


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	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. Pineapple packed in natural juices 2 oz. Cheese Grits w/ ½ Serving WGR Toast & low sugar preserves	2 oz. Diced Honeydew ½ Serving WGR Waffles	6 Orange Slices = 3 oz. ½ Serving WGR Bread w/Cheese & Smoked Turkey Frittata	2 oz. Cucumber w/Ranch Dressing ½ Serving WGR Bagel w/Cream Cheese	2 oz. Baked Pears 2 oz. Oatmeal
AM SNACK	2 oz. Yogurt 3 Rice Cakes	1 Tbsp. SunButter = ½ oz. ½ Serving WGR Slider Roll	MILK: 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk) 2 oz. Multigrain Cheerios	4 oz. Peaches packed in water & pear juice 2 oz. Homemade WGR Chex Mix	½ Slice Cheese = ½ oz. 4 oz. Diced Apples
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. Herb Salmon 1 oz. Roasted Sweet Potatoes 1 oz. frozen Peas 2 oz. Farro Salad	½ Turkey Cheeseburger = 2 oz. Made w/4 oz. Turkey Burger & 1 Slice Cheese 1 oz. Southwestern Corn 1 oz. Baked Beans ½ Serving WGR Hamburger Bun	2 oz. Three Bean Chili w/Garden Burger Crumbles & Cheese 1 oz. Broccoli 1 oz. frozen Mixed Vegetables ½ Serving WGR Corn Muffin	½ Serving PB&J w/2 oz. Yogurt (PB&J Sandwich made w/1 Tbsp. Peanut Butter = ½ oz.) 1 oz. Baby Carrots 1 oz. Diced Apples 1 Slice WGR Bread	1 oz. Braised Lamb w/gravy 1 oz. Spinach 1 oz. Roasted Potatoes ½ Serving WGR Slider Rolls
PM SNACK	1 Tbsp. Peanut Butter = ½ oz. 4 oz. Diced Apples	4 oz. Fruit packed in water & fruit juice 2 oz. Homemade WGR Chex Mix	½ Slice Cheese = ½ oz. 2 oz. Diced Pears	4 oz. Fruit Cup packed in water & fruit juice 2 oz. Homemade WGR Chex Mix	2 oz. Yogurt 2 oz. Dried Cranberries
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. Peaches packed in water & pear juice ½ Serving Corn Bread w/low sugar Strawberry Preserves	½ Banana = 2 oz. ½ Serving WGR Pancakes	2 oz. Diced Pears 2 oz. Cheese Grits w/1 Slice Smoked Turkey	2 oz. Pineapple packed in natural juices Cheese Frittata w/½ Serving WGR Toast	2 oz. Mandarin Oranges packed in water & pear juice 2 oz. Oven Roasted Potatoes w/onions & peppers ½ Serving of WGR English Muffin
AM SNACK	MILK: 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk) 2 oz. Multigrain Cheerios	½ Slice Cheese = ½ oz. ½ Serving of WGR English Muffin	2 oz. Cherry Vanilla Yogurt 4 oz. Peaches packed in water & pear juice	1 Banana = 4 oz. 2 oz. Homemade WGR Chex Mix	1 Tbsp. Sun Butter = ½ oz. ½ Serving WGR 4" Diameter Pita
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)
	2 Strips Chicken Breast = 1.2 oz. w/gravy 1 oz. Cabbage 3 Orange Slices = 1.5 oz. 2 oz. Brown Rice	2 oz. Chickpea Salad w/Rotini, lemon, herbs & Parmesan Cheese 1 oz. String Beans 1 oz. Roasted Baby Carrots ½ Serving WGR 4" Diameter Pita	1 oz. Turkey Salad 1 oz. Corn Nublets 1 oz. Pineapple packed in natural juices ½ Serving WGR 6" Tortillas	1 oz. Flounder w/lemon & parsley 1 oz. Frozen Mixed Vegetables 1 oz. Roasted Sweet Potatoes ½ Serving WGR Slider Rolls	1 oz. Flank Steak w/peppers & onions 1 oz. Broccoli 1 oz. Diced Apples 2 oz. Yellow Rice
PM SNACK	½ oz. Cheese Sauce 4 oz. Broccoli ½ Serving 6" Diameter Tortilla	2 oz. Vanilla Yogurt 4 oz. Diced Apples	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 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. Cucumber w/Italian Dressing ½ WGR Bagel w/cream cheese	2 oz. Roasted Sweet Potatoes ½ WGR Biscuit w/homemade honey butter	2 oz. Diced Cantaloupe ½ Serving WGR Pancakes	4 oz. Fruit Cup packed in water & fruit juice 2 oz. Oatmeal	2 oz. Sautéed Spinach ½ Turkey & Cheese Sandwich on a WGR Croissant
AM SNACK	2 oz. Yogurt 3 Rice Cakes	1 Tbsp. SunButter = ½ oz. ½ Serving WGR Slider Roll	½ Slice Cheese = ½ oz. 2 oz. Diced Apples	4 oz. Peaches packed in water & pear juice 2 oz. Homemade WGR Chex Mix	MILK: 13-24mos (4 oz. whole milk) 25-35mos (4 oz. 1% low-fat milk) 2 oz. Multigrain Cheerios
