



**WINTER/SPRING MENU CYCLE - SCHOOL AGE PROGRAM: 6 - 12 YEARS FOR 2019 FEBRUARY/MARCH/APRIL/MAY**

Note for School Age Program: Please refer to weekly menus for detailed meal servings when school is in session

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

WEEK #1					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
LUNCH	Milk 8 oz. 1% Low-Fat 2 oz. Herb Salmon 4 oz. Roasted Sweet Potatoes 2 oz. frozen Peas 6 oz. Farro Salad	Milk 8 oz. 1% Low-Fat ½ Turkey Cheeseburger = 2 oz. Made w/4 oz. Turkey Burger & 1 Slice Cheese 4 oz. Southwestern Corn 2 oz. Baked Beans ½ Serving WGR Hamburger Bun	Milk 8 oz. 1% Low-Fat 4 oz. Three Bean Chili w/Garden Burger Crumbles & Cheese 4 oz. Broccoli 2 oz. frozen Mixed Vegetables 1 Serving WGR Corn Muffin	Milk 8 oz. 1% Low-Fat ½ Serving PB&J w/4 oz. Yogurt (PB&J Sandwich made w/2 Tbsp. Peanut Butter = 1 oz.) 4 oz. Baby Carrots 2 Apple slices = 2 oz. (1 oz. per slice) 1 Slice WGR Bread	Milk 8 oz. 1% Low-Fat 2 oz. Braised Lamb w/gravy 4 oz. Spinach 2 oz. Roasted Potatoes 1 Serving WGR Slider Rolls
PM SNACK					
WEEK #2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
LUNCH	Milk 8 oz. 1% Low-Fat 4 Strips Chicken Breast = 1.65 oz. w/gravy 4 oz. Cabbage 2 Orange Qtrs. = 3 oz. (1.50 oz. per quarter) 4 oz. Brown Rice	Milk 8 oz. 1% Low-Fat 4 oz. Chickpea Salad w/Rotini, lemon, herbs & Parmesan Cheese 4 oz. String Beans 2 oz. Roasted Baby Carrots 1 Serving WGR 4" Diameter Pita	Milk 8 oz. 1% Low-Fat 2 oz. Turkey Salad 4 oz. Corn Nublets 2 oz. Pineapple packed in natural juices 1 Serving WGR 6" Tortillas	Milk 8 oz. 1% Low-Fat 2 oz. Flounder w/lemon & parsley 4 oz. Frozen Mixed Vegetables 2 oz. Roasted Sweet Potatoes 1 Serving WGR Slider Rolls	Milk 8 oz. 1% Low-Fat 2 oz. Flank Steak w/peppers & onions 4 oz. Broccoli 2 Apple slices = 2 oz. (1 oz. per slice) 4 oz. Brown Rice
PM SNACK					
WEEK #3					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
LUNCH	Milk 8 oz. 1% Low-Fat ½ Grilled Turkey & Cheese Sandwiches (2 oz.) 4 oz. Tomato Soup 2 Pear slices = 2 oz. (1 oz. per slice) 1 Slice WGR Bread	Milk 8 oz. 1% Low-Fat 2 oz. Smoked Turkey w/WGR Macaroni & Cheese 4 oz. Broccoli 2 Orange Qtrs. = 3 oz. (1.50 per quarter) 4 oz. WGR Elbow Pasta	Milk 8 oz. 1% Low-Fat 5 Beef Meatballs = 2.5 oz. served w/coconut curry sauce 4 oz. Green Beans 2 oz. Orange Glazed Carrots 4 oz. Basmati Rice	Milk 8 oz. 1% Low-Fat 2 oz. Tuna Salad 4 oz. Spinach Salad w/cucumber, tomato, carrots & Ranch Dressing 2 oz. Peas 1 Serving WGR 4" Diameter Pita	Milk 8 oz. 1% Low-Fat Three Cheese Baked Ziti Al Forno (2 oz. cheese) 4 oz. Broccoli ½ Banana = 2 oz. 4 oz. WGR Ziti w/Garlic Bread
PM SNACK					
WEEK #4					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
LUNCH	Milk 8 oz. 1% Low-Fat Turkey Meatball Noodle Soup (5 meatballs = 2.5oz.) 4 oz. Green Beans 2 oz. Mandarin Oranges packed in water & pear juice 4 oz. WGR Egg Noodles	Milk 8 oz. 1% Low-Fat Chicken Cheese Steak (2 oz. chicken) w/peppers & onions 4 oz. Roasted Potatoes 2 oz. Mixed Vegetables 1 Hoagie Roll	Milk 8 oz. 1% Low-Fat 2 oz. Ground Beef Goulash 4 oz. Frozen Corn 2 oz. Peaches packed in water & pear juice 4 oz. WGR Macaroni	Milk 8 oz. 1% Low-Fat 2 oz. Tilapia 4 oz. Caesar Salad w/Parmesan Cheese & croutons 2 Apple slices = 2 oz. (1 oz. per slice) 1 Serving WGR Garlic Bread	Milk 8 oz. 1% Low-Fat 4 oz. Red Beans w/Cheesy Rice 4 oz. Broccoli 2 Pear slices = 2 oz. (1 oz. per slice) 1 Serving Corn Bread
PM SNACK					

