

MENU KID'S COLLEGE

Refer to Child Care Food Program Meal Pattern for Children when planning portion sizes for age groups specified in this bid.

Milk must be served with each breakfast, lunch and supper meal. Milk must be served with snack as indicated. Between a child's first and second birthday, whole milk must be served. After age 2, it is recommended that lowfat (1%) or fat free milk be served.

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fruit Cocktail Cinnamon Raisin Bagel <i>Cream Cheese</i> Milk	Pineapple Tidbits Cornflakes Cereal Milk	Fresh Orange Wedges Whole Wheat Cheese Toast (1 slice) Milk	Cinnamon Apples French Toast (1 1/2 slices) Milk	Apple Juice Crispy Rice Cereal Whole Grain Toast <i>Margarine and Jelly</i> Milk
Lunch/ Supper	Sliced Turkey Whole Wheat Bread (1 Slice) Green Beans Sweet Potatoes (Vit A) Tropical Mixed Fruit Milk	*Breaded Fish <i>Ketchup</i> Whole Grain Roll Mashed Potatoes Mixed Vegetables Seasonal Fresh Fruit Milk	Picadillo Congri Cuban Bread Sliced Tomatoes(Vit A) Pears Milk	Beefaroni 1 serv.=1-1/2 mt/mt alt. For 1-5 yr. olds and 2 oz. Mt/mt alt. for 6-12 yr. olds. Garlic Bread Spinach (Vit A) Fruit Salad Milk	Arrozo Con Pollo 1 serv.=1-1/2 oz. mt/mt alt. and 1 brd. for 1-5 yr. olds and 2 oz. mt/mt alt. and 1 brd. for 6-12 yr. olds. Cuban Bread or Roll Mixed Greens Salad (spinach leaves, Lettuce, Tomato, Cucumber) (Vit A) <i>Lowfat French Dressing</i> Peaches Milk
Snack	Animal Crackers Applesauce	Carrots Assorted Whole Grain Crackers	Yogurt <i>Flavored 4 oz. cup</i> Banana	Ham (Cubed or sliced) Whole Wheat Bread <i>Lowfat Mayo and/or Mustard</i>	Oatmeal Cookies Milk

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Revised 2015-2016

Serv. = serving; mt/mt alt. = meat/meat alternate; brd. = bread; veg. = vegetables

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Kix Cereal Blueberry Muffin Milk	Seasonal fresh fruit Sausage Biscuit Milk	Seasonal fresh fruit Nutty Nuggets Cereal Whole Wheat Toast <i>Margarine and Jelly</i> Milk	Peaches Whole Grain English Muffin <i>Margarine</i> Scrambled Egg Milk	Orange Wedges Waffles <i>Syrup</i> Milk
Lunch/ Supper	Sliced Turkey Whole Wheat Roll <i>Margarine</i> Broccoli (Vit A) Black Eyed Peas Pears Milk	*Chicken Nuggets <i>Ketchup</i> Whole Wheat Bread Green Beans Corn Applesauce Milk	Lasagna (<i>with Ground Turkey or Beef</i>) 1 serv.=1-1/2 oz. mt/mt alt. and 1 brd. for 1-5 yr. olds and 2 oz. mt/mt alt. and 1 brd. for 6-12 yr. olds Italian Bread Tossed Salad (Lettuce, Tomato, Cucumber) Lowfat Ranch Dressing Fresh Orange Slices Milk	Fricase de Pollo Brown Rice Red Beans Spinach (Vit A) Plantains (Vit A) Milk	Chicken & Noodles 1 serv.=1-1/2 oz. mt/mt alt. and 1 brd. for 1-5 yr. olds and 2 oz. mt/mt alt. and 1 brd. for 6-12 yr. olds Corn Bread Broccoli (Vit A) Peaches Milk
Snack	Animal Crackers Milk	Assorted Whole Grain Crackers Orange Juice	Yogurt <i>Flavored 4 oz cup</i> Mixed Fruit	Banana Milk	String Cheese Whole Grain Fish Shaped Crackers (1 serv = 20 grams for all ages)

