Child Care Food Progr	ram							
oma care recar reg.						JUNE 2ND, 2014 - JUNE 6TH, 2014		
					June is "National Fresh Fruit and V		June is "Dairy Month"	
Meal Requirement	Portion Siz			6/2/14	6/3/14		6/5/14	6/6/14
	Age 1/2	Age 3/5	Age 6/12	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	4/0.0	0/4 0	4.0	Assorted Cereal	Waffles	English Muffins	French Toast Sticks	Assorted Cereal
Milk Fruit OR Vegetable		3/4 C 1/2 C	1 C 1/2 C	Bananas Milk	Blueberries Milk	Strawberries Milk	Melon Milk	Assorted Fruit Milk
Bread OR Bread Alt		1/2 Slice	1 Slice	IVIIIK	Wilk	IVIIIK	IVIIK	IVIIIK
OR Cereal		1/3 C	3/4 C					
		le 2 compon		Corn	Peppers (Red/Green/Yellow)	Green Beans	Broccoli	Assorted Frozen Vegetables
Milk*		1/2 C	1 C	Milk	Milk	Milk	Milk	Milk
Fruit OR Vegetable	1/2 C	1/2 C	3/4 C					
Afternoon Snack	(Ma coloct	any two of	the 4 com	Chocolate Chip Cookies	Tuan Fish and Crackers	Chex Mix	Chips and Salsa	Cheese Quesadillas
Milk			11 C	Milk	Grape Juice	Apple Juice	Milk	Assorted Juice
Fruit OR Vegetable		1/2 C	3/4 C	Will Control of the C	Crape value	7 April Gailes	WIIIX	/ local tod Galloo
Bread OR Bread Alt			1 slice					
OR cereal	1/4 C	1/3 C	3/4 C					
Meat OR Meat Alt	1/2 Oz	1/2 Oz	1 Oz					
*	1							
* Juice may not be ser	ved when m	ilk is the on	ly other co	mponent served.		LUNE OTH COMA HINE ACTU COMA		
						JUNE 9TH, 2014 - JUNE 13TH, 2014		
						June 10th, 2014 is Iced Tea Day		
1	Portion Siz	'es		6/9/14	6/10/14		6/12/14	6/13/14
			Age 6 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1.95	9	g. t	Assorted Cereal	Pancakes	Bagels n Cream Cheese	Toast	Assorted Cereal
Milk	1/2 C	3/4 C	1 C	Oranges	Bananas	Strawberries	Grapes	Assorted Fruit
Fruit OR Vegetable		1/2 C	1/2 C	Milk	Milk	Milk	Milk	Milk
Bread OR Bread Alt		1/2 Slice	1 Slice					
OR Cereal	1/4 C	1/3 C	3/4 C					
Lunah Cumplamant	(\\/\o ====\io	la 0 aamanam		Carrata	Coloni	Tomotopo	Cusumbara	Chat Calad
Lunch Supplement Milk*		le 2 compon 1/2 C	1 C	Carrots Milk	Celery Milk	Tomatoes Milk	Cucumbers Milk	Chef Salad Milk
Fruit OR Vegetable		1/2 C	3/4 C	IVIIIK	Wilk	IVIIIK	IVIIK	IVIIIK
Truit Oft Vogotable	1720	1/2 0	0/10					
Afternoon Snack	(We select	any two of	the 4 com	Nilla Wafers	Pita Pockets	Graham Crackers	Applesauce	Rice Cakes
Milk	1/2 C	1/2 C	1 C	Milk	Ice Tea	Milk	Milk	Assorted Juice
Fruit OR Vegetable			3/4 C					
Bread OR Bread Alt			1 slice					
OR cereal			3/4 C					
Meat OR Meat Alt	1/2 Oz	1/2 Oz	1 Oz			JUNE 16TH, 2014 - JUNE 20TH, 2014		
						30NE 10111, 2014 - 30NE 20111, 2014		
						June 16th, 2014 is 'Fresh Veggies Day"		
						James to the property of the p		
Meal Requirement	Portion Siz			6/16/14	6/17/14	6/18/14	6/19/14	6/20/14
	Age 1 2	Age 3 5	Age 6 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				Assorted Cereal	Waffles	Oatmeal	Yogurt/Granola	Assorted Cereal
