



SUMMER MENU CYCLE - SCHOOL AGE PROGRAM: 6 - 12 YEARS FOR 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	20	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

WEEK #1					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
LUNCH	Milk 8 oz. 1% Low-Fat 2.3 oz. Barbecued Chicken Breast 6 oz. Mandarin Oranges packed in water & pear juice 2 Corn on the Cobb 1 Whole Grain Slider Roll	Milk 8 oz. 1% Low-Fat 2 oz. Sesame Ginger Baked Flounder 6 oz. Frozen Green Peas 6 oz. Sliced Frozen Carrots 4 oz. Brown Rice	Milk 8 oz. 1% Low-Fat 4 oz. Chickpea Curry 6 oz. Cauliflower 6 oz. Roasted Potatoes 4 oz. Basmati Rice	Milk 8 oz. 1% Low-Fat 1 Turkey Cheeseburger = 4 oz. 6 oz. Sugar Snap Peas 6 oz. Baked Beans 1 Whole Wheat Hamburger Roll	Milk 8 oz. 1% Low-Fat 2.3 oz. Indonesian Chicken Thighs w/Sweet Soy & Ginger Sauce 6 oz. Chinese Broccoli 6 oz. Cubed Watermelon 4 oz. Jasmine Rice
PM SNACK					
WEEK #2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 8 oz. 1% Low-Fat 4 oz. Baked Cinnamon Apples 3 Whole Grain Waffle Sticks w/apple butter	Milk 8 oz. 1% Low-Fat 4 oz. Diced Baked Potatoes w/peppers & onions 1 Slice Whole Wheat Toast	Milk 8 oz. 1% Low-Fat 4 oz. Baby Spinach 1 Slice Cheese Frittata 1 Slice Whole Wheat Bread	Milk 8 oz. 1% Low-Fat 4 oz. Cubed Watermelon 1 Whole Wheat Raisin Bagel w/cream cheese	Milk 8 oz. 1% Low-Fat 4 Asian Pear Slices = 4 oz. 1 Enriched flour Croissant w/Cheese & Turkey Bacon
LUNCH	Milk 8 oz. 1% Low-Fat 2.3 oz. Grilled Chicken Breast 6 oz. Romaine Salad w/Tomato, Cucumber & Carrots 6 oz. Blue Cheese Roasted Carrots w/1 Whole Wheat Garlic Bread	Milk 8 oz. 1% Low-Fat 5 Barbecue Turkey Meatballs = 2.5 oz. 6 oz. Mixed Vegetables 6 oz. Pineapple packed in natural juices 1 Whole Wheat Slider Roll w/enriched macaroni salad made w/red onions & peppers	Milk 8 oz. 1% Low-Fat 2 oz. Cranberry Chicken Salad 6 oz. Frozen Corn 2 slices Cantaloupe = 8 oz. 1 Whole Wheat 4" diameter Pita Bread	Milk 8 oz. 1% Low-Fat 4 oz. Cannellini Beans 6 oz. Roasted Zucchini Squash, onion & carrots 6 Apple Slices = 6 oz. 4 oz. Enriched Tortellini w/Pesto	Milk 8 oz. 1% Low-Fat 2 oz. Honey Soy Glazed Salmon 6 oz. Chinese Broccoli 6 oz. Mandarin Oranges packed in water & pear juice 4 oz. Brown Rice
PM SNACK	4 oz. Strawberry Yogurt 6 oz. Blueberries 6 oz. Granola	1 1/2 Banana = 6 oz. 1 Multi-grain Cereal Bar	6 oz. Applesauce 2 Whole Wheat Soft Pretzel Stick	6 oz. Roasted Asparagus w/Ranch Dip 1/2 Whole Wheat Naan Bread	Spinach Dip w/8 Baby Carrots - 6 oz. 1 Whole Wheat 4" diameter Pita Bread
WEEK #3					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1 Banana = 4 oz. 1 Slice Whole Wheat French Toast w/apple butter	1 Plum w/pit removed = 4 oz. 1 Whole Grain Blueberry Muffin Loaf	4 oz. Strawberries & Blueberries Turkey-Ham & Cheese Sandwich made w/1 Whole Wheat Biscuit	4 Apple Slices = 4 oz. 4 oz. Oatmeal	4 oz. Roasted Asparagus 1 Slice Cheese & Turkey-Ham Frittata w/1 Slice Whole Wheat Bread
LUNCH	Milk 8 oz. 1% Low-Fat 2 oz. Tuna Salad 6 oz. Frozen Peas 6 Bartlett Pear Slices = 4 oz. 1 Whole Wheat 4" diameter Pita Bread	Milk 8 oz. 1% Low-Fat 5 Meatballs in Tomato Sauce = 2.5 oz. 6 oz. Broccoli 6 oz. Spinach Salad w/cucumber, tomatoes & carrots 4 oz. Whole Wheat Spaghetti & 1 Whole Wheat Bread Stick	Milk 8 oz. 1% Low-Fat 1/2 Grilled Cheese Sandwich and 8 oz. Strawberry Yogurt 6 oz. Roasted Potatoes 6 oz. Pineapple packed in natural juices 1 Slice Whole Wheat Bread	Milk 8 oz. 1% Low-Fat 2.3 oz. Coconut Curried Chicken Breast 6 oz. Chinese Broccoli 6 oz. Fruit Salad made w/melon, berries, mandarin oranges & pineapple 4 oz. Basmati Rice	Milk 8 oz. 1% Low-Fat 2.3 oz. Roasted Chicken 6 oz. Caesar Salad w/cROUTONS & parmesan cheese 2 Slices Cantaloupe = 8 oz. 6 oz. Farro Salad made w/asparagus & peas
PM SNACK	6 oz. Roasted Asparagus w/Ranch Dressing 1/2 Whole Wheat Naan Bread	2 oz. Chocolate Chip Hummus 6 Apple Slices = 6 oz.	1 oz. Peanut Butter 5 Celery Sticks = 6 oz. w/raisins	1 oz. Cheese & Black Bean Dip 8 Baby Carrots = 6 oz. 1/6 Whole Grain Taco Chips = 6 oz.	4 oz. Vanilla Greek Yogurt 1/2 Peach (or Nectarine) w/pit removed = 6 oz. 1 Oatmeal Bar
WEEK #4					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	4 Asian Pear Slices = 4 oz. 1 Whole Wheat Croissant w/Cheese & Turkey Bacon	4 oz. Cubed Watermelon 1 Whole Wheat Raisin Bagel	4 oz. Baked Cinnamon Pears 3 Whole Wheat Waffle Sticks w/apple butter	4 oz. Baked Home Fries w/peppers & onions 1 Slice Whole Wheat Toast	4 oz. Baby Spinach 1 Slice Cheese Frittata 1 Slice Whole Wheat Bread
LUNCH	Milk 8 oz. 1% Low-Fat 2.3 oz. Sweet & Sour Chicken Breast 6 oz. Broccoli 6 Apple Slices = 6 oz. 4 oz. Brown Rice	Milk 8 oz. 1% Low-Fat Chef Salad, 1 Boiled Egg & 1 oz. Turkey-Ham & Cheese w/Italian Dressing on the side 6 oz. Romaine Lettuce 6 oz. Frozen Corn 1 Whole Wheat 4" diameter Pita Bread	Milk 8 oz. 1% Low-Fat 2 Tbsp. Peanut Butter w/Jelly Sandwich & 4 oz. Strawberry Yogurt 6 oz. Roasted Sweet Potatoes 1 1/2 Banana = 6 oz. 1 Slice Whole Wheat Bread	Milk 8 oz. 1% Low-Fat 2 oz. Baked Flounder 6 oz. Green Beans w/mushrooms 6 Asian Pear Slices = 6 oz. 4 oz. Yellow Rice	Milk 8 oz. 1% Low-Fat 2 oz. Ground Beef Sloppy Joes 6 oz. Mixed Vegetables 2 Slices Cantaloupe = 8 oz. 1 Whole Wheat Slider Roll
PM SNACK	Spinach Dip w/8 Baby Carrots = 6 oz. 1 Whole Wheat 4" diameter Pita Bread	4 oz. Strawberry Yogurt 6 oz. Blueberries 6 oz. Granola	6 oz. Applesauce 2 Whole Wheat Soft Pretzel Stick	1 1/2 Banana = 6 oz. 1 Multi-grain Cereal Bar	2 oz. Black Bean Salsa 3 Orange Quarters = 6 oz. 1/6 Corn Tortilla Chips

