WINTER MENU CYCLE - AGES 3-5 YEARS * 2024 FEBRUARY * MARCH * APRIL * MAY

2024 FEBRUARY

	MON	TUE	WED	THU	FRI
WEEK #1	5	6	7	8	9
WEEK #2	12	13	14	15	16
WEEK #3	19	20	21	22	23
WEEK #4	26	27	28	29	1-Mar

2024 MARCH

WEEK #1	4	5	6	7	8
WEEK #2	11	12	13	14	15
WEEK #3	18	19	20	21	22
WEEK #4	25	26	27	28	29

2024 APRIL

WEEK #1	1	2	3	4	5
WEEK #2	8	9	10	11	12
WEEK #3	15	16	17	18	19
WEEK #4	22	23	24	25	26

2024 MAY

WEEK #1	29-Apr	30-Apr	1	2	3
WEEK #2	6	7	8	9	10
WEEK #3	13	14	15	16	17
WEEK #4	20	21	22	23	24
WEEK #1	Closed	28	29	30	31

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 or Portions of both = 4 oz.
3. Bread: Enriched or Whole Grain Rich 1/2 Slice = 1/2 oz.: Cereal/Pasta/Noodle Products (Cold/Dry) = 3 oz. Hot-Cooked: = 2 oz. Note: Meat/Meat Alternate may be used to meet the entire grains requirement a maximum of three times per week (1 oz. m/ma = 1 oz. grain)

LUNCH (One Serving From All Five Components)

1. Milk - Fluid = 6 oz. 1% Low-Fat
2. Tofu/Soy or Meat or Meat Alternate or Poultry or Fish (cooked lean meat without bone) = 1.5 oz. Cheese = 1.5 oz.: 1 Large Egg: Dry Beans or Peas cooked = 3 oz.. Peanut Butter of other nut/seed butters = 3Tbsp. Yogurt: Plan/Sweetened = 6 oz.
3. Vegetable = 2 oz.
4. Fruit or Vegetable = 2 oz.
5. Bread: Enriched or Whole Grain-Rich = 1/2 Slice (1/2 oz.): Cereal or Pasta or Noodle: Enriched or Whole Grain-Rich Hot Cooked = 2 oz.

PM SNACK (Two Servins From Five Components)

1. Milk-Fluid = 6 oz. 1% Low-Fat
2. Tofu/Soy/Meat/Meat Alternate or Poultry or Fish (Cooked: lean without bone) = 1/2 oz.: Cheese = 1/2 oz.: 1/2 Large Egg: Cooked Dry Beans or Peas cooked = 1 oz.: Peanut Butter (or other nut/seed butters) = 1/2 oz.: Yogurt (plain or sweetened) = 2 oz.
3. Vegetable = 4 oz.
4. Fruit or Vegetable = 4 oz.
5. Bread (Enriched or Whole Grain-Rich) 1/2 Slice = 1/2 oz.: Cold Dry Cereal Enrichsed or Whole Grain-Rich = 3 oz.: Hot Cooked Cereal or Pasta or Noodle = 2 oz.

For more detail on Meal Pattern requirements, please refer to CACFP Operations Manual, CACFP Planning 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 the fresh fruit serving. *Water is always provided during snack when milk is not served

*Two Vegetables may be served, but not two fruits

*WHO = Whole Grain-Rich product must be served at least 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 tha 6 grams of sugar per dry ounce.

*Commercial Tofu or soy products must contail 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: *Matthew Ferry*

Children's Village Kitchen Policy

In the Planning of meal substitutions the kitchen staff makes every effort to duplicate food apperance 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.

