


| FEBRUARY 2019 | | | | | | | |
|---------------|---------|---|----|-------|-------|--------|--------|
| | S | *M | *T | *W | *T | *F | S |
| WEEK #1 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| WEEK #2 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| WEEK #3 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| WEEK #4 | 24 | 25 | 26 | 27 | 28 | Mar. 1 | Mar. 2 |
| MARCH 2019 | | | | | | | |
| WEEK #1 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| WEEK #2 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| WEEK #3 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| WEEK #4 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| APRIL 2019 | | | | | | | |
| WEEK #1 | Mar. 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| WEEK #2 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| WEEK #3 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| WEEK #4 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| WEEK #1 | 28 | 29 | 30 | May 1 | May 2 | May 3 | May 4 |
| MAY 2019 | | | | | | | |
| WEEK #2 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| WEEK #3 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| WEEK #4 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| WEEK #1 | 26 |  | 28 | 29 | 30 | 31 | June 1 |

| 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 = 4 ounce |
| | 3. Bread: [enriched or whole-grain] ½ slice; Cereal [enriched or whole-grain-rich 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. Tofu/Soy or 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. Vegetable: 2 ounce |
| | 4. Fruit or Vegetable: 2 ounce |
| | 5. Bread: [enriched or whole-grain] ½ slice; Cereal/Pasta or Noodle [enriched or whole-grain-rich/cooked] 2 ounce |
| PM Snack (Two of four components) | Milk-Fluid: 6 ounce 1% low-fat |
| | 2. Tofu/Soy or 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. Vegetable: 4 ounce |
| | 4. Fruit or Vegetables: 4 ounce |
| | 5. Bread: [enriched or whole-grain] ½ slice; Cereal [enriched or whole-grain-rich 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.

- 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.
- *Served separately
- **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: *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 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.

Applesauce: With no added sugar

Canned Fruit:

Peaches: packed in water & pear juice or substituted for fresh in season when available

Mandarin Oranges: packed in water & pear juice

Pineapple: packed in natural juices

| WEEK #1 | | | | | |
|-----------|---|---|--|---|---|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | Milk: 6 oz. 1% low-fat 4 oz. Pineapple packed in natural juices 2 oz. Cheese Grits ½ Serving WGR Toast w/low sugar preserves | Milk: 6 oz. 1% low-fat 1 Slice Honeydew = 4 oz. ½ Serving WGR Waffles | Milk: 6 oz. 1% low-fat 3 Orange Qtrs. = 4.50 (1.50 oz. per quarter) ½ Serving WGR Bread w/Cheese & Smoked Turkey Frittata | Milk: 6 oz. 1% low-fat 4 oz. Cucumber w/Ranch Dressing ½ Serving WGR Bagel w/Cream Cheese | Milk: 6 oz. 1% low-fat 4 oz. Baked Pears 2 oz. Oatmeal |
| | Milk: 6 oz. 1% low-fat 1.5 oz. Herb Salmon 2 oz. Roasted Sweet Potatoes 2 oz. frozen Peas 2 oz. Farro Salad | Milk: 6 oz. 1% low-fat ½ Turkey Cheeseburger = 2 oz. Made w/4 oz. Turkey Burger & 1 Slice Cheese 2 oz. Southwestern Corn 2 oz. Baked Beans ½ Serving WGR Hamburger Bun | Milk: 6 oz. 1% low-fat 3 oz. Three Bean Chili w/Garden Burger Crumbles & Cheese 2 oz. Broccoli 2 oz. frozen Mixed Vegetables ½ Serving WGR Corn Muffin | Milk: 6 oz. 1% low-fat ½ Serving PB&J w/3 oz. Yogurt (PB&J Sandwich made w/2 Tbsp. Peanut Butter = 1 oz.) 2 oz. Baby Carrots 2 Apple slices = 2 oz. (1 oz. per slice) 1 Serving WGR Bread | Milk: 6 oz. 1% low-fat 1.5 oz. Braised Lamb w/gravy 2 oz. Spinach 2 oz. Roasted Potatoes ½ Serving WGR Slider Rolls |
| PM SNACK | 1 Tbsp. Peanut Butter = ½ oz. 4 Apple slices = 4 oz. (1 oz. per slice) | 4 oz. Fruit packed in water & fruit juice 3 oz. Homemade WGR Chex Mix | ½ Slice Cheese = ½ oz. 4 Pear slices = 4 oz. (1 oz. per slice) | 4 oz. Fruit packed in water & fruit juice 3 oz. Homemade WGR Chex Mix | 2 oz. Yogurt 2 oz. Dried Cranberries |