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Blended 100% Juice Cheerios Cereal Banana Bread Milk	Mandarin Oranges (Vit A) Whole Grain Raisin Bread <i>(1 slice plain, no icing)</i> Milk	Seasonal Fresh Fruit Special K Milk	Cantaloupe Cubes Pancakes <i>Syrup & Margarine</i> Milk	Applesauce Breakfast Burrito (1 whole wheat Tortilla, 1 Scrambles Egg, ½ oz Cheese, very mild Salsa) Milk
Lunch/ Supper	Beef Stew Rice Mixed Vegetables Apple Sauce Milk	*Breaded Chicken Patty <i>In Sauce</i> Roll Sliced Tomatoes and Lettuce (Vit A) <i>Lowfat French Dressing</i> Carrots (Vit A) Fruit Cocktail Milk	Chicken & Vegetable Stir Fry 1 serv. = 11/2 oz. mt/mt. alt and ¼ c.veg. for 1-5 yr. olds; 2 oz. mt/mt alt and ½ c. veg. for 6-12 yr. olds Brown Rice Banana Corn Milk	Spaghetti & Meat Sauce (Vit A) (with Ground Turkey or Beef and Whole Grain Noodles) 1 serv.=1-1/2 oz. mt/mt alt. and 1 brd. for 1-5 yr. olds and 2 oz. mt/mt alt. and 1 brd. for 6-12 yr. olds Garlic Bread Green Salad (Romaine Lettuce, Tomato Cucumber) (Vit A) <i>Lowfat French Dressing</i> Pears Milk	*Pizza Whole Grain Crust Tossed Salad Broccoli (Vit A) Pineapple Tidbits Milk
Snack	Plain Graham Crackers Milk	Whole Grain Soft Tortilla Cheese Slices	Whole Grain Fish Shaped Crackers 100% Apple Juice	Granola Bar Milk	Assorted Whole Grain Crackers Seasonal Fresh Fruit

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Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fruit Cocktail Blueberry Muffin Milk	Orange Sections Life Cereal Milk	Seasonal Fresh Fruit Cheese Toast (Whole Wheat Bread) Boiled Egg (1 egg) Milk	Orange Juice Whole Grain English Muffin Peanut Butter and Jelly Milk	Banana Crispy Rice Cereal Milk
Lunch/ Supper	*Chicken Strips Whole Wheat Soft Tortilla Green Beans Fruit Cocktail Milk	Picadillo Congri Cuban Bread Sliced Tomatoes (Vit A) Pears Milk	Turkey in Vegetable Sauce Roll Brown Rice Broccoli Florets (Vit. A) <i>Lowfat Ranch Dip</i> Applesauce Milk	*Fish Sticks Ketchup Whole Grain Roll Mashed Potatoes Mixed Vegetables Cinnamon Apples Milk	Sloppy Joe Whole Grain Bun Mixed Vegetables Peaches Milk
Snack	Yogurt <i>Flavored 4 oz cup</i> Peaches	Cheese (Cubed, string, or sliced) Whole Grain Sandwich Round	Pretzels Applesauce	Animal Crackers Pears	Assorted Whole Grain Crackers Milk

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Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Grape Juice Biscuit <i>Margarine</i> Rice Chex Cereal Milk	Orange Wedges Whole Grain Bagel <i>Cream Cheese</i> Milk	Peaches Frosted Shredded Wheat Cereal Milk	Banana Waffles (2 serv. = 62 grams) Milk	Apple Slices Egg and Cheese on Whole Grain Sandwich Round (1 round) Milk
Lunch/ Supper	Roasted Turkey <i>Gravy</i> Whole Wheat Roll Whipped Potatoes Peas and Carrots Tropical Mixed Fruit Milk	Pizza (Whole grain crust) Carrots(Vit A) Tossed Salad (Lettuce & Tomato) <i>Lowfat Ranch Dressing</i> Seasonal fresh fruit Milk	*Ravioli Garlic Bread (1 slice) Broccoli (Vit. A) Pears Milk	Sliced Ham Macaroni & Cheese Roll Broccoli (Vit A) Pineapple Tidbits Milk	Beefaroni 1 serv.=1-1/2 oz. mt/mt alt. for 1-5 yr. olds and 2 oz. mt/mt alt. for 6-12 yr. olds. Garlic Bread Spinach (Vit A) Fruit Salad Milk
Snack	Assorted Whole Grain Crackers Fruit Cocktail	Yogurt <i>Flavored 4 oz cup</i> Pineapple Tidbits	Rice Krispies 100% Apple Juice	String Cheese Soft Whole Wheat Tortilla	Croissants Peaches Milk

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Revised 2015-16

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