WEEK #1

	MONDAY	*TUESDAY*	*WEDNESDAY*	*THURSDAY*	*FRIDAY*
BREAKFAST	**MILK 6 oz. 1% Low-Fat** 4 oz. Diced Peaches 2 oz. Oatmeal	**MILK 6 oz. 1% Low-Fat** 4 oz. Baked Pears 1/2 WGR Pancake = 1/2 oz.	**MILK 6 oz. 1% Low-Fat** 1 Banana = 4 oz. 1/2 WGR Bagel = 1/2 oz. w/Cream Cheese	**MILK 6 oz. 1% Low-Fat** 4 Apple Slices = 4 oz. (1 oz. perslice) 2 oz. Enriched Grits w/Cheese 1/2 Slice WGR Toast = 1/2 oz.	**MILK 6 oz. 1% Low-Fat** 4 oz. Roasted Potatoes w/Pepper & Onion 1/2 WGR English Muffin = 1/2 oz. w/Apple Butter
LUNCH	**MILK 6 oz. 1% Low-Fat** 3 Strips Chicken = 1.65 oz. Chicken Tikka Masala 2 oz. Roasted Cauliflower w/Cliantro & Cumin 2 oz. Garlic Green Beans 2 oz. Basmati Rice	**MILK 6 oz. 1% Low-Fat** 1/2 Grilled Cheese Sandwich w/1.5oz. Cheddar Cheese 2 oz. Minestrone Soup (Cabbage, onion, celery, tomato, carrot, white beans) 2 Apple Slices = 2 oz. (1 oz. per slice) 1/2 Slice WGR Bread = 1/2 oz.	**MILK 6 oz. 1% Low-Fat** 3 Strips Roast Chicken = 1.65 oz. w/Mushroom Gravy 2 oz. Buttermilk Mashed Red Potatoes 2 oz. Local Greens (Kale, Collards, Chard) 2 oz. Brown Rice	**MILK 6 oz. 1% Low-Fat** 1.5 oz. Citrus glazed Salmon 2 oz. Garlic Broccoli & Shitake Mushrooms 4 oz. Cup Mandarin Orange packed in natural juices 2 oz. Farro (WGR Wheat)	**MILK 6 oz. 1% Low-Fat** 1.5 oz. Diced Smoked Turkey w/Macaroni & Cheese 2 oz. Maple Glazed Root Vegetables 2 Pear Slices = 2 oz. (1 oz. per slice) **4 oz. WGR Elbow Noodles**
PM SNACK	1 Tbsp. SunButter = 1/2 oz. 4 Apple Slices = 4 oz. (1 oz. per slice) 1/4 WGR 4" Diameter Pita = 1/2 oz.	4 oz. Cauliflower Kati; Roasted Cauliflower, Bell Pepper & Onion 1/4 Warm Garlic Naan Bred = 1/2 oz.	4 Pear Slices = 4 oz. (1 oz. per Slice) 3 oz. WGR Granola Bites	4 oz. Roasted Winter Squash w/Ginger & Five Spices 1 WGR Slider Roll = 1/2 oz.	4 oz. Cup Strawberry Applesauce 1 Pkg WGR Vanilla Crackers = 1 oz.

WEEK #2

BREAKFAST	**MILK 6 oz. 1% Low-Fat** 4 Apple Slices = 4 oz. 1/2 WGR Bagel = 1/2 oz. w/Cream Cheese	**MILK 6 oz. 1% Low-Fat** 4 oz. Cooked Mixed Berries 1/2 WGR Pancake = 1/2 oz.	**MILK 6 oz. 1% Low-Fat** 4 oz. Tropical Fruit 2 oz. Enriched Grits	**MILK 6 oz. 1% Low-Fat** 4 oz. Sauteed Spinach 2 oz. Egg Frittata w/Potatoes	**MILK 6 oz. 1% Low-Fat** 4 oz. Cooked Cinnamon Pears 1/2 WGR Biscuits = 1/2 oz. w/Honey Butter
LUNCH	**MILK 6 oz. 1% Low-Fat** 4 Turkey Meatballs = 2 oz. 2 oz. Broccoli 4 oz. Cup Mandarin Oranges 2 oz. Enriched Pesto Rotini	**MILK 6 oz. 1% Low-Fat** 3 oz. Garlic Parmesan White Beans 2 oz. Sliced Frozen Carrots 2 oz. Roasted Cauliflower 1/4 Naan Bread = 1/2 oz.	**MILK 6 oz. 1% Low-Fat** 1.5 oz. Chicken Cheese Steak 2 oz. Roasted Potatoes 2 oz. Corn 1 WGR Club Roll = 1 oz.	**MILK 6 oz. 1% Low-Fat** 1.5 oz. Creamy Garlic butter Tuscan Salmon 2 oz. Sauteed Mix Greens 2 Apple Slices = 2 oz. (1 oz. per slice) 2 oz. Brown Rice	**MILK 6 oz. 1% Low-Fat** 1/2 Cheeseburger (2 oz.) w/pickles & CV Sauce 2 oz. Roasted Sweet Potatoes 2 oz. Pineapple Tidbits 1/2 WGR Hamburger Bun = 1/2 oz.
PM SNACK	4 oz. Baby Carrots w/Sour Cream Onion Dip 1/2 oz. Tostito Scoops	2 Orange Qtrs. = 4 oz. (2 oz. per quarter) 1/2 WGR Stuffed Bagel	1 Banana = 4 oz. 1 Pkg. Vanilla Crackers = 1 oz.	4 oz. Cup Vanilla Yogurt 4 oz. Cup Peaches packed in water & pera juice 3 oz. Granola	1 oz. CV Homemade Hummus 4 oz. Celery 1/4 WGR 4" Diameter Pita = 1/2 oz.

