 lbs	9 $\frac{1}{2}$ lbs	14 lbs	22 lbs
Spaghetti	381849	1 lb 9 oz	2 lb 4 oz	3 lb 4 oz	5 lb 3 oz
Onions, chopped	138750	$\frac{1}{2}$ onion	1	1.5	2
Celery, chopped	127621	1 qt	1 $\frac{1}{2}$ qt	2 $\frac{1}{4}$ qt	3 $\frac{1}{2}$ qts
Margarine	215303	6 oz	9 oz	14 oz	22 oz
Flour, all-purpose	345010	5 oz	7 oz	10 oz	15 oz
Pepper, white	280898	$\frac{1}{2}$ tsp	1 tsp	1 $\frac{1}{2}$ tsp	2 $\frac{1}{2}$ tsp
Poultry seasoning	280934	2 tsp	1 T	1 T, 1 tsp	1 T, 2 tsp
Stock, chicken or turkey	294302	2 $\frac{3}{4}$ qts	3 $\frac{1}{2}$ qts	1 $\frac{1}{2}$ gal	2 $\frac{1}{2}$ gal
Base, chicken	294302	2 oz	3 oz	5 oz	8 oz
Milk, evaporated	217002	1 qt	1 $\frac{1}{2}$ qt	2 $\frac{1}{2}$ qts	4 qts
Crumb Topping:					
Shredded Cheese	211722	10 oz	12 oz	1 lb, 2 oz	1 lb, 12 oz
	Use old bread if possible				
Bread crumbs, dry	430124	4 oz	6 oz	9 oz	14 oz

DIRECTIONS:

1. Cook spaghetti
2. Saute dehydrated onions in margarine until tender.
3. Add flour, pepper, and poultry seasoning.
4. Blend and simmer 3-4 mins
5. Combine stock, base, and evaporated milk in kettle.
6. Heat to scalding
7. Add roux while stirring; cook until thickened.
8. Add chicken or turkey and spaghetti; mix to distribute uniformly.
9. Scale into insert pans.
10. Combine shredded cheese and bread crumbs.
11. Sprinkle topping over each pan.
12. Bake at 375 degrees for 25-30 mins or until bubbly and lightly browned.

Tator Tot Hotdish

#39M

Portion Size= 8 oz

SERVINGS	25	50	75	100
INGREDIENTS:				
Ground beef, raw	4.17 lb	8.34 lb	12.5 lb	16.67 lb
Cream of chicken soup, 50 oz can	1/3 can	2/3 can	1 can	1 1/3 can
Cream of Mushroom soup, 50 oz can	1/3 can	2/3 can	1 can	1 1/3 can
Onions, chopped	1	2	3	4
Mixed vegetables	2 ½ lb	5 lb	7 ½ lb	10 lb
Tator Tots	2/3 bag	1 1/3 bag	2 bags	2 2/3 bag

DIRECTIONS:

1. Brown hamburger with onions to 160 degrees and drain fat.
2. Mix together soups, soy sauce, vegetables and ground beef.
3. Place in the bottom of steamtable pans sprayed with pan spray.
4. Top with tator tots.
5. Cover with foil and bake 1 hour at 300 F in oven.
6. Remove foil and bake approximately 15 minutes until tator tots are browned.

Pumpkin Bar

#34 Cookies

Portion size= 2x2 inch square

		Half Batch	Large Batch
SERVINGS		(192 servings)	(384 servings)
PAN SIZE:		16x12x2	24x16x2
INGREDIENTS:			
Yellow Cake Mix	336114	2.5 lbs (8 ¼ c)	5 lbs (full box)
Pumpkin Pie Spice	280936	½ oz (2 T)	1 oz (1/3 c)
Salt		1 ¼ tsp	2 ½ tsp
Sugar	340163	17 oz (2 ½ c)	35 oz (5 c)
Water		8 oz (1 c)	16 oz (2 c)
Evaporated Milk	217002	21 oz (2 ¾ c)	42 oz (5 1/3 c)
Eggs	763383	5	10
Pumpkin, canned	187422	24 oz (3 c)	48 oz (6 c)

DIRECTIONS:

1. Place yellow cake mix, pumpkin pie spice, salt and sugar in mixer bowl. Using a paddle, mix on low speed 30 seconds.
2. In a separate bowl, using a whisk, beat water, milk, and eggs until blended.
3. Add ½ of the liquid mixture to the dry ingredients. Mix for 1 minute on low speed. Scrape bowl.
4. Add remaining liquid mixture and canned pumpkin; mix for 2 minutes on low speed. Scrape bowl. Mix for 1 additional minute on low speed.
5. Place batter in prepared pan. For standard oven, bake at 350 degrees for 40-45 minutes or until inserted toothpick comes out clean.

Garnish/Serving Suggestions

When cake is completely cooled, cut into 1x1 inch servings. Serve in mini muffin paper-liners on silver or decorative tray. Dollop with Rich's On Topp (non-dairy topping); Add a light sprinkle of pumpkin pie spice if desired.