



SUMMER MENU CYCLE – AGES: 13-35 MONTHS – 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	22	23	24	25	26	27
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	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)
	2 oz. Diced Asian Pears ½ Whole Wheat Croissant w/Cheese & Turkey Bacon	2 oz. Diced Watermelon ½ Whole Wheat Raisin Bagel	2 oz. Baked Cinnamon Apples 2 Whole Grain Waffle Sticks w/apple butter	2 oz. Diced Apples 2 oz. Oatmeal	2 oz. Diced Watermelon ½ Whole Wheat Raisin Bagel w/½ container cream cheese
AM SNACK	2 oz. Dried Cranberries & Apple Chips 2 oz. Homemade Chex Mix	4 oz. Fruit Cup packed in water & pear juice 2 oz. Multi-grain Cheerios	2 oz. Dried Cranberries & Apple Chips 2 oz. Homemade Chex Mix	2 oz. Yogurt 1 Slice Honeydew Melon = 4 oz.	4 oz. Fruit Cup packed in water & pear juice 2 oz. Granola
LUNCH	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)
	1.2 oz. Barbecued Chicken Breast 2 oz. Mandarin Oranges 1 Corn on the Cobb 1 Whole Wheat Slider Roll	1 oz. Sesame Ginger Baked Flounder 2 oz. Frozen Green Peas 2 oz. Sliced Frozen Carrots 2 oz. Brown rice	1 Slice Cantaloupe = 4 oz. ½ Whole Grain Blueberry Muffin Loaf = ½ Slice Bread	2 oz. Chick Pea Curry 2 oz. Cauliflower 2 oz. Roasted Potatoes 2 oz. Basmati Rice	½ Turkey Cheeseburger = 2 oz. 2 oz. Sugar Snap Peas 2 oz. Baked Beans ½ Whole Wheat Hamburger Roll
PM SNACK	4 oz. Roasted Asparagus w/Ranch Dip ¼ Multigrain Naan Bread	1 Banana = 4 oz. ½ Multi-grain Cereal Bar	½ oz. Cheese & Black Bean Dip 10 Orange Slices = 4 oz. 8 Whole Grain Taco Chips	½ oz. Peanut Butter 3 Celery Sticks (4" long) = 4 oz. w/raisins	2 oz. Yogurt 4 oz. Peaches packed in water & pear juice ½ Oatmeal Bar

WEEK #2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)
	2 oz. Baked Cinnamon Apples 2 Whole Grain Waffle Sticks w/apple butter	2 oz. Diced Baked Potatoes w/peppers & onions ½ Slice Whole Wheat Toast	1 Slice Cheese Frittata w/2 oz. Baby Spinach on side ½ Slice Whole Wheat Bread	2 oz. Diced Watermelon ½ Whole Wheat Raisin Bagel w/½ container cream cheese	2 oz. Diced Asian Pears ½ Enriched Croissant w/Cheese & Turkey Bacon
AM SNACK	MILK Oatmeal Bar	2 Quarters Sliced Cheddar Cheese = ½ oz. 4 oz. Diced Apples	4 oz. Fruit Cup packed in water & pear juice 2 oz. Multi-grain Cheerios	2 oz. Applesauce 2 oz. Homemade Chex Mix	½ oz. SunButter ½ Whole Wheat 4" diameter Pita Bread
LUNCH	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)
	1.2 oz. Grilled Chicken Breast 2 oz. Romaine Salad w/Tomato, Cucumber & Carrots 2 oz. Blue Cheese Roasted Carrots ½ Whole Wheat Garlic Bread	3 Barbecue Turkey Meatballs = 1.5 oz. 2 oz. Mixed Vegetables 2 oz. Pineapple packed in natural juices: 1 Whole Wheat slider Roll w/Enriched Macaroni Salad made w/red onion & peppers	1 oz. Cranberry Chicken Salad 2 oz. Frozen Corn 1 Slice Cantaloupe = 4 oz. ½ Whole Wheat 4" diameter Pita Bread	2 oz. Canellini Beans 2 oz. Roasted Zucchini Squash, Onion & Carrots 2 oz. Diced Carrots 2 oz. Enriched Tortellini w/Pesto	1 oz. Honey Soy Glazed Salmon 2 oz. Chinese Broccoli 2 oz. Mandarin Oranges packed in water & pear juice 2 oz. Brown Rice
PM SNACK	2 oz. Strawberry Yogurt 4 oz. Blueberries 2 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 With 6 Baby Carrots = 4 oz. ½ Whole Wheat 4" diameter Pita Bread

