


WINTER MENU CYCLE - SCHOOL AGE (6 - 12 Years) * 2024 FEBRUARY * MARCH * APRIL * MAY

2024 FEBRUARY					
	MON	TUE	WED	THU	FRI
WEEK #1	5	6	7	8	9
WEEK #2	12	13	14	15	16
WEEK #3	19	20	21	22	23
WEEK #4	26	27	28	29	1-Mar

2024 MARCH					
WEEK #1	4	5	6	7	8
WEEK #2	11	12	13	14	15
WEEK #3	18	19	20	21	22
WEEK #4	25	26	27	28	29

2024 APRIL					
WEEK #1	1	2	3	4	5
WEEK #2	8	9	10	11	12
WEEK #3	15	16	17	18	19
WEEK #4	22	23	24	25	26

2024 MAY					
WEEK #1	29-Apr	30-Apr	1	2	3
WEEK #2	6	7	8	9	10
WEEK #3	13	14	15	16	17
WEEK #4	20	21	22	23	24
WEEK #1		28	29	30	31

Meal Components and Serving Sizes for Ages 6 - 12 Years

BREAKFAST (One Serving From All Three Components)

- Milk-Fluid = 8 ounce 1% Low-Fat
- Vegetable or Fruit or Portions of both = 4 oz.
- Bread: Enriched or Whole Grain Rich 1 Slice = 1 oz.: Cereal/Pasta/Noodle Products (Cold/Dry) Enriched or Whole-Grain-Rich = 6 oz. Hot-Cooked = 4 oz. Note: Meat/Meat Alternate may be used to meet the entire grains requirement a maximum of three times per week (1 oz. m/ma = 1 oz. grain)

LUNCH (One Serving From All Five Components)

- Milk - Fluid = 8 oz. 1% Low-Fat
- Tofu/Soy or Meat or Meat Alternate or Poultry or Fish (cooked lean meat without bone) = 2 oz. Cheese = 2 oz.: 1 Large Egg: Dry Beans or Peas cooked = 4 oz.: Peanut Butter of other nut/seed butters = 4tbsp. Yogurt: Plain/Sweetened = 8 oz.
- Vegetable = 4 oz.
- Fruit or Vegetable = 2 oz.
- Bread: Enriched or Whole Grain-Rich = 1 Slice (1 oz.): Cereal: Dry-Cold/Enriched or Whole Grain-Rich = 6 oz.: Cereal or Pasta: Enriched or Whole Grain-Rich Hot Cooked = 4 oz.

PM SNACK (Two Servings From Five Components)

- Milk-Fluid = 8 oz. 1% Low-Fat
- Tofu/Soy/Meat/Meat Alternate or Poultry or Fish (Cooked: lean without bone) = 1 oz.: Cheese = 1 oz.: 1/2 Large Egg: Cooked Dry Beans or Peas cooked = 2 oz.: Peanut Butter (or other nut/seed butters) = 1 oz.: Yogurt (plain or sweetened) = 4 oz.
- Vegetable = 6 oz.
- Fruit or Vegetable = 6 oz.
- Bread (Enriched or Whole Grain-Rich) 1 Slice = 1 oz.: Cold Dry Cereal Enriched or Whole Grain-Rich = 6 oz.: Hot Cooked Cereal or Pasta or Noodle = 4 oz.

For more detail on Meal Pattern requirements, please refer to CACFP Operations Manual, CACFP Planning Agreement: A Planning Guide for Food Service in Child Care Centers

*Fruits and vegetables are fresh when available unless noted otherwise. *Dried Fruit is half the fresh fruit serving. *Water is always provided during snack when milk is not served

*Two Vegetables may be served, but not two fruits

*WHO = Whole Grain-Rich product must be served at least once a day per CACFP guidelines.

*Yogurt must contain no more than 23 grams of sugar per 6 ounces.

* Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

*Commercial Tofu or soy products must contain 5 grams of protein per 22 ounces to equal 1 ounce of the meat/meat alternate.

I certify that the meals served to children in each age group at the site meet the Child Care Food Program Requirements.

Head Cook Signature: *Matthew Fevry*

Children's Village Kitchen Policy

In the Planning of meal substitutions the kitchen staff makes every effort to duplicate food appearance and taste.

Gluten Free Substitutions:
Brown Rice, Jasmine Rice, Rice Noodles; Potatoes Mushroom (portabella & button); Gluten free pancakes; Gluten free waffles and breads.

Vegetarian Substitutions:
Garden burgers; Vegetarian meatballs; Vegetarian pot stickers; Fresh fish including shrimp, frozen & fresh vegetables and fruits. Specific allergies are dealt with on an individual basis according to the child's personal dietary requirements.

