

Lindley Food Service
HEAD START **Ages 3-5**

Child and Adult Care Food Program **WEEK ONE**

BREAKFAST	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (3/4 cup)	Milk	Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable 1/2 cup	Banana half	Apple Juice	Banana half	Pineapple Juice*	Apple
Grains / Breads ENRICHED Bread ½ slice or Cold Cereal 1/3 cup Or Hot Cereal ¼ cup	Cold Cereal	Waffle .9 oz	Raisin Bread 1 slice	Whole Grain Bagel half	Cold Cereal
Other foods (Do Not Count)		Maple Syrup 1 Tbsp	Margarine 1 pat (tsp)	Cream Cheese 1 Tbsp	
LUNCH					
Milk 3/4 cup	Milk	Milk	Milk	Milk	Milk
Meat / Meat Alternate Meat, Poultry or Fish 1 ½ oz or Cheese 1 ½ oz or Egg ¾ large or Cooked Dried Beans and Peas 3/8 cup or Yogurt ¾ cup	Turkey Ham 1.5 oz with Pineapple Glaze 1 oz	Chicken Tenders** (2 each)	Grilled cheese Sandwich half 1 ½ oz cheese	Vegetarian Chili with Pasta incl 1 ½ oz protein	Whole Grain Pasta ¼ cup Meatballs 2.0 oz
Grains / Breads ENRICHED Bread ½ slice or Pasta and Grains ¼ cup	Corn Bread 1 oz	Whole Wheat Bread ½ slice	Multi-grain Bread 1 slice included in sandwich	Brown Rice	Sliced Italian Bread
Fruits and / or vegetables Two or more servings for ½ cup total	1. Sweet Potato ¼ cup ----- 2. Seasonal Fresh Fruit ¼ cup	1. Mixed Vegetables ¼ cup ----- 2. Diced Pears ¼ cup	1. Green Beans ¼ cup ----- 2. Applesauce ¼ cup (unsweetened)	1. Broccoli ¼ cup Cooked soft ----- 2. Tropical Fruit Salad ¼ c	1. Tossed Salad ½ cup ----- 2. Applesauce ¼ cup
Other foods (Do Not Count)		BBQ Sauce 1 tsp			Italian Dressing 1 Pkt (tsp)
Snack (AM or PM) Select 2					
Milk ½ cup		Milk		Milk	Milk
Meat or Meat Alternate Meat, Poultry or Fish ½ oz or Cheese ½ oz or Egg ½ large or Cooked Beans / Peas 1/8 cup or Yogurt ¼ cup	Vanilla Yogurt ¼ cup				
Juice or Fruit or Vegetable ½ cup	Diced Peaches ½ cup	Orange slices	Tropical Punch*	Mandarin Oranges ½ cup	
Grains / Breads ENRICHED Bread ½ slice or Cereal 1/3 cup or Enriched Pasta and Grains ¼ cup			Graham Crackers 2 squares each 0.5 oz		Plain Cookie 1 each 0.5 oz
Other foods Do not count	Water				

Note: The quantities of food specified are the minimum serving sizes for children ages 3-5

NO PORK OR PEANUT PRODUCTS ARE SERVED

* All non-citrus fruit juices are fortified with Vitamin C

**CN Product

Quantities must be adjusted for other ages

Cereal: Kix, Cheerios, Corn Flakes, Rice Krispies, Cinnamon Toast Crunch, Berry Berry Kix

SEASONAL FRESH FRUIT = Apple, Banana, Nectarine, Peach, Plum, or Orange

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Child and Adult Care Food Program **WEEK TWO**