MEAL COMPONENTS AND SERVING SIZES FOR SCHOOL AGE PROGRAM AGES: 6-12 YEARS	
BREAKFAST (one serving from all three components)	1. Milk-Fluid 8 ounce 1% low-fat 2. Vegetable or Fruit or Juice 4 ounce 3. Bread [Enriched or Whole-grain] 1slice: Cereal [Cold-dry; Enriched or Whole-grain] 6 ounce or Hot-cooked Cereal/pasta 4 ounce
LUNCH (one serving from all five components)	1. Milk-Fluid 8 ounce 1% low-fat 2. Meat or Meat Alternate or Poultry or Fish [cooked lean meat without bone] 2 ounce: Cheese 2 ounce: 1 Large Egg: Cooked Dry Beans or Peas 4 ounce: Peanut Butter [or other nut/seed butters] 2 ounce: Yogurt [plain/sweetened] 8 ounce 3. Vegetable or Fruit or Juice 6 ounce 4. Vegetable or Fruit 6 ounce 5. Bread: [Enriched or Whole-Grain] 1slice: Cereal - dry-cold 6 ounce: Cereal: hot/cooked or Pasta 4 ounce
PM Snack (Two of four components)	1. Milk-Fluid 8 ounce 1% low-fat 2. Meat or Meat Alternate 1 ounce: Cheese 1 ounce: 1/2 Large Egg: Cooked dry beans or Peas 2 ounce: Peanut Butter [or other nut or seed butters] 1 ounce: Nuts and/or seeds 1 ounce: Yogurt [plain/sweetened] 4 ounce 3. Vegetable or Fruit or Juice 6 ounce 4. Bread [Enriched or Whole-Grain] 1 slice: Cereal - dry-cold 6 ounce: Cereal: hot/cooked, or Pasta 4 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"> - All fruits and vegetables are fresh whenever possible unless otherwise noted. - Dried fruit is half of the fresh fruit serving. - All juice is 100% with no added sugars. - Note: Water is always provided during snack when milk is not served. When children have picnic lunches milk is served with PM Snack	
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:

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.