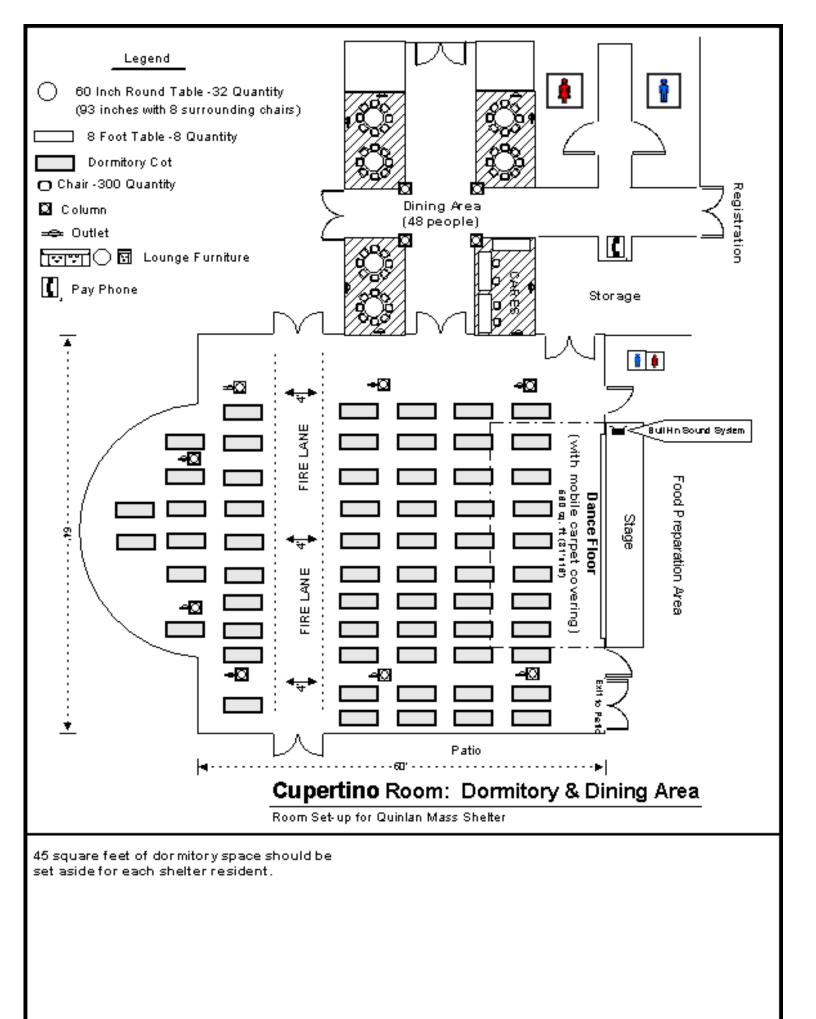
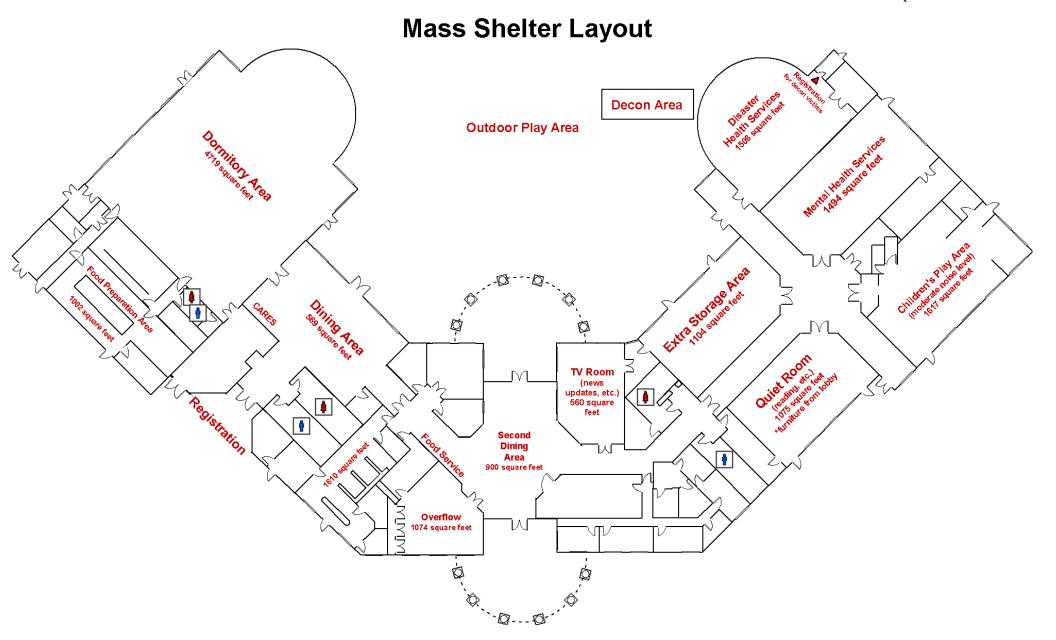
Quinlan Community Center Mass Shelter Operations