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk (3/4 cup)	Milk	Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable 1/2 cup	Banana half	Grape juice*	Apple	Applesauce	Orange Juice
Grains / Breads ENRICHED Bread 1/2 slice or Cold Cereal 1/3 cup Or Hot Cereal 1/4 cup	1 Pancake 1.2 oz	Cold Cereal	Whole Wheat Bread 1/2 slice Egg Patty	French Toast Stick 2 pieces 1.8 oz	Multi-grain Toast 1 slice
Other foods (Do Not Count)	Maple Syrup - 1 Tbsp		Margarine 1 tsp		Margarine 1 tsp Jelly 1 tsp
LUNCH					
FINGER FOOD DAY					
Milk 3/4 cup	Milk	Milk	Milk	Milk	Milk
Meat / Meat Alternate Meat, Poultry or Fish 1 1/2 oz or Cheese 1 1/2 oz or Egg 3/4 large or Cooked Dried Beans and Peas 3/8 cup or Yogurt 3/4 cup	Salisbury Steak 2 oz With Gravy	Minestrone Soup 8 oz 1 1/2 oz protein	Breaded Fish 1 1/2 oz Protein	Chicken Salad 4 oz (1 1/2 oz protein)	Pizza 1 Whole Pizza in the Box (1 1/2 oz cheese)
Grains / Breads ENRICHED Bread 1/2 slice or Pasta and Grains 1/4 cup	Wheat Dinner Roll	Dinner Roll	Multi-grain Bread	Whole Grain Dinner Roll	Pizza Crust
Fruits and / or vegetables Two or more servings for 1/2 cup total	1. Mashed Potato 1/4 cup ----- 2. Seasonal Fresh Fruit 1/4 c	1. Tossed Salad 1/2 cup/Dressing 1T ----- 2. Peaches 1/4 cup	1. Green Beans 1/4 cup Soft ----- 2. Mandarin Oranges 1/4 c	1. Carrot Raisin Salad 1/4 cup ----- 2. Banana half 1/4 c	1. Mini Carrots 1/4 cup ----- 2. Seasonal Fresh Fruit 1/4 c
Other foods (Do Not Count)		Vanilla Pudding 1/4 cup	Tartar Sauce 1 tsp		Ranch Dressing 1 tsp
Snack (AM or PM) Select 2					
Milk 1/2 cup		Milk			Milk
Meat or Meat Alternate Meat, Poultry or Fish 1/2 oz or Cheese 1/2 oz or Egg 1/2 large or Cooked Beans / Peas 1/8 cup or Yogurt 1/4 cup	Soy-nut Butter 1 Tbsp		Cheese 1/2 oz	Vanilla Yogurt 1/4 cup	
Juice or Fruit or Vegetable 1/2 cup				Peach slices	
Grains / Breads ENRICHED Bread 1/2 slice or Cereal 1/3 cup or Enriched Pasta and Grains 1/4 cup	Graham Crackers 2 squares each 0.5 oz	Corn Muffin 1 each .75 oz	Ritz Crackers 5 each 15 gms		Oatmeal Cookie 0.5oz
Other foods Do not count	Water		Water	Water	

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Child and Adult Care Food Program **WEEK THREE**

BREAKFAST	Monday	Tuesday	Wednesday	Thursday	Friday
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Milk (3/4 cup)	Milk	Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable 1/2 cup	Banana half	Applesauce	Apple	Pineapple juice*	Orange Slices
Grains / Breads ENRICHED Bread 1/2 slice or Cold Cereal 1/3 cup Or Hot Cereal 1/4 cup	Cold Cereal	French Toast 1 slice 1.5 oz	Cold Cereal	Mini Bagel (1) 0.9 oz	Whole Wheat Toast 1/2 slice Egg Patty
Other foods (Do Not Count)				Jelly 1 tsp	Margarine 1 tsp
LUNCH					
Milk 3/4 cup	Milk	Milk	Milk	Milk	Milk
Meat / Meat Alternate Meat, Poultry or Fish 1 1/2 oz or Cheese 1 1/2 oz or Egg 3/4 large or Cooked Dried Beans and Peas 3/8 cup or Yogurt 3/4 cup	Baked Breaded Fish with Cheese (on the side) 1 1/2 oz Protein	Cheese Ravioli 4 each (1 1/2 oz protein) In Tomato Sauce 1/4 c	Boneless BBQ Beef Ribs 1 1/2 oz protein	Enriched Yellow Rice with chicken 1 1/2 oz chicken 2/3 cup (Arroz con Pollo)	Baked Macaroni & Cheese 1 1/2 oz Protein 2/3 cup
Grains / Breads ENRICHED Bread 1/2 slice or Pasta and Grains 1/4 cup	Whole Wheat bread 1/2 slice	Italian Bread 1 slice	Corn Bread	Yellow Rice 1/4 cup	Macaroni 1/4 cup
Fruits and / or vegetables Two or more servings for 1/2 cup total	1. California Blend Vegetables 1/4 cup ----- 2. Orange Slices 1/4 cup	1. Green Beans 1/4 cup ----- 2. Fresh Seasonal Fruit 1/4 c	1. Mashed Sweet Potato 1/4 cup ----- 2. Fresh Seasonal Fruit 1/4 c	1. Baby Peas 1/4 c ----- 2. Applesauce 1/4c	1. Mixed Vegetables 1/4 cup ----- 2. Sliced Apples 1/4 cup
Other foods (Do Not Count)	Tartar Sauce 1 tsp				
Snack (AM or PM) Select 2				NUTRITION ACTIVITY	
Milk 1/2 cup	Milk	Milk	Milk		Milk
Meat or Meat Alternate Meat, Poultry or Fish 1/2 oz or Cheese 1/2 oz or Egg 1/2 large or Cooked Beans / Peas 1/8 cup or Yogurt 1/4 cup				Cream Chees 1/2 oz (1/2 of a 1 oz pkg)	
Juice or Fruit or Vegetable 1/2 cup	Fresh Seasonal Fruit				
Grains / Breads ENRICHED Bread 1/2 slice or Cereal 1/3 cup or Enriched Pasta and Grains 1/4 cup		Graham crackers 2 Squares each 0.5 oz	Animal Crackers 15 gms	Graham Crackers 15gms	Corn Muffin 1.0 oz
Other foods Do not count				Water	

