

CENTER NAME: Kid's College**Effective FFY 2017-2018**

Refer to the Child Care Food Program Meal Pattern for Children (Attachment 1) when planning portion sizes for age groups specified in this contract. Milk must be served with every breakfast, lunch and supper meal. Milk must be served with snack when indicated. Children one year of age must be served unflavored whole milk. Children two through five years old must be served either unflavored low fat (1 percent) or unflavored fat free (skim) milk. Children six years old and older must be served unflavored low fat (1 percent), unflavored fat free (skim), or may be served flavored fat free (skim) milk.

Please Note: Obvious peanut/peanut butter sources have been omitted such as peanut butter sandwich and peanut butter crackers. Other processed items such as granola bars, oatmeal cookies, muffins, or other products may be processed with peanuts or in a plant that processes peanuts. Food product labels or manufacturer information may be requested regarding food allergen

	Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½oz Ages 6-18: 2 oz			Cheese Slide		
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)					
	Fruit or Vegetable Ages: 1-18: ¼ c	Fruit Cocktail	Pineapple Tidbits	Fresh Oranges Wedges	Water Melon	<i>Mandarins Oranges (Vit A)</i>
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Cinnamon Raisin Bagel cream cheese WG	Cornflakes Cereal	Whole Wheat Toast WG	French Toast WG	Whole Grain Toast Margarine and Jelly WG
L U N C H	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½oz Ages 6-18: 2 oz	Slice <i>Turkey</i>	Breaded Fish CN Ketchup	Picadillo	Beefaroni CN	Arroz con Pollo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Sweet Potatoes/ Green Beans	Mash Potatoes/ Mix Vegetables	Sliced Tomatoes	Blend Vegetables	Mix Greens Salad (Spinach leaves, Lettuce, Tomato, Cucumber) Low Fat French dressing.
	Fruit or Vegetable Ages: 1-18: ¼ c	Tropical Mix Fruit	Seasonal Fresh Fruits	Pears	Fruit Salada	Peaches
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Whole Wheat Bread	Whole Wheat Roll	Congri Cuban Bread	Garlic Bread	Cuban Bread Or Roll
S N A C K	Milk Ages 1-5: six oz; Ages 6-18: eight oz					Milk
	Meat/Meat Alternate Ages 1-5: 1 ½oz Ages 6-18: 2 oz			Yogurt Flavored 4 oz cup	Ham (Cubed or Sliced)	
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)					
	Fruit or Vegetable Ages: 1-18: ¼ c	Applesauce	Orange Juice	Banana		
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Animals Crackers	Assorted Whole Grain Crackers WG		Whole Wheat Bread (low fat mayo)	Oatmeal Cookies

IMPORTANT: Ages 1-5 based on meal pattern portion sizes for ages 3-5. *Requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe (e.g.: 1 svg. Beefaroni = 1.5 oz meat/meat alternate for 1-5 year olds and 2 oz for 6-18 year olds). Caterer must supply this documentation to institution/facility. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item).

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	Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½oz Ages 6-18: 2 oz		Sausage		Egg Patty	
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)					
	Fruit or Vegetable Ages: 1-18: ¼ c	Orange Juice	Seasonal fresh fruit	Peaches	Seasonal fresh fruit	Orange Wedges
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Kix Cereal / Blueberry Muffin WG	Biscuit	Nutty Nuggets Cereal Whole Wheat Toast Margarine and Jelly	English Muffing WG	Waffles Syrup
L U N C H	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½oz Ages 6-18: 2 oz	Slice of Turkey	Chicken Nuggets Ketchup CN	Lasagna(with Ground Turkey or Beef) CN	Fricase de Pollo	Chicken & Noodles
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Broccoli (Vit A)	Green Beans	Tossed Salad (Lettuce, Tomato, Cucumber) Low Fat Ranch Dressing	Sliced Tomatoes	Corn
	Fruit or Vegetable Ages: 1-18: ¼ c	Pears	Applesauce	Fresh Orange Slice	Plantains (Vit A)	Peaches
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Black Eyed Peas Whole Wheat Roll Margarine	Whole Wheat Bread	Italian Bread WG	Brown Rice	Corn Bread
S N A C K	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk			Milk	
	Meat/Meat Alternate Ages 1-5: 1 ½oz Ages 6-18: 2 oz			Yogurt Flavored 4 oz cup		
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)					
	Fruit or Vegetable Ages: 1-18: ¼ c		Orange Juice	Mixed Fruit		Apple Juice
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Animal Crackers	Assorted Whole Grain Crackers WG		Banana Bread	Whole Grain Fish Shaped Crackers WG

IMPORTANT: Ages 1-5 based on meal pattern portion sizes for ages 3-5. *Requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe (e.g.: 1 svg. Beefaroni = 1.5 oz meat/meat alternate for 1-5 year olds and 2 oz for 6-18 year olds). Caterer must supply this documentation to institution/facility. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item).

	Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½oz Ages 6-18: 2 oz		Cream Cheese			Egg Patty
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)					
	Fruit or Vegetable Ages: 1-18: ¼ c	Blended 100% orange juice	Mandarin Oranges	Seasonal Fresh Fruit	Cantaloupe cubes	Applesauce
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Cheerios Cereal WG Banana Bread	Whole Grain Raisin Bread	Special K cereal	Pancakes WG Syrup & Margarine	Biscuit
L U N C H	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½oz Ages 6-18: 2 oz	Beef Stew	Breaded Chicken Patty In Sauce CN	Chicken and Vegetables Stir Fry	Spaghetti and Meat Sauce (whit ground turkey or beef whole grain noodles) WG	Cheese Pizza CN
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Mixed Vegetables	Tomatoes, Carrots and Lettuce Salad (Vit A) (Low fat French Dressing)	Corn	Green Salad (Romaine Lettuce, Tomato Cucumber) Low Fat French Dressing	Broccoli(Vit A)
	Fruit or Vegetable Ages: 1-18: ¼ c	Apple Sauce	Fruit Cocktail	Banana	Pears	Pineapple Tidbits
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Rice	Whole Grain Roll Bread WG	Brown Rice	Garlic Bread	Whole Grain Crust WG
S N A C K	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk			Milk	
	Meat/Meat Alternate Ages 1-5: 1 ½oz Ages 6-18: 2 oz		Cheese Slices			
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)					
	Fruit or Vegetable Ages: 1-18: ¼ c			Apple Juice		Orange Juice
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Plain Graham Crackers	Whole Grain Soft Tortilla	Whole Grain Fish Shaped Crackers WG	Pita Chips	Assorted Whole Grain Crackers

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	Week Four	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½oz Ages 6-18: 2 oz			Boiled Egg		
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)					
	Fruit or Vegetable Ages: 1-18: ¼ c	Fruit Cocktail	Orange Sections	Seasonal Fresh Fruit	Orange Juice	Banana
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Mulberry Muffin WG	Life Cereal	Bagel WG (cream cheese)	Whole Grain English Muffin with Jelly	Crispy Rice Cereal
L U N C H	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½oz Ages 6-18: 2 oz	Chicken Strips CN	Picadillo	Turkey In vegetables Sauce	Fish Sticks CN Ketchup	Sloopy Joe
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Beans	Sliced Tomatoes (Vit A)	Broccoli Florets (Vit A) Lowfat Ranch Dip	Mash Potatoes Mix Vegetables	Mixed Vegetables
	Fruit or Vegetable Ages: 1-18: ¼ c	Fruit Cocktail	Pears	Applesauce	Cinnamon Apples	Peaches
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Whole Wheat Soft Tortilla	Congri Cuban Bread	Brown Rice Roll	Whole Grain Roll WG	Whole Grain Bun WG
H o l e G r a i n B u n	Milk Ages 1-5: six oz; Ages 6-18: eight oz				Milk	
	Meat/Meat Alternate Ages 1-5: 1 ½oz Ages 6-18: 2 oz	Yogurt Flavored 4 oz cup	Cheese (Cubed, string, or sliced)			
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)					
	Fruit or Vegetable Ages: 1-18: ¼ c	Peaches		Apple Juice		Orange Juice
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c		Whole Grain Sandwich WG	Pretzel	Animal Crackers	Assorted Whole Grain Crackers

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	Week Five	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½oz Ages 6-18: 2 oz					Egg and Cheese
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)					
	Fruit or Vegetable Ages: 1-18: ¼ c	Grape Juice	Orange Wedges	Peaches	Banana	Apple Sliced
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Rice Chex Cereal Biscuit (margarine)	Whole Grain Bagels Cream Cheese WG	Frosted Shredded Wheat Cereal	Waffles WG	Whole Grain Sandwich WG
L U N C H	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½oz Ages 6-18: 2 oz	Roasted Turkey (gravy)	Cheese Pizza CN	Ravioli CN	Sliced Ham	Meatballs CN
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Whipped Potatoes Peas and Carrots	Tossed Salad (lettuce & tomato) Carrots (Vit A)	Broccoli	Mix Vegetables	Green Beans
	Fruit or Vegetable Ages: 1-18: ¼ c	Tropical Mixed Fruits	Seasonal Fresh Fruits	Pears	Pineapples Tidbits	Fruit Salad
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Whole Wheat Roll	Cuban bread	Garlic Bread	Macaroni & Cheese	Garlic Bread
S N A C K	Milk Ages 1-5: six oz; Ages 6-18: eight oz					Milk
	Meat/Meat Alternate Ages 1-5: 1 ½oz Ages 6-18: 2 oz		Yogurt Flavored 4 oz cup		String Cheese	
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)					
	Fruit or Vegetable Ages: 1-18: ¼ c	Fruit Cocktail	Pineapple Tidbits	Apple Juice		
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Assorted Whole Grain Crackers WG		Pita Bread WG	Soft Whole Wheat Tortilla	Croissants

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