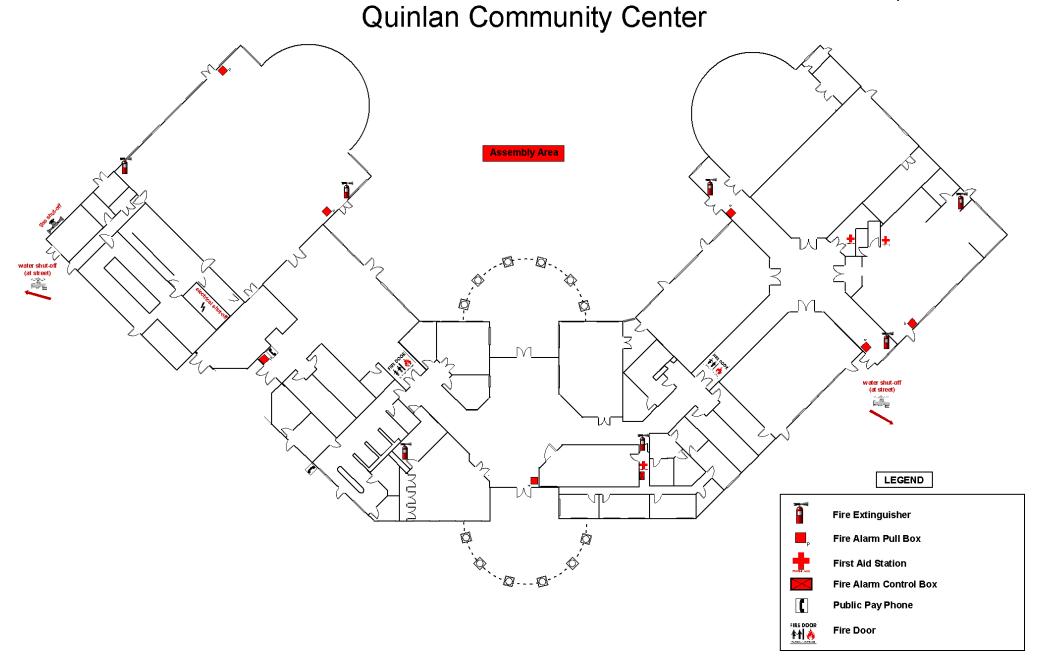


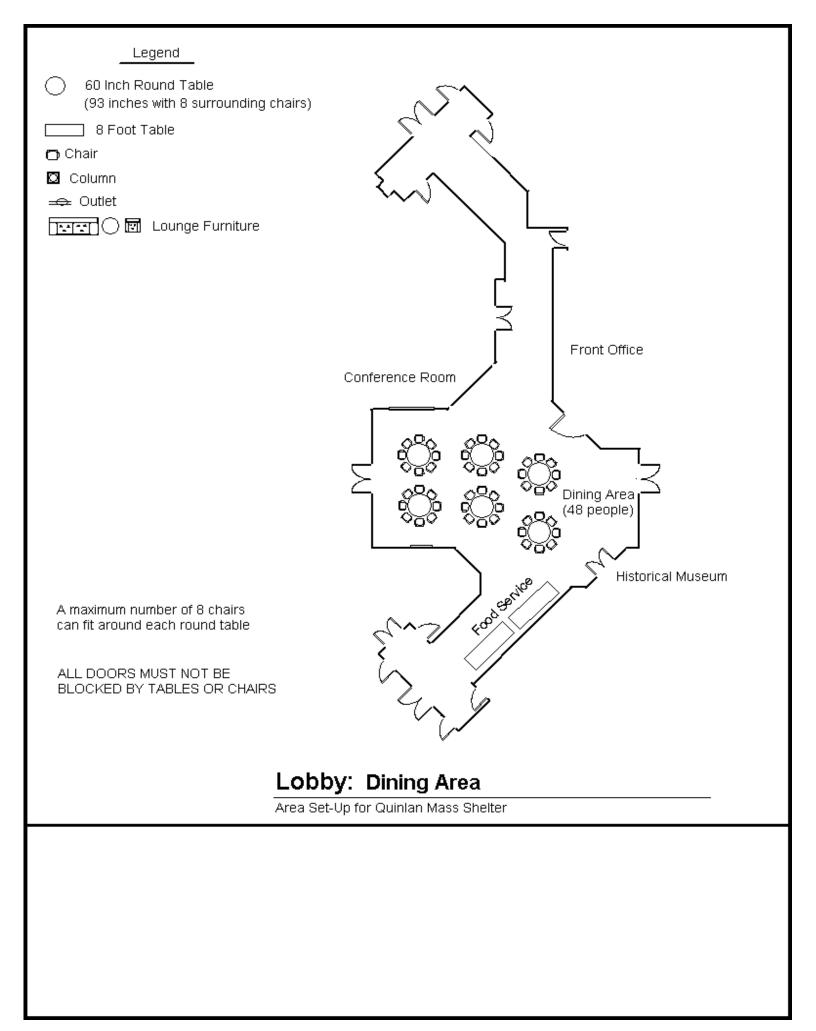
CARES Information Packet





City of Cupertino Parks and Recreation Department





Shelter Menu Plan

DAY ONE

Breakfast	
Scrambled Eggs	3oz
Refried Beans	4oz
Tortillas	2
Salsa	2oz
Orange Juice	6oz
Fruit	1 med

Lunch	
Chili & Crackers	8oz
Fruit Salad	4oz
Carrot Sticks (pre-cut)	3pcs
Pudding	4oz
Milk/Ice Tea/Coffee	8oz

Dinner	
Chicken	4oz
Mashed Potatoes	8oz
Broccoli	4oz
Green Salad	4oz
Cookie	2ea
Milk/Ice Tea/Coffee	8oz

DAY TWO

Breakfast	
Pancakes (3"-4")	3pcs
Syrup	1oz
Margarine	2ea
Orange Juice	6oz
Fresh Fruit	1pcs
Bacon (strips)	2pcs
Milk	8oz

Lunch	
Tuna Sandwich (4oz)	1ea
(Bread-whole wheat)	2pcs
Applesauce	4oz
Chicken Noodle Soup	6oz
Carrot Sticks (pre-cut)	3pcs
Milk/Ice Tea/Coffee	8oz

Dinner	
Spaghetti w/Sauce	8oz
(Ground Beef)	2oz
French Bread	2pcs
Margarine	2ea
Green Salad	4oz
Minestrone Soup	6oz
Milk/Ice Tea/Coffee	8oz

DAY THREE

Breakfast	
Cereal	2oz
Danish	1pc
Fresh Fruit	1pc
Margarine	1ea
Orange Juice	6oz
Milk	8oz

Lunch	
Chicken Breast	4oz
Bun	1ea
Sliced Peaches	4oz
Green Beans	4oz
Pudding	4oz
Milk/Ice Tea/Coffee	8oz