WEEK #1					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
LUNCH	MILK 8 oz. 1% Low-Fat	MILK 8 oz. 1% Low-Fat	MILK 8 oz. 1% Low-Fat	MILK 8 oz. 1% Low-Fat	MILK 8 oz. 1% Low-Fat
	4 Strips Chicken = 2.3 oz. Chicken Tikka Masala 4 oz. Roasted Cauliflower w/Cilantro & Cumin 2 oz. Garlic Green Beans 4 oz. Basmati Rice	1 Grilled Cheese Sandwich w/2 oz. Cheddar Cheese 4 oz. Minestrone Soup (Cabbage, onion, celery, tomato, carrot, white beans) 2 Apple Slices = 2 oz. (1 oz. per slice) 2 Slices WGR Bread = 2 oz.	4 Strips Roast Chicken = 2.3 oz. w/Mushroom Gravy 4 oz. Buttermilk Mashed Red Potatoes 2 oz. Local Greens (Kale, Collards, Chard) 4 oz. Brown Rice	2 oz. Citrus glazed Salmon 4 oz. Garlic Broccoli & Shitake Mushrooms 4 oz. Cup Mandarin Orange packed in natural juices 4 oz. Farro (WGR Wheat)	2 oz. Diced Smoked Turkey w/Macaroni & Cheese 4 oz. Maple Glazed Root Vegetables 2 Pear Slices = 2 oz. (1 oz. per slice) 4 oz. WGR Elbow Noodles
PM SNACK					

WEEK #2					
BREAKFAST					
LUNCH	MILK 8 oz. 1% Low-Fat	MILK 8 oz. 1% Low-Fat	MILK 8 oz. 1% Low-Fat	MILK 8 oz. 1% Low-Fat	MILK 8 oz. 1% Low-Fat
	5 Turkey Meatballs = 2 oz. 4 oz. Broccoli 4 oz. Cup Mandarin Oranges 4 oz. Enriched Pesto Rotini	4 oz. Garlic Parmesan White Beans 4 oz. Sliced Frozen Carrots 2 oz. Roasted Cauliflower 1/2 Naan Bread = 1 oz.	2 oz. Chicken Cheese Steak 4 oz. Roasted Potatoes 2 oz. Corn 1 WGR Club Roll = 1 oz.	2 oz. Creamy Garlic butter Tuscan Salmon 4 oz. Sautéed Mix Greens 2 Apple Slices = 2 oz. (1 oz. per slice) 4 oz. Brown Rice	1 Cheeseburger (4 oz.) w/pickles & CV Sauce 4 oz. Roasted Sweet Potatoes 2 oz. Pineapple Tidbits 1 WGR Hamburger Bun = 1 oz.
PM SNACK					

WEEK #3					
BREAKFAST					
LUNCH	MILK 8 oz. 1% Low-Fat	MILK 8 oz. 1% Low-Fat	MILK 8 oz. 1% Low-Fat	MILK 8 oz. 1% Low-Fat	MILK 8 oz. 1% Low-Fat
	4 Strips Coconut Curry Chicken = 2.3 oz. 4 oz. Broccoli w/Shitake mushrooms & Ginger 2 oz. Pineapple Tidbits in natural juices 4 oz. Jasmine Rice	1 Turkey Cheeseburger = 4 oz. w/BBQ Sauce 4 oz. Roasted Sweet Potatoes 2 oz. Baked Beans 1 WGR Hamburger Bun = 2 oz.	2 oz. Shrimp Fra Diavola made w/spiced Marinara Sauce 4 oz. Roasted Cabbage 2 oz. Fresh Mandarin Oranges 4 oz. WGR Penne Pasta	4 Strips BBQ Chicken Drumsticks = 2.3 oz. 4 oz. Glazed Carrots & Turnips 2 oz. Frozen Local Corn (NJ) 1 Corn Muffin = 1 oz.	4 oz. Pumpkin Coconut Chickpea Curry 4 oz. Roasted Cauliflower w/Cumin & Cilantro 2 Asian Pear Slices = 2 oz. (1 oz. per slice) 4 oz. WGR Brown Rice
PM SNACK					

WEEK #4					
BREAKFAST					
LUNCH	MILK 8 oz. 1% Low-Fat	MILK 8 oz. 1% Low-Fat	MILK 8 oz. 1% Low-Fat	MILK 8 oz. 1% Low-Fat	MILK 8 oz. 1% Low-Fat
	4 Strips Orange Chicken = 2.3 oz. 4 oz. Broccoli 1 Orange Quarter = 2 oz. (2 oz. per quarter) 4 oz. Jasmine Rice	4 oz. Black Bean Bake 4 oz. Frozen Sliced Carrots 2 Apple Slices = 2 oz. (1 oz. per slice) 4 oz. Brown Rice	2 oz. Zesty Lemon Herb Flounder 4 oz. Frozen Peas & Carrots 2 Pear Slices = 2 oz. (1 oz. per slice) 4 oz. Herb Quinoa	2 oz. Turkey Salad 4 oz. Roasted Potatoes 2 oz. Garlic Green Beans 1 WGR Slider Roll = 1 oz.	4 Strips Jerk Chicken = 2.3 oz. 4 oz. Frozen Corn 4 oz. Cup Pineapple Tidbits packed in natural juices 4 oz. Rasta Pasta made w/Penne Pasta
PM SNACK					