


**WINTER MENU CYCLE - AGES 12-35 MONTHS \* 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

WEEK #1					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)
	2 oz. Diced Peaches 2 oz. Oatmeal	2 oz. Baked Pears 1/2 WGR Pancake = 1/2 oz.	1/2 Banana = 2 oz. 1/2 WGR Bagel = 1/2 oz. w/Cream Cheese	2 oz. Diced Apples 2 oz. Enriched Grits w/Cheese 1/2 Slice WGR Toast = 1/2 oz.	2 oz. Roasted Potatoes w/Pepper & Onion 1/2 WGR English Muffin = 1/2 oz. w/Apple Butter
AM SNACK	1/2 Slice Cheddar Cheese = 1/2 oz. 1/4 WGR Pita Bread = 1/2 oz.	4 oz. Cup Vanilla Yogurt 4 oz. Frozen Mixed Berries	4 oz. Cup Sliced Peaches 1 oz. Cheese Crackers	4 oz. Cup Cottage Cheese 4 oz. Sliced Cucumbers	4 oz. Diced Apples 1/2 oz. Strawberry Yogurt Chex Mix
LUNCH	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)
	1 oz. Diced Chicken Tikka Masala 1 oz. Roasted Cauliflower w/Cilantro & Cumin 1 oz. Garlic Green Beans 2 oz. Basmati Rice	1/2 Grilled Cheese Sandwich w/1 oz. Cheddar Cheese 1 oz. Minestrone Soup (cabbage, onion, celery, tomato, carrot white beans) 1 oz. Diced Apples 1/2 Slice WGR Bread = 1/2 oz.	1 oz. diced Roast Chicken w/Mushroom Gravy 1 oz. Buttermilk Mashed Red Potatoes 1 oz. Local Greens (Kale, Collards, Chard) 2 oz. Brown Rice	1 oz. Citrus Glazed Salmon 1 oz. Garlic Broccoli & Shitake Mushrooms 4 oz. Cup Mandarin Oranges packed in natural juices 2 oz. Farro (WGR Wheat)	1 oz. Diced Smoked Turkey w/Macaroni & Cheese 1 oz. Maple Glazed Root Vegetables 1 oz. Diced Pears 2 oz. WGR Elbow Noodles
PM SNACK	1 Tbsp. SunButter = 1/2 oz. 4 oz. Diced Apples 1/4 WGR 4" Diameter Pita = 1/2 oz.	4 oz. Cauliflower Kati: (Roasted Cauliflower, Bell Pepper & Onion w/Cilantro Chutney) 1/4 Warm Garlic Naan Bread = 1/2 oz.	4 oz. Diced Pears 2 oz. WGR Granola Bites	4 oz. Roasted Winter Squash w/Ginger & 5 Spices 1 WGR Slider Roll = 1/2 oz.	4 oz. Cup Strawberry Applesauce 1 Pkg. WGR Vanilla Crackers = 1 oz.

WEEK #2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)
	2 oz. Diced Apples 1/2 WGR Bagel = 1/2 oz. w/Cream Cheese	2 oz. Cooked Mixed Berries 1/2 WGR Pancake = 1/2 oz.	2 oz. Tropical Fruit 2 oz. Enriched Grits	2 oz. Sautéed Spinach 2 oz. Egg Frittata w/Potatoes	2 oz. Cooked Cinnamon Pears 1/2 WGR Biscuits = 1/2 oz. w/Honey Butter
AM SNACK	4 oz. Cup Vanilla Yogurt 4 oz. Pineapple Tidbits	1 Pkg. Vanilla Crackers = 1 oz. 4 oz. Cup Applesauce	4 oz. Cup Vanilla yogurt 2 oz. Multigrain Cheerios	1/2 Slice Cheddar Cheese = 1/2 oz. 1/2 WGR Tortilla = 1 oz.	4 oz. Cup Cottage Cheese 4 oz. Diced Apples
LUNCH	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)
	3 Turkey Meatballs = 1.5 oz. 1 oz. Broccoli 4 oz. Cup Mandarin Oranges 2 oz. Enriched Pesto Rotini	2 oz. Garlic Parmesan White Beans 1 oz. Sliced Frozen Carrots 1 oz. Roasted Cauliflower 1/4 Naan Bread = 1/2 oz.	1 oz. Chicken Cheese Steak 1 oz. Roasted Potatoes 1 oz. Corn 1 WGR Club Roll = 1 oz.	1 oz. Creamy Garlic Butter Tuscan Salmon 1 oz. Sautéed Mixed Greens 1 oz. Diced Apples 2 oz. Brown Rice	1/4 Cheeseburger = 1 oz. 1 oz. Roasted Sweet Potatoes 4 oz. Cup Pineapple Tidbits packed in natural juices 1/4 WGR Hamburger Bun = 1/2 oz.
PM SNACK	4 oz. Baby Carrots w/sour cream onion dip 1 oz. Tostito Scoops	8 Orange Slices = 4 oz. 1/2 WGR Stuffed Bagel	1 Banana = 4 oz. 1 Pkg. Vanilla Crackers = 1 oz.	4 oz. Cup Peaches 2 oz. Granola	1 oz. CV Homemade Hummus 4 oz. Celery 1/4 WGR 4" Diameter Pita = 1/2 oz.