Dinner	
Turkey Breast	5oz
Mashed Potatoes	8oz
Peas/Carrots	4oz
Canned fruit	2oz
Oatmeal Cookies	2ea
Milk/Ice Tea/Coffee	8oz

DAY FOUR

Breakfast	
Scrambled Eggs	3oz
Oatmeal	4oz
Orange Juice	6oz
Danish	1pc
Bacon (strips)	2pcs
Milk	8oz

Lunch	
Noodle Soup	6oz
Crackers	5ea
Fresh Fruit	1pc
Carrot Sticks	3pcs
Carrot Sticks (pre-cut)	2pcs
Milk/Ice Tea/Coffee	8oz

Dinner	
Beef Burritos	2oz
Refried beans	4oz
Spanish Rice	4oz
Salsa	1oz
Mixed Fruit Salad	4oz
Milk/Ice Tea/Coffee	8oz

Approximate Inventory of Cupertino Community Services Food Closet

In the event that the Quinlan Community Center Shelter must open, CCS will be our primary food source.

ITEM	QUANTITY
frozen meat (1 lb. packages)	200 packages
rice	200 lbs.
pinto beans (dry)	200 lbs.
canned veggies (mixed, corn, green beans)	200-400 cans
fresh eggs	40-100 dozen
fresh vegetables & fruit (potatoes, apples, etc)	100-600 lbs.
canned fruit (cocktail, peaches, pineapple)	200-400 cans
crackers (individual 2-pack)	500-1000
dry noodle soup (Top Ramen)	200-400 packages
corn & flour tortillas (6-pack)	100-200 packages

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