Milk	1/2 C		1 C	Fresh Fruit	Bananas	Pineapple	Blueberries	Assorted Fruit
Fruit OR Vegetable				Milk	Milk	Milk	Milk	Milk
Bread OR Bread Alt	1/2 Slice		1 Slice 3/4 C					
OR Cereal	1/4 C	1/3 C	3/4 C					
Lunch Supplement	(We provid	le 2 compon	l ents usua	Assorted Veggies	Red-Green-Orange Peppers	Rice	Baked Potatoes	Baked Beans
Milk*			1 C	Milk	Milk	Milk	Milk	Milk
Fruit OR Vegetable			3/4 C					
- J - · · · · ·								
Afternoon Snack			the 4 com	Chocolate Chip Cookies	Cheezits	Tortilla Chips/Salsa/Cheese/Beans	Pretzels	Snack Mix
Milk			1 C	Milk	White Grape Juice	Pineapple Juice	Orange Juice	Assorted Juice
Fruit OR Vegetable			3/4 C					
Bread OR Bread Alt	1/2 Slice		1 slice					
OR cereal			3/4 C					
Meat OR Meat Alt	1/2 Oz	1/2 Oz	1 Oz					

	1	1				JUNE 23RD, 2014 - JUNE 27TH, 2014		
						JONE 23RD, 2014 - JONE 27111, 2014		
	 							
Meal Requirement	Portion Siz	700		6/23/14	6/24/14	6/25/14	6/26/14	6/27/14
Wodi Hoquiomoni			Age 6 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		i igo o		Assorted Cereal	English Muffins		Blue Berry Pancakes	Assorted Cereal
Milk	1/2 C	3/4 C			Bananas	Melon	Watermelon	Assorted Fruit
Fruit OR Vegetable	1/4 C	1/2 C			Milk	Milk	Milk	Milk
Bread OR Bread Alt	1/2 Slice	1/2 Slice	1 Slice					
OR Cereal	1/4 C	1/3 C	3/4 C					
Lunch Supplement		de 2 compon			Lima Beans	Green Beans	Asparagus	Assorted Veggies
Milk*	1/2 C	1/2 C		Milk	Milk	Milk	Milk	Milk
Fruit OR Vegetable	1/2 C	1/2 C	3/4 C					
A.6.	() 0 (0 1 10 1:	T 5:10	- :: 0 1 1		
Afternoon Snack	(We select	t any two of t	the 4 comp	Oatmeal Cookies	Tuna Fish- Crackers		Assorted Veggie Tray w/ Dip	Assorted Crackers
Milk	1/2 C	1/2 C		Milk	White Peach Grape Juice	Milk	Milk	Assorted Juice
Fruit OR Vegetable Bread OR Bread Alt	1/2 C 1/2 Slice	1/2 C	3/4 C					
			1 slice					
OR cereal Meat OR Meat Alt	1/4 C 1/2 Oz		3/4 C 1 Oz					
Meat OR Meat Alt	1/2 Oz	1/2 Oz	1 Oz			IIINE COTIL COAA		
						JUNE 30TH, 2014		
				0/00/4.4				
Mari Daniinanaant	D 0'-			6/30/14	Tuesday	Wadaaaday	Thursday	Eddon
Meal Requirement	Portion Sizes Age 1 2 Age 3 5		A === 0	Monday	Tuesday	Wednesday	Thursday	Friday
B 14 :	Age 1 2	Age 3 5		Assorted Cereal				
Breakfast		2/1.0		Raisins				
Milk	1/2 C	3/4 C		Milk				
Fruit OR Vegetable Bread OR Bread Alt	1/4 C		1/2 C					
OR Cereal	1/2 Slice 1/4 C		1 Slice 3/4 C					
OK Cereal	1/4 C	1/3 0	3/4 C					
Lunch Supplement	(Me provid	de 2 compon	ents lisus	Mashed Potatoes				
Milk*	1/2 C			Milk				
Fruit OR Vegetable	1/2 C		3/4 C	IVIIIX				
Trait Off Vogotable	1,72 0	.,20	5,70					
Afternoon Snack	(We select	t any two of t	he 4 comi	Chex Mix				
Milk	1/2 C	1/2 C	1 C	Apple Juice				
Fruit OR Vegetable	1/2 C		3/4 C	11				
Bread OR Bread Alt	1/2 Slice		1 slice					
OR cereal	1/4 C		3/4 C					
Meat OR Meat Alt	1/2 Oz		1 Oz					
	•					•		