



SUMMER MENU CYCLE – AGES: 3-5 YEARS – 2017 JUNE/JULY/AUGUST/SEPTEMBER

JUNE 2017							
	S	*M	*T	*W	*T	*F	S
WEEK #1	4	5	6	7	8	9	10
WEEK #2	11	12	13	14	15	16	17
WEEK #3	18	19	20	21	22	23	24
WEEK #4	25	26	27	28	29	30	July 1
JULY 2017							
WEEK #1	2	3	closed	5	6	7	8
WEEK #2	9	10	11	12	13	14	15
WEEK #3	16	17	18	19	20	21	22
WEEK #4	23	24	25	26	27	28	29
AUGUST 2017							
WEEK #1	July 30	July 31	1	2	3	4	5
WEEK #2	6	7	8	9	10	11	12
WEEK #3	13	14	15	16	17	18	19
WEEK #4	21	21	22	23	24	25	26
WEEK #1	27	28	29	closed	closed	closed	Sept 2
SEPTEMBER 2017							
WEEK #2	3	closed	5	6	7	8	9
WEEK #3	10	11	12	13	14	15	16
WEEK #4	17	18	19	20	21	22	23
WEEK #1	24	25	26	27	28	29	30

MEAL COMPONENTS AND SERVING SIZES FOR AGES: 3-5 YEARS	
BREAKFAST (one serving from all three components)	1. Milk-Fluid: 6 ounce 1% low-fat
	2. Vegetable or Fruit or Juice: 4 ounce
	3. Bread: [enriched or whole-grain] ½ slice; Cereal [enriched or whole-grain cold/dry] 3 ounce; Cereal/Pasta or Noodle [hot cooked] 2 ounce
LUNCH (one serving from all five components)	1. Milk-Fluid: 6 ounce 1% low-fat
	2. Meat, Poultry or Fish [cooked lean without bone] 1.5 ounce; Cheese 1.5 ounce; 1 Egg; Dry beans or peas [cooked] 3 ounce; Peanut Butter [or other nut/seed butters] 1.5 ounce; Yogurt [plain or sweetened] 6 ounce
	3. Juice or Fruit or Vegetable: 4 ounce
	4. Fruit or Vegetable: 4 ounce
	5. Bread: [enriched or whole-grain] ½ slice; Cereal/Pasta or Noodle [enriched or whole-grain/cooked] 2 ounce
PM Snack (Two of four components)	Milk-Fluid: 6 ounce 1% low-fat
	2. Meat or Meat Alternate, Poultry or Fish [cooked, lean without bone] ½ ounce; Cheese ½ ounce; 1 Egg (large); Cooked dry beans or peas 1 ounce; Peanut Butter [or other nut or seed butters] ½ ounce; Yogurt [plain or sweetened] 2 ounce
	3. Juice or Fruit or Vegetable: 4 ounce
	4. Bread: [enriched or whole-grain] ½ slice; Cereal [enriched or whole-grain cold-dry] 3 ounces; Cereal, Pasta or Noodle [hot cooked] 2 ounce
For more detail on Meal Pattern requirements, please refer to CACFP Operations Manual, CACFP Agreement: A Planning Guide for Food Service in Child Care Centers.	
<ul style="list-style-type: none"> - Fruits and vegetables are fresh when available unless noted otherwise. - Dried fruit is half of the fresh fruit serving. - Juice is 100% with no added sugars. - Note: Water is always provided during snack when milk is not served. - Note: Water is served when children have picnic lunch and milk is served with PM Snack. 	
**Not counted for Child And Adult Care Food Program (CACFP) Purposes	
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: <i>Matthew Ferry</i>	
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: Gardenburgers; 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	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat
	1 Banana = 4 oz. 2 Whole Grain Waffle Sticks w/apple butter	1 Slice Cantaloupe = 4 oz. ½ Whole Grain Blueberry Muffin Loaf	4 oz. Strawberries & Blueberries Turkey-Ham & Cheese Sandwich made w/Whole Wheat Biscuit	4 Apple Slices = 4 oz. 2 oz. Oatmeal	4 oz. Spinach Turkey-Ham & Cheese Frittata w/ ½ Slice Whole Wheat Bread
LUNCH	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat
	1.65 oz. Barbecued Chicken Breast 4 oz. Mandarin Oranges packed in water & pear juice 1 Corn on the Cobb 1 Whole Grain Slider Roll	1.5 oz. Sesame Ginger Baked Flounder 4 oz. Frozen Green Peas 4 oz. Sliced Frozen Carrots 2 oz. Brown Rice	3 oz. Chickpea Curry 4 oz. Cauliflower 4 oz. Roasted Potatoes 2 oz. Basmati Rice	½ Turkey Cheeseburger = 2 oz. 4 oz. Sugar Snap Peas 4 oz. Baked Beans ½ Whole Wheat Hamburger Roll	1.65 oz. Indonesian Chicken Thighs w/Sweet Soy & Ginger Sauce 4 oz. Chinese Broccoli 4 oz. Cubed Watermelon 2 oz. Jasmine Rice
PM SNACK	4 oz. Roasted Asparagus w/Ranch Dip ¼ Multigrain Naan Bread	½ Chocolate Chip Chickpea Bar 1 Slice Honeydew Melon = 4 oz.	½ oz. Cheese & Black Bean Dip 2 Orange Quarters = 4 oz. 8 Whole Grain Taco Chips	½ oz. Peanut Butter 3 Celery Sticks = 4 oz. with raisins	2 oz. Yogurt 4 oz. Peaches packed in water & pear juice ½ Oatmeal Bar