| WEEK #2 | | | | | |
|-----------|--|---|--|---|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | Milk: 6 oz. 1% low-fat 4 oz. Peaches packed in water & pear juice ½ Serving Corn Bread w/low sugar Strawberry Preserves | Milk: 6 oz. 1% low-fat 1 Banana = 4 oz. ½ Serving WGR Pancakes | Milk: 6 oz. 1% low-fat 4 Pear slices = 4 oz. (1 oz. per slice) 2 oz. Cheese Grits w/1 Slice Smoked Turkey | Milk: 6 oz. 1% low-fat 4 oz. Pineapple packed in natural juices Cheese Frittata w/½ Serving WGR Toast | Milk: 6 oz. 1% low-fat 4 oz. Mandarin Oranges packed in water & pear juice 4 oz. Oven Roasted Potatoes w/onions & peppers ½ Serving of WGR English Muffin |
| | Milk: 6 oz. 1% low-fat 3 Strips Chicken Breast = 1.65 oz. w/gravy 2 oz. Cabbage 2 Orange Qtrs. = 3 oz. (1.50 oz. per quarter) 2 oz. Brown Rice | Milk: 6 oz. 1% low-fat 3 oz. Chickpea Salad w/Rotini, lemon, herbs & Parmesan Cheese 2 oz. String Beans 2 oz. Roasted Baby Carrots ½ Serving WGR 4" Diameter Pita | Milk: 6 oz. 1% low-fat 1.5 oz. Turkey Salad 2 oz. Corn Nublets 2 oz. Pineapple packed in natural juices ½ Serving WGR 6" Tortillas | Milk: 6 oz. 1% low-fat 1.5 oz. Flounder w/lemon & parsley 2 oz. Frozen Mixed Vegetables 2 oz. Roasted Sweet Potatoes ½ Serving WGR Slider Rolls | Milk: 6 oz. 1% low-fat 1.5 oz. Flank Steak w/peppers & onions 2 oz. Broccoli 2 Apple slices = 2 oz. (1 oz. per slice) 2 oz. Yellow Rice |
| PM SNACK | ½ oz. Cheese Sauce 4 oz. Broccoli ½ Serving 6" Diameter Tortilla | 2 oz. Vanilla Yogurt 4 Apple slices = 4 oz. (1 oz. per slice) | 4 oz. Celery w/Ranch Dressing ½ WGR Naan | 4 oz. Applesauce 1 WGR Soft Pretzel Stick | 1 oz. Black Bean Dip w/cheese 2 oz. WGR Taco Shell |

