INDEX OF MIXED DISHES

Mixed Dishes		CA	PRO	B/C	T F/V	A	C
Burrito, bean with red chili sauce	Adult:		½	1	½	½	
(tortilla, ½ c beans, 1/4 c sauce)	Child:		1	2	1	1	
Burrito, bean with green chili sauce	Adult:		½	1	½		½
(tortilla, ½ c beans, 1/4 c sauce)	Child:		1	2	1		1
Burrito, beef with red chili sauce	Adult:		1	1	½	½	
(tortilla, 2 oz beef, 1/4 c sauce)	Child:		2	2	1	1	
Burrito, beef with green chili sauce	Adult:		1	1	½		½
(tortilla, 2 oz beef, 1/4 c sauce)	Child:		2	2	1		1
Chicken McNuggets	Adult:		1 ½	1			
(1 serving)	Child:		3	2			
Chili (with beef), 1 cup	Adult:		2		1		
	Child:		4		2		
Egg McMuffin	Adult:		1 ½	2			
	Child:		3	4			
Eggroll, with meat/fish	Adult:		½	1	½		
	Child:		1	2	1		
Enchilada, beef with red chili sauce	Adult:		1	1	½	½	
(tortilla, 2 oz beef, 1/4 c sauce)	Child:		2	2	1	1	
Enchilada, beef with green chili sauce	Adult:		1	1	½		½
(tortilla, 2 oz beef, 1/4 c sauce)	Child:		2	2	1		1
Enchilada, cheese with red chili sauce	Adult:	1		1	½	½	
(tortilla, 2 oz cheese, 1/4 c sauce)	Child:	2		2	1	1	
Enchilada, cheese with green chili sauce	Adult:	1		1	½		½
(tortilla, 2 oz cheese, 1/4 c sauce)	Child:	2		2	1		1
Fish Sandwich (fish & bun)	Adult:		1	2			
	Child:		2	4			
Fish Sticks, breaded (3 sticks)	Adult:		1				
	Child:		2				
Goulash (½ c noodles, 1 oz meat,	Adult:		½	1	1		
½ c tomatoes)	Child:		1	2	2		
Lasagna (2" X 3" or about 1 cup)	Adult:	1	½	1	1		
	Child:	2	1	2	2		
Macaroni and Cheese, 1 ½ cup	Adult:	1		2			
	Child:	2		4			
Pizza (1/8 medium) cheese or meat	Adult:	½		2	½		
	Child:	1		4	1		

Mixed Dishes		CA	PRO	B/C	T F/V	A	C
Soups, 1 cup (*made with equal parts of water)							
Chicken & Noodle (or Rice)*	Adult: Child:			½ 1			
Cream of Mushroom (with water)*	Adult: Child:			½ 1			
Cream of Mushroom (with milk)	Adult: Child:			½ 1			
Chunky Chicken, Beef	Adult: Child:		½ 1	1 2			
Mung Soup with vegetables	Adult: Child:		1/4 ½		½ 1		
Chicken or beef with vegetables (if mostly Broccoli, greens or pumpkin)	Adult: Child:		1/4 ½		½ 1	½ 1	
Chicken or beef without vegetables	Adult: Child:		½ 1				
Pea or bean	Adult: Child:		½ 1	1 2			
Tomato (with water)	Adult: Child:				1 2		
Tomato (with milk)	Adult: Child:	½ 1			1 2		
Vegetable	Adult: Child:				½ 1	½ 1	
Spaghetti, 1 ½ cup in tomato sauce	Adult: Child:			2 4	1 2		
Spaghetti, 1 ½ cup in meat sauce or with 2 meatballs	Adult: Child:		½ 1	2 4	1 2		
Stew, 1 ½ cup (chicken or beef)	Adult: Child:		1 2		1 2		
Taco, meat or bean, red chili sauce (1 oz meat or ½ c beans, 1 oz cheese, lettuce & tomato)	Adult: Child:	½ 1	½ 1	1 2	½ 1½	½ 1	
Tuna Noodle Casserole (½ c noodles, 1 oz tuna, 1/3 c soup, 1/4 c vegetables)	Adult: Child:		½ 1	1 2	½ 1		