WEEK #3

BREAKFAST	**MILK 6 oz. 1% Low-Fat** 4 oz. Baked Apples 1/2 WGR Pancake = 1/2 oz.	**MILK 6 oz. 1% Low-Fat** 1 Banana = 4 oz. 2 oz. Cream Wheat	**MILK 6 oz. 1% Low-Fat** 4 oz. Cup Diced Pears packed in water & natural juices 1 Square French Toast = 1/2 oz. (made w/WGR Croissant)	**MILK 6 oz. 1% Low-Fat** 4 oz. Mixed Tropical Fruit 2 oz. Enriched Grits w/Cheese	**MILK 6 oz. 1% Low-Fat** 4 oz. Roasted Potatoes w/Pepper & Onion 1/2 WGR English Muffin = 1/2 oz. w/American Cheese
LUNCH	**MILK 6 oz. 1% Low-Fat** 2 Strips Coconut Curry Chicken = 1.65 oz. 2 oz. Broccoli w/Shitake mushrooms & Ginger 2 oz. Pineapple Tidbits in natural juices 2 oz. Jasmine Rice	**MILK 6 oz. 1% Low-Fat** 1/2 Turkey Cheeseburger = 2 oz. w/BBQ Sauce 2 oz. Roasted Sweet Potatoes 2 oz. Baked Beans 1/2 WGR Hamburger Bun = 1 oz.	**MILK 6 oz. 1% Low-Fat** 1.50 oz. Shrimp Fra Diavola made w/spiced Marinara Sauce 2 oa. Roasted Cabbage 2 oz. Fresh Mandarin Oranges 2 oz. WGR Penne Pasta	**MILK 6 oz. 1% Low-Fat** 2 Strips BBQ Chicken Drumsticks = 1.65 oz. 2 oz. Glazed Carrots & Turnips 2 oz. Frozen Local Corn (NJ) 1/2 Corn Muffin = 1/2 oz.	**MILK 6 oz. 1% Low-Fat** 3 oz. Pumpkin Coconut Chickpea Curry 2 oz. Roasted Cauliflower w/Cumin & Cilantro 2 Asian Pear Slices = 2 oz. (1 oz. per slice) 2 oz. WGR Brown Rice
PM SNACK	1 oz. Wnter Squash Hummus 5 Cucumber Sticks = 4 oz. 1/4 WGR 4" Diameter Pita = 1/2 oz.	4 oz. Cup Vanilla Yogurt 4 oz. Cup Diced Peaches packed in water & pear juice 3 oz. Granola	5 Carrot Sticks = 4 oz. w/Sour Cream Dip 4 WGR Crackers = 2 oz.	4 oz. Apple Slices = 4 oz. (1 oz. per slice) 1 Pkg. WGR Vanilla Goldfish Graham = 1 oz.	1 Banana = 4 oz. 1 WGR Soft Pretzel Stick = 1 oz.

WEEK #4

BREAKFAST	**MILK 6 oz. 1% Low-Fat** 1 Banana = 4 oz. 2 oz. Cream of Wheat	**MILK 6 oz. 1% Low-Fat** 4 oz. Roasted Potatoes w/Peppers & Onions 1 Strip Smoked Trukey = 2 oz.	**MILK 6 oz. 1% Low-Fat** 4 oz. Sauteed Spinach 2 oz. Enriched Cheese Grits	**MILK 6 oz. 1% Low-Fat** 4 oz. Mixed Tropical Fruit 4 oz. Cup Cottage Cheese w/1/2 Slice Raisin Toast = 1/2 oz.	**MILK 6 oz. 1% Low-Fat** 4 oz. Cooked Cinnamon Pears 1/2 WGR Biscuits = 1/2 oz. w/Honey Butter
LUNCH	**MILK 6 oz. 1% Low-Fat** 2 Strips Orange Chicken = 1.65 oz. 2 oz. Broccoli 1 Orange Quarter = 2 oz. (2 oz. per quarter) 2 oz. Jasmine Rice	**MILK 6 oz. 1% Low-Fat** 3 oz. Black Bean Bake 2 oz. Frozen Sliced Carrots 2 Apple Slices = 2 oz. (1 oz. per slice) 2 oz. Brown Rice	**MILK 6 oz. 1% Low-Fat** 1.5 oz. Zesty Lemon Herb Flounder 2 oz. Frozen Peas & Carrots 2 Pear Slices = 2 oz. (1 oz. per slice) 2 oz. Herb Quinoa	**MILK 6 oz. 1% Low-Fat** 1.5 oz. Turkey Salad 2 oz. Roasted Potatoes 2 oz. Garlic Green Beans 1/2 WGR Slider Roll = 1/2 oz.	**MILK 6 oz. 1% Low-Fat** 2 Strips Jerk Chicken = 1.65 oz. 2 oz. Frozen Corn 4 oz. Cup Pineapple Tidbits packed in natural juices 2 oz. Rasta Pasta made w/Penne Pasta
PM SNACK	4 oz. Baby Carrots w/Sour Cream Onion Dip 1/2 oz. Tostito Scoops	1 Banana = 4 oz. 1 Pkg WGR Vanilla Crackers = 1 oz.	2 Orange Quarters = 4 oz. (2 oz. per quarter) 1/2 WGR Stuffed Bagel = 1/2 oz.	4 oz. Cup Vanilla Yogurt 4 oz. Cup Peaches packed in water & pera juice 3 oz. Granola	1 oz. CV Homemade Hummus 4 oz. Celery 1/4 WGR 4" Diameter Pita = 1/2 oz.