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)
	½ Grilled Turkey & Cheese Sandwiches (1 oz.) 1 oz. Tomato Soup 1 oz. Diced Pears 1 Slice WGR Bread	1 oz. Smoked Turkey w/WGR Macaroni & Cheese 1 oz. Broccoli 3 Orange Slices = 1.5 oz. 2 oz. WGR Elbow Pasta	3 Beef Meatballs = 1.5 oz. served w/coconut curry sauce 1 oz. Green Beans 1 oz. Orange Glazed Carrots 2 oz. Basmati Rice	1 oz. Tuna Salad 1 oz. Spinach Salad w/cucumber, tomato, carrots & Ranch Dressing 1 oz. Peas ½ Serving WGR 4" Diameter Pita	Three Cheese Baked Ziti Al Forno (1.50 oz. cheese) 1 oz. Broccoli ½ Banana = 2 oz. 2 oz. WGR Ziti w/Garlic Bread
PM SNACK	1 Tbsp. Peanut Butter = ½ oz. 4 oz. Diced Apples	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 oz. Diced Pears 2 oz. Granola
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. Cucumbers ½ WGR Bagel w/cream cheese	6 Orange Slices = 3 oz. ½ Serving WGR Toast w/1 Slice Smoked Turkey	½ Banana = 2 oz. 2 oz. Oatmeal	2 oz. Sweet Potato Hash ½ Serving WGR Toast	½ Banana = 2 oz. 2 oz. Cream of Wheat
AM SNACK	1 Tbsp. Sun Butter = ½ oz. ½ Serving WGR 4" Diameter Pita	½ Slice Cheese = ½ oz. ½ Serving of WGR English Muffin	2 oz. Dried Cranberries 4 oz. Homemade WGR Chex Mix	2 oz. Yogurt 1 Banana = 4 oz.	4 oz. Applesauce 2 oz. WGR Cheerios
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)
	3 Turkey Meatball (1.5 oz.) Noodle Soup 1 oz. Green Beans 1 oz. Mandarin Oranges packed in water & pear juice 2 oz. WGR Egg Noodles	Chicken Cheese Steak (1 oz.) w/peppers & onions 1 oz. Roasted Potatoes 1 oz. Mixed Vegetables ½ Serving Hoagie Roll	1 oz. Ground Beef Goulash 1 oz. Frozen Corn 1 oz. Peaches packed in water & pear juice 2 oz. WGR Macaroni	1 oz. Tilapia 1 oz. Caesar Salad w/Parmesan Cheese & croutons 1 oz. Diced Apples ½ Serving WGR Garlic Bread	2 oz. Red Beans w/ Cheesy Rice 1 oz. Broccoli 1 oz. Diced Pears 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

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 Portions of both = 2 oz.
	3. Bread [Enriched or Whole-Grain] ½ slice: Cereal/Pasta [Cold/Dry or Hot-Cooked: Enriched/Whole-Grain] 2 oz. 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)
	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. Tofu/Soy or Meat or Meat Alternate or Poultry or Fish: [Cooked: lean without bone] ½ oz.: ½ Slice 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. Fruit or Vegetable: 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. Tofu/Soy or Meat/Meat Alternate/Poultry or Fish [cooked lean without bone] 1 oz.: Cheese 1 oz.: 1 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. Vegetable: 1 oz.
	4. + Fruit or Vegetable: 1 oz.
	5. Bread [Enriched or Whole-Grain]: ½ slice Cereal/Pasta [cooked, enriched or whole-grain] 2 oz.
PM Snack (Two of 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] 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 Yogurt [plain/sweetened] 2oz.
	3. Fruit: 4 oz.
	4. Vegetable: 4 oz.
	5. 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.	
- Fruits and vegetables are noted fresh when available	
- Dried fruit is half of the fresh fruit serving	
- Water is always provided during snack when milk is not served.	
+ Two fruits may not be served	
- WGR = Whole Grain-Rich product must be served once a day per CACFP guidelines	
- Yogurt must contain no more than 23 grams of sugar per 6 ounces	
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce	
- Commercial tofu or soy products must contain 5 grams of protein per 22 ounces to equal 1 ounce of the meat/meat alternate	
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.	
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	