WEEK #3					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)
	2 oz. Baked Apples 1/2 WGR Pancake = 1/2 oz.	1/2 Banana = 2 oz. 2 oz. Cream Wheat	4 oz. Cup Diced Pears packed in water & natural juices 1 Square French Toast = 1/2 oz. (made w/WGR Croissant)	2 oz. Mixed Tropical Fruit 2 oz. Enriched Grits w/Cheese	2 oz. Roasted Potatoes w/Pepper & Onion 1/2 WGR English Muffin = 1/2 oz. w/American Cheese
AM SNACK	1/2 Slice Cheddar Cheese = 1/2 oz. 1/4 WGR 4" Diameter Pita = 1/2 oz.	4 oz. Cup Vanilla Yogurt 4 oz. Frozen Mixed Berries	4 oz. Cup Sliced Peaches 1 oz. Cheese Crackers	4 oz. Cup Cottage Cheese 4 oz. Sliced Cucumbers	4 oz. Diced Apples 1/2 oz. Strawberry Yogurt Chex Mix
LUNCH	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)
	1 oz. Diced Coconut Chicken Curry 1 oz. Broccoli w/Shitake Mushrooms & Ginger 1 oz. Pineapple Tidbits in natural juices 2 oz. Jasmine Rice	1/4 Turkey Cheeseburger = 1 oz. w/BBQ Sauce 1 oz. Roasted Sweet Potatoes 1 oz. Baked Beans 1/4 WGR Hamburger Bun 4 oz. Cup Vanilla Yogurt	1 oz. Diced Shrimp Fra Diavola made w/spiced Marinara Sauce 1 oz. Roasted Cabbage 1 oz. Fresh Mandarin Orange 2 oz. WGR Penne Pasta	1 oz. Diced BBQ Chicken Drumstick 1 oz. Glazed Carrots & Turnips 1 oz. Frozen Local Corn (NJ) 1/2 Corn Muffin = 1/2 oz.	2 oz. Pumpkin Coconut Chickpea Curry 1 oz. Roasted Cauliflower w/Cumin & Cilantro 1 oz. Diced Asian Pears 2 oz. WGR Brown Rice
PM SNACK	1 oz. Winter Squash Hummus 5 Cucumber Sticks = 4 oz. 1/4 WGR 4" Diameter Pita = 1/2 oz.	4 oz. Cup Vanilla Yogurt 4 oz. Cup Diced Peaches packed in water & pear juice 2 oz. Granola	5 Carrot Sticks = 4 oz. w/Sour Cream Dip 4 WGR Crackers = 2 oz.	4 oz. Diced Apples 1 Pkg. WGR Vanilla Goldfish Graham = 1 oz.	1 Banana = 4 oz. 1 WGR Soft Pretzel Stick = 1 oz.