| WEEK #3 | | | | | |
|-----------|---|---|---|--|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | Milk: 6 oz. 1% low-fat 4 oz. Cucumber w/Italian Dressing ½ WGR Bagel w/cream cheese | Milk: 6 oz. 1% low-fat 4 oz. Roasted Sweet Potatoes ½ WGR Biscuit w/homemade honey butter | Milk: 6 oz. 1% low-fat 1 Slice Cantaloupe = 4 oz. ½ Serving WGR Pancakes | Milk: 6 oz. 1% low-fat 4 oz. Fruit Cup packed in water & fruit juice 2 oz. Oatmeal | Milk: 6 oz. 1% low-fat 4 oz. Sautéed Spinach ½ Turkey & Cheese Sandwich on a WGR Croissant |
| | Milk: 6 oz. 1% low-fat ½ Grilled Turkey & Cheese Sandwiches (1.5 oz.) 2 oz. Tomato Soup 2 Pear slices = 2 oz. (1 oz. per slice) 1 Serving WGR Bread | Milk: 6 oz. 1% low-fat 1.5 oz. Smoked Turkey w/WGR Macaroni & Cheese 2 oz. Broccoli 2 Orange Qtrs. = 3 oz. (1.50 per quarter) 2 oz. WGR Elbow Pasta | Milk: 6 oz. 1% low-fat 4 Beef Meatballs = 2 oz. served w/coconut curry sauce 2 oz. Green Beans 2 oz. Orange Glazed Carrots 2 oz. Basmati Rice | Milk: 6 oz. 1% low-fat 1.5 oz. Tuna Salad 2 oz. Spinach Salad w/cucumber, tomato, carrots & Ranch Dressing 2 oz. Peas ½ Serving WGR 4" Diameter Pita | Milk: 6 oz. 1% low-fat Three Cheese Baked Ziti Al Forno (1.5 oz. cheese) 2 oz. Broccoli ½ Banana = 2 oz. 2 oz. WGR Ziti w/Garlic Bread |
| PM SNACK | 1 Tbsp. Peanut Butter = ½ oz. 4 Apple slices = 4 oz. (1 oz. per slice) | 4 oz. Fruit Cup packed in water & fruit juice 2 oz. Homemade WGR Chex Mix | 1 oz. Homemade Chocolate Chip Hummus 1 Banana = 4 oz. ½ Serving WGR 4" Diameter Pita | 2 oz. Yogurt 2 oz. Dried Cranberries | ½ Slice Cheddar Cheese = ½ oz. 4 Pear slices = 4 oz. 2 oz. Granola |

| WEEK #4 | | | | | |
|-----------|--|--|--|--|---|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | Milk: 6 oz. 1% low-fat 2 oz. Cucumbers ½ WGR Bagel w/cream cheese | Milk: 6 oz. 1% low-fat 2 Orange Qtrs. = 3 oz. (1.50 per quarter) ½ Serving WGR Toast w/1 Slice Smoked Turkey | Milk: 6 oz. 1% low-fat ½ Banana = 2 oz. 2 oz. Oatmeal | Milk: 6 oz. 1% low-fat 2 oz. Sweet Potato Hash ½ Serving WGR Toast | Milk: 6 oz. 1% low-fat ½ Banana = 2 oz. 2 oz. Cream of Wheat |
| | Milk: 6 oz. 1% low-fat Turkey Meatball (4 meatballs = 2 oz.) Noodle Soup 2 oz. Green Beans 2 oz. Mandarin Oranges packed in water & pear juice 2 oz. WGR Egg Noodles | Milk: 6 oz. 1% low-fat Chicken Cheese Steak (1.5 oz. chicken) w/peppers & onions 2 oz. Roasted Potatoes 2 oz. Mixed Vegetables ½ Serving Hoagie Roll | Milk: 6 oz. 1% low-fat 1.5 oz. Ground Beef Goulash 2 oz. Frozen Corn 2 oz. Peaches packed in water & pear juice 2 oz. WGR Macaroni | Milk: 6 oz. 1% low-fat 1.5 oz. Tilapia 2 oz. Caesar Salad w/Parmesan Cheese & croutons 2 Apple slices = 2 oz. (1 oz. per slice) ½ Serving WGR Garlic Bread | Milk: 6 oz. 1% low-fat 3 oz. Red Beans w/ Cheesy Rice 2 oz. Broccoli 2 Pear slices = 2 oz. (1 oz. per slice) ½ Serving Corn Bread |
| PM SNACK | 2 oz. Yogurt 4 oz. Pineapple packed in natural juices | 4 oz. Applesauce 1 WGR Soft Pretzel Stick | 1 oz. Black Bean & Cheese Dip 2 oz. WGR Taco Shell | 4 oz. Pear Crisp w/homemade Chantilly Cream 2 oz. Granola | 4 oz. Baby Carrots w/Ranch Dressing ½ Serving WGR 4" Diameter Pita |