WEEK #2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat
	4 oz. Baked Cinnamon Apples 2 Whole Grain Waffle Sticks w/apple butter	4 oz. Diced Baked Potatoes w/peppers & onions ½ Slice Whole Wheat Toast	4 oz. Baby Spinach 1 Slice Cheese Frittata ½ Slice Whole Wheat Bread	4 oz. Cubed Watermelon ½ Whole Wheat Raisin Bagel w/cream cheese	4 Asian Pear Slices = 4 oz. ½ Enriched Croissant w/Cheese & Turkey Bacon
LUNCH	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat
	1.65 oz. Grilled Chicken Breast 4 oz. Romaine Salad w/Tomato, Cucumber & Carrots 4 oz. Blue Cheese Roasted Carrots w/ ½ Whole Wheat Garlic Bread	4 Barbecue Turkey Meatballs = 2 oz. 4 oz. Mixed Vegetables 4 oz. Pineapple packed in natural juices 1 Whole Wheat Slider Roll w/enriched macaroni salad made w/red onions & peppers	1.5 oz. Cranberry Chicken Salad 4 oz. Frozen Corn 1 slice Cantaloupe = 4 oz. ½ Whole Wheat 4" diameter Pita Bread	3 oz. Cannellini Beans 4 oz. Roasted Zucchini Squash, onion & carrots 4 Apple Slices = 4 oz. 2 oz. Enriched Tortellini w/Pesto	1.5 oz. Honey Soy Glazed Salmon 4 oz. Chinese Broccoli 4 oz. Mandarin Oranges packed in water & pear juice 2 oz. Brown Rice
PM SNACK	2 oz. Strawberry Yogurt 4 oz. Blueberries 3 oz. Granola	1 Banana = 4 oz. ½ Multi-grain Cereal Bar	4 oz. Applesauce 1 Whole Wheat Soft Pretzel Stick	4 oz. Roasted Asparagus w/Ranch Dip ¼ Whole Wheat Naan Bread	Spinach Dip w/6 Baby Carrots – 4 oz. ½ Whole Wheat 4" diameter Pita Bread