WEEK #3					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)
	½ Banana = 2 oz. ½ Slice Whole Wheat French Toast w/apple butter	2 oz. Diced Plums ½ Whole Grain Blueberry Muffin Loaf = ½ slice Bread	2 oz. Strawberries & Blueberries Turkey-Ham & Cheese Sandwich made w/1 Whole Wheat Biscuit	2 oz. Diced Apples 2 oz. Oatmeal	2 oz. Roasted Asparagus 1 Slice Cheese & Turkey-Ham Frittata w/½ Slice Whole Wheat Bread
AM SNACK	2 oz. Dried Cranberries & Apple Chips 2 oz. Homemade Chex Mix	2 Quarters Sliced Cheddar Cheese = ½ oz. 4 oz. Diced Bartlett Pears	MILK ½ Oatmeal Bar	2 oz. Vanilla Yogurt 1 Slice Honeydew Melon = 4 oz.	4 oz. Fruit Cup packed in water & pear juice 2 oz. Granola
LUNCH	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)
	1 oz. Tuna Salad 2 oz. Frozen Peas 2 oz. Diced Bartlett Pears ½ Whole Wheat 4" diameter Pita Bread	3 Meatballs in Tomato Sauce = 1.5 oz.; 2 oz. Broccoli 2 oz. Spinach Salad w/cucumber, tomatoes & carrots 2 oz. Whole Wheat Spaghetti & 1 Whole Wheat Bread Stick	½ Grilled Cheese Sandwich and 4 oz. Strawberry Yogurt 2 oz. Roasted Potatoes 2 oz. Pineapple packed in natural juices 1 Slice Whole Wheat Bread	1.2 oz. Coconut Curried Chicken Breast 2 oz. Chinese Broccoli 2 oz. Fruit Salad made w/melon, berries, mandarin orange & pineapple 2 oz. Basmati Rice	1.2 oz. Roast Chicken Breast 2 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 Dip ¼ Whole Wheat Naan Bread	1 oz. Chocolate Chip Hummus 4 oz. Diced apples	½ oz. Peanut Butter 3 Celery Sticks (4" long) = 4 oz. w/raisins	1 oz. Cheese & Black Bean Dip & Baby Carrots = 4 oz. 8 Whole Grain Taco Chips	2 oz. Vanilla Greek Yogurt 4 oz. diced Peaches (or Nectarines) ½ Oatmeal Bar

WEEK #4					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)
	2 oz. Diced Asian Pears ½ Whole Wheat Croissant w/Cheese & Turkey Bacon	2 oz. Diced Watermelon ½ Whole Wheat Raisin Bagel	2 oz. Baked Cinnamon Apples 2 Whole Grain Waffle Sticks w/apple butter	2 oz. Baked Home Fries made w/diced Potatoes, peppers & onions ½ Whole Wheat Toast	2 oz. Baby Spinach 1 Slice Cheese Frittata ½ Slice Whole Wheat Bread
AM SNACK	MILK ½ Oatmeal Bar	4 oz. Fruit Cup packed in water & pear juice 2 oz. Multi-grain Cheerios	2 Quarters Sliced Cheddar Cheese = ½ oz. 4 oz. Diced Apples	4 oz. Applesauce 2 oz. Homemade Chex Mix	½ oz. SunButter ½ Whole Wheat 4" diameter Pita Bread
LUNCH	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)	MILK 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk)
	1.2 oz. Sweet & Sour Chicken Breast 2 oz. Broccoli 2 oz. Diced Apples 2 oz. Brown Rice	Chef Salad, 1 Boiled Egg & ½ oz. Turkey-Ham & Cheese w/Italian Dressing 2 oz. Romaine Lettuce 2 oz. Frozen Corn ½ Whole Wheat 4" diameter Pita Bread	2 Tbsp. Peanut Butter w/Jelly Sandwich & 2 oz. Strawberry Yogurt 2 oz. Roasted Sweet Potatoes ½ Banana = 2 oz. 1 Slice Whole Wheat Bread	1 oz. Baked Flounder 2 oz. Green Beans w/mushrooms 2 oz. Diced Asian Pears 2 oz. Yellow Rice	1 oz. Ground Beef Sloppy Joes 2 oz. Mixed Vegetables 1 Slice Cantaloupe = 4 oz. 1 Whole Wheat Slider Roll
PM SNACK	Spinach Dip 6 Baby Carrots = 4 oz. ½ Whole Wheat 4" diameter Pita Bread	2 oz. Strawberry Yogurt 4 oz. Blueberries 2 oz. Granola	4 oz. Applesauce 1 Whole Wheat Soft Pretzel Stick	1 Banana = 4 oz. ½ Multi-grain Cereal Bar	1 oz. Back Bean Salsa 10 Orange Slices 8 Corn Tortilla Chips