WEEK #4					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)
	1/2 Banana = 2 oz. 2 oz. Cream of Wheat	2 oz. Roasted Potatoes w/Peppers & Onions 1 Strip Smoked Trukey = 2 oz.	2 oz. Sautéed Spinach 2 oz. Enriched Cheese Grits	2 oz. Mixed Tropical Fruit 4 oz. Cup Cottage Cheese w/1/2 Slice Raisin Toast = 1/2 oz.	2 oz. Cooked Cinnamon Pears 1/2 WGR Biscuits = 1/2 oz. w/Honey Butter
AM SNACK	4 oz. Cup Vanilla Yogurt 4 oz. Pineapple Tidbits packed in natural juices	1 Banana = 4 oz. 1 Pkg. Vanilla Crackers = 1 oz.	4 oz. Cup Strawberry Yogurt 2 oz. Multigrain Cheerios	1/2 Slice Cheddar Cheese = 1/2 oz. 1/2 oz. WGR Tortilla Scoops	4 oz. Cup Cottage Cheese 4 oz. Diced Apples
LUNCH	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)	<b>MILK</b> 12-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)
	1 oz. Diced Orange Chicken 1 oz. Broccoli 3 Orange Slices = 1 oz. 2 oz. Jasmine Rice	2 oz. Black Bean Bake 1 oz. Frozen Sliced Carrots 1 oz. Diced Apples 2 oz. Brown Rice	1 oz. Zesty Lemon Herb Flounder 1 oz. Frozen Peas & Carrots 1 oz. Diced Pears 2 oz. Herb Quinoa	1 oz. Turkey Salad 1 oz. Roasted Potatoes 1 oz. Garlic Green Beans 1/2 WGR Slider Roll = 1/2 oz.	1 oz. Diced Jerk Chicken 1 oz. Frozen Corn 4 oz. Cup Pineapple Tidbits packed in natural juices 2 oz. Rasta Pasta
PM SNACK	4 oz. Baby Carrots w/sour cream onion dip 1 oz. WGR Tostito Scoops	1 Banana = 4 oz. 1 Pkg. WGR Vanilla Crackers = 1 oz.	8 Orange Slices = 4 oz. 1/2 WGR Stuffed Bagel = 1/2 oz.	4 oz. Cup Vanilla Yogurt 2 oz. Granola	1 oz. CV Hummus 4 oz. Celery 1/2 WGR 4" Diameter Pita = 1/2 oz.

**Meal Components and Serving Sizes for Ages 13-35 Months**

**BREAKFAST (One Serving From All Three Components)**

- Milk-Fluid 12-24 months = 4 oz. Whole Milk  
25-35 months = 4 oz. 1% Low-Fat Milk
- Vegetable or Fruit or Portions of both = 2 oz.
- Bread: 1/2 Slice Enriched or Whole Grain Rich = 1/2 oz.: Cereal/Pasta (Cold/Dry or Hot-Cooked: Enriched/Whole-Grain Rich = 2 oz.

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)

**AM SNACK (Two Servings From Four Components)**

- Milk-Fluid: 12-24 months = 4 oz. Whole Milk  
25-35 months = 4 oz. 1% Low-Fat Milk
- Tofu/Soy/Meat/Meat Alternate or Poultry or Fish (Cooked: lean without bone) = 1/2 oz.: Cheese = 1/2 oz.: Dry Beans/Peas (cooked) = 1 oz.: Peanut Butter (or other nut/seed butters) = 1/2 oz. Yogurt (plain/sweetened) = 2 oz.
- Fruit or Vegetable = 4 oz.
- Bread: 1/2 Slice Enriched or Whole Grain-Rich = 1/2 oz.: Cereal/Pasta (cold/dry/hot-cooked) Enriched/Whole-Grain Rich = 2 oz.

**LUNCH (One Serving From All Five Components)**

- Milk-Fluid 12-24 months = 4 oz. Whole Milk  
25-35 months = 4 oz. 1% Low-Fat Milk
- Tofu/Soy/Meat/Meat Alternate or Poultry or Fish (Cooked: lean without bone) = 1 oz.: Cheese = 1 oz.: 1 Large Egg: Dry Beans or Peas cooked = 2 oz. Peanut Butter (or other nut/seed butters) = 1 oz.: Nuts and/or Seeds = 1/2 oz.: Yogurt (plain or sweetened) = 4 oz.
- Vegetable = 1 oz.
- Fruit or Vegetable = 1 oz.
- Bread (Enriched or Whole Grain-Rich) 1/2 Slice = 1/2 oz.: Cereal/Pasta (cooked, enriched or whole-grain rich) = 2 oz.

**PM SNACK (Two Servings From Five Components)**

- Milk-Fluid: 12-24 months = 4 oz. Whole Milk  
25-35 months = 4 oz. 1% Low-Fat Milk
- Tofu/Soy/Meat/Meat Alternate or Poultry or Fish (Cooked: lean without bone) = 1/2 oz.: Cheese = 1/2 oz. 1/2 Large Egg: Dry Beans/Peas (cooked) = 1 oz.: Peanut Butter (or other nut/seed butters) = 1/2 oz.: Nuts and/or Seeds = 1/2 oz.: Yogurt (plain/sweetened) = 2 oz.
- Vegetables = 4 oz.
- Fruit or Vegetable = 4 oz.
- Bread: 1/2 Slice Enriched or Whole Grain-Rich = 1/2 oz.: Cereal/Pasta (cooked, enriched or whole

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 \*WGR=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 Ferry*

**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 & breads.

**Vegetarian Substitutions:**  
Gardenburgers: Vegetarian meatballs: Vegetarian pot stickers: Fresh fish including shrimp: Frozen & fresh vegetables & fruits. Specific allergies are dealt with on an individual basis according to the child's personal dietary requirements.