WEEK #3					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat
	1 Banana = 4 oz. ½ Slice Whole Wheat French Toast w/apple butter	1 Plum w/pit removed = 4 oz. ½ Whole Grain Blueberry Muffin Loaf	4 oz. Strawberries & Blueberries Turkey-Ham & Cheese Sandwich made w/1 Whole Wheat Biscuit	4 Apple Slices = 4 oz. 2 oz. Oatmeal	4 oz. Roasted Asparagus 1 Slice Cheese & Turkey-Ham Frittata w/½ Slice Whole Wheat Bread
LUNCH	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat
	1.5 oz. Tuna Salad 4 oz. Frozen Peas 4 Bartlett Pear Slices = 4 oz. ½ Whole Wheat 4" diameter Pita Bread	4 Meatballs in Tomato Sauce = 2 oz. 4 oz. Broccoli 4 oz. Spinach Salad w/cucumber, tomatoes & carrots 2 oz. Whole Wheat Spaghetti & 1 Whole Wheat Bread Stick	½ Grilled Cheese Sandwich and 6 oz. Strawberry Yogurt 4 oz. Roasted Potatoes 4 oz. Pineapple packed in natural juices 1 Slice Whole Wheat Bread	1.65 oz. Coconut Curried Chicken Breast 4 oz. Chinese Broccoli 4 oz. Fruit Salad made w/melon, berries, mandarin oranges & pineapple 2 oz. Basmati Rice	1.65 oz. Roasted Chicken 4 oz. Caesar Salad w/croutons & parmesan cheese 1 Slice Cantaloupe = 4 oz. 2 oz. Farro Salad made w/asparagus & peas
PM SNACK	4 oz. Roasted Asparagus w/Ranch Dressing ¼ Whole Wheat Naan Bread	1 oz. Chocolate Chip Hummus 4 Apple Slices = 4 oz.	½ oz. Peanut Butter 3 Celery Sticks = 4 oz. w/raisins	1 oz. Cheese & Black Bean Dip 6 Baby Carrots = 4 oz. 8 Whole Grain Taco Chips = 3 oz.	2 oz. Vanilla Greek Yogurt ½ Peach (or Nectarine) w/pit removed = 4 oz. ½ Oatmeal Bar

WEEK #4					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat
	4 Asian Pear Slices = 4 oz. ½ Whole Wheat Croissant w/Cheese & Turkey Bacon	4 oz. Cubed Watermelon ½ Whole Wheat Raisin Bagel	4 oz. Baked Cinnamon Pears 2 Whole Wheat Waffle Sticks w/apple butter	4 oz. Baked Home Fries w/peppers & onions ½ Whole Wheat Toast	2 oz. Baby Spinach 1 Slice Cheese Frittata ½ Slice Whole Wheat Bread
LUNCH	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat	Milk: 6 oz. 1% low-fat
	1.65 oz. Sweet & Sour Chicken Breast 4 oz. Broccoli 4 Apple Slices = 4 oz. 2 oz. Brown Rice	Chef Salad, 1 Boiled Egg & ½ oz. Turkey-Ham & Cheese w/Italian Dressing on the side 4 oz. Romaine Lettuce 4 oz. Frozen Corn ½ Whole Wheat 4" diameter Pita Bread	2 Tbsp. Peanut Butter w/Jelly Sandwich & 3 oz. Strawberry Yogurt 4 oz. Roasted Sweet Potatoes 1 Banana = 4 oz. 1 Slice Whole Wheat Bread	1.5 oz. Baked Flounder 4 oz. Green Beans w/mushrooms 4 Asian Pear Slices = 4 oz. 2 oz. Yellow Rice	1.5 oz. Ground Beef Sloppy Joes 4 oz. Mixed Vegetables 1 Slice Cantaloupe = 4 oz. 1 Whole Wheat Slider Roll
PM SNACK	Spinach Dip w/6 Baby Carrots = 4 oz. ½ Whole Wheat 4" diameter Pita Bread	2 oz. Strawberry Yogurt 4 oz. Blueberries 3 oz. Granola	4 oz. Applesauce 1 Whole Wheat Soft Pretzel Stick	1 Banana = 4 oz. ½ Multi-grain Cereal Bar	1 oz. Black Bean Salsa 2 Orange Quarters = 4 oz. 16 Corn Tortilla Chips