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Child and Adult Care Food Program WEEK FOUR

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk (3/4 cup)	Milk	Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable 1/2 cup	Banana half	Apple Juice*	Banana half	Cranberry Apple juice*	Apple
Grains / Breads ENRICHED Bread ½ slice or Cold Cereal 1/3 cup Or Hot Cereal ¼ cup	1 Pancake 1.2 oz	Corn Muffin 1.0 oz	Whole Grain Bagel half	Cold Cereal 1/3 cup	Whole Wheat Bread ½ slice
Other foods (Do Not Count)	Maple Syrup - 1 Tbsp		Jelly 1 tsp		Egg Patty 1 each Margarine 1 tsp
LUNCH					
Milk 3/4 cup	Milk	Milk	Milk	Milk	Milk
Meat / Meat Alternate Meat, Poultry or Fish 1 ½ oz or Cheese 1 ½ oz or Egg ¾ large or Cooked Dried Beans and Peas 3/8 cup or Yogurt ¾ cup	Turkey Sandwich 1 ½ oz protein	Soft Taco Ground Turkey 1 oz Cheddar Cheese ½ o	Chicken Lo Mein 6 oz (1 ½ oz protein)	Country Drummies** 2 each	Butter Crunch Fish (1 ½ oz Protein)
Grains / Breads ENRICHED Bread ½ slice or Pasta and Grains ¼ cup	Enriched Club Roll 1 each	Whole Wheat Soft Tortilla (1)	Brown Rice ¼ cup	Enriched Dinner Roll	Saltine Crackers 5 each
Fruits and / or vegetables Two or more servings for ½ cup total	1. Lettuce and Tomato ½ cup ----- 2. Fresh Fruit ¼ cup	1. Shredded Lettuce and Tomato ½ cup ----- 2. Tropical Fruit Salad ¼ c	1. Veg. included in Lo Mein (¼ cup) ----- 2. Pineapple Tidbits ¼ cup	1. Sliced Beets ¼ cup ----- 2. Fruit Cocktail ¼ cup	1. Cream of Broccoli Soup ½ cup ----- 2. Fresh Fruit ¼ c
Other foods (Do Not Count)	Cranberry Sauce pkt		Crunchy Noodles		Tartar Sauce 1 tsp
Snack (AM or PM) Select 2					
Milk ½ cup					Milk
Meat or Meat Alternate Meat, Poultry or Fish ½ oz or Cheese ½ oz or Egg ½ large or Cooked Beans / Peas 1/8 cup or Yogurt ¼ cup	Soy-nut Butter 1 Tbsp		Vanilla Yogurt ¼ cup	Amer. Cheese ½ oz	
Juice or Fruit or Vegetable ½ cup		100% fruit juice*	Peaches ½ cup		Banana ½ each
Grains / Breads ENRICHED Bread ½ slice or Cereal 1/3 cup or Enriched Pasta and Grains ¼ cup	Ritz Crackers (5) 15 gms	Whole Grain Bagel Half		Unsalted Crackers (5) 15 gms	
Other foods Do not count	Water	Margarine 1 tsp	Water	Water	

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