MEAL COMPONENTS AND SERVING SIZES FOR SCHOOL AGE PROGRAM AGES: 6-12 YEARS	
<b>BREAKFAST</b> (one serving from all three components)	1. Milk-Fluid 8 oz. 1% low-fat 2. Vegetable or Fruit = 4 oz. 3. Bread [Enriched or Whole-grain] 1 slice: Cereal [Cold-dry; Enriched or Whole-grain] 6 ounce or Hot-cooked Cereal/pasta 4 ounce Meat/Meat Alternates may be used to meet the entire grains requirement a maximum of three (3) times per week. 1 oz. m/ma = 1 oz. grain)
<b>LUNCH</b> (one serving from all five components)	1. Milk-Fluid 8 oz. 1% low-fat 2. Tofu/Soy or Meat or Meat Alternate or Poultry or Fish [cooked lean meat without bone] 2 oz.: Cheese 2 oz.: 1 Large Egg: Cooked Dry Beans or Peas 4 oz.: Peanut Butter [or other nut/seed butters] 2 oz.: Yogurt [plain/sweetened] 8 oz. 3. + Vegetable = 4 oz. 4. + Fruit or Vegetable 2 oz. 5. Bread: [Enriched or Whole-Grain] 1 slice: Cereal - dry-cold 6 oz.: Cereal: hot/cooked or Pasta 4 oz.
<b>PM Snack</b> (Two of five components)	1. Milk-Fluid 8 oz. 1% low-fat 2. Tofu/Soy or Meat or Meat Alternate or Fish=1 oz.: Cheese=1 oz.: ½ Large Egg: Cooked dry beans or Peas 2 oz.: Peanut Butter [or other nut or seed butters] 1 oz.: Nuts and/or seeds 1 oz.: Yogurt [plain/sweetened] 4 oz. 3. Fruit = 6 oz. 4. Vegetable 6 oz. 5. Bread [Enriched or Whole-Grain-Rich] 1 slice: Cereal - dry-cold = 6 oz. Cereal: hot/cooked, or Pasta = 4 oz.
<p>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.</p> <ul style="list-style-type: none"> <li>- All fruits and vegetables are fresh whenever possible unless otherwise noted.</li> <li>- Dried fruit is half of the fresh fruit serving.</li> <li>- <b>Note:</b> Water is always provided during snack when milk is not served.</li> </ul> <p>When children have picnic lunches milk is served with PM Snack + Two fruits may not be served WGR = Whole Grain-Rich product must be served once a day per CACFP guidelines Note: During school year school agers receive in addition or a substitution of WGR Bread with meals when applicable.</p> <ul style="list-style-type: none"> <li>-Yogurt must contain no more than 23 grams of sugar per 6 ounces</li> <li>-Breakfast cereals must contain no more than 6 grams of sugar per dry ounce</li> <li>-Commercial tofu or soy products must contain 5 grams of protein per 22 ounces to equal 1 ounce of the meat/meat alternate</li> </ul> <p>I certify that the meals served to children in each age group at the site meet the Child and Adult Care Food Program Requirements. Head Cook Signature: <b>Matthew Ferry</b></p>	

**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:**

**Pineapple:** packed in natural juices

**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