MEAL COMPONENTS AND SERVING SIZES FOR AGES: 13-35 MONTHS	
BREAKFAST (one serving from all three components)	1. Milk-Fluid: 13-24 mos.: 4 oz. Whole Milk 25-35 mos.: 4 oz. 1% Low-Fat Milk
	2. Vegetable or Fruit or Juice: 2 oz.
	3. Bread [Enriched or Whole-Grain] ½ slice: Cereal/Pasta [Cold/Dry or Hot-Cooked; Enriched/Whole-Grain] 2 oz.
	4. Bread [Enriched or Whole-Grain] ½ slice: Cereal/Pasta [cold/dry/hot-cooked-enriched/whole-grain] 4 oz.
AM Snack (Two of four components)	1. Milk-Fluid: 13-24 mos. (4 oz. whole milk) 25-35 mos. (4 oz. 1% low-fat milk)
	2. Meat or Meat Alternate or Poultry or Fish: [Cooked; lean without bone] ½ oz.; Cheese ½ oz.; ½ Egg [large]; Dry Beans/Peas [cooked] 1 oz.; Peanut Butter [or other nut/seed butters] ½ oz.; Nuts and/or Seeds ½ oz.; Yogurt [plain or sweetened] 2 oz.
	3. Vegetable or Fruit or Juice: 4 oz.
	4. Bread [Enriched or Whole-Grain] ½ slice: Cereal/Pasta [cold/dry/hot-cooked-enriched/whole-grain] 4 oz.
LUNCH (one serving from all five components)	1. Milk-Fluid: 13-24 mos.: 4 oz. Whole Milk 25-35 mos.: 4 oz. 1% Low-Fat Milk
	2. Meat/Meat Alternate/Poultry or Fish [cooked lean without bone] 1 oz.; Cheese 1 oz.; Large Egg; Dry Beans/Peas: [cooked] 2 oz.; Peanut Butter [or other nut/seed butters] 1 oz.; Nuts and/or seeds ½ oz.; Yogurt [plain or sweetened] 4 oz.
	3. Juice or Fruit or Vegetable: 2 oz.
	4. Fruit or Vegetable: 2 oz.
	5. Bread [Enriched or Whole-Grain]: ½ slice Cereal/Pasta [cooked, enriched or whole-grain] 2 oz.
PM Snack (Two of four components)	1. Milk-Fluid: 13-24 mos.: 4 oz. Whole Milk 25-35 mos.: 4 oz. 1% Low-Fat Milk
	2. Meat/Meat Alternate: Poultry or Fish [cooked lean without bone] ½ oz.; Cheese ½ oz.; ½ Lg. Egg; Dry Beans/Peas [cooked] 1 oz.; Peanut Butter [or other nut/seed butters] ½ oz.; Nuts and/or seeds ½ oz.; Yogurt [plain/sweetened] 2oz.
	3. Juice or Fruit or Vegetable: 4 oz.
	4. Bread-[Enriched or Whole-Grain] ½ slice: Cereal/Pasta-[cooked, enriched or whole-grain] 2 oz.
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. 	
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.	