

Child Care Food Program				JUNE 2ND, 2014 - JUNE 6TH, 2014				
				June is "National Fresh Fruit and Vegetables Month"			June is "Dairy Month"	
Meal Requirement	Portion Sizes			6/2/14	6/3/14	6/4/14	6/5/14	6/6/14
	Age 1/2	Age 3/5	Age 6/12	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				Assorted Cereal	Waffles	English Muffins	French Toast Sticks	Assorted Cereal
Milk	1/2 C	3/4 C	1 C	Bananas	Blueberries	Strawberries	Melon	Assorted Fruit
Fruit OR Vegetable	1/4 C	1/2 C	1/2 C	Milk	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	(We provide 2 components, usu			Corn	Peppers (Red/Green/Yellow)	Green Beans	Broccoli	Assorted Frozen Vegetables
Milk*	1/2 C	1/2 C	1 C	Milk	Milk	Milk	Milk	Milk
Fruit OR Vegetable	1/2 C	1/2 C	3/4 C					
Afternoon Snack	(We select any two of the 4 com			Chocolate Chip Cookies	Tuan Fish and Crackers	Chex Mix	Chips and Salsa	Cheese Quesadillas
Milk	1/2 C	1/2 C	1 C	Milk	Grape Juice	Apple Juice	Milk	Assorted Juice
Fruit OR Vegetable	1/2 C	1/2 C	3/4 C					
Bread OR Bread Alt	1/2 Slice	1/2 Slice	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					
* Juice may not be served when milk is the only other component served.								
				JUNE 9TH, 2014 - JUNE 13TH, 2014				
				June 10th, 2014 is Iced Tea Day				
1	Portion Sizes			6/9/14	6/10/14	6/11/14	6/12/14	6/13/14
	Age 1 -- 2	Age 3 -- 5	Age 6 -- 7	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				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	1/4 C	1/2 C	1/2 C	Milk	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	(We provide 2 components, usu			Carrots	Celery	Tomatoes	Cucumbers	Chef Salad
Milk*	1/2 C	1/2 C	1 C	Milk	Milk	Milk	Milk	Milk
Fruit OR Vegetable	1/2 C	1/2 C	3/4 C					
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	1/2 C	1/2 C	3/4 C					
Bread OR Bread Alt	1/2 Slice	1/2 Slice	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					
				JUNE 16TH, 2014 - JUNE 20TH, 2014				
				June 16th, 2014 is 'Fresh Veggies Day"				
Meal Requirement	Portion Sizes			6/16/14	6/17/14	6/18/14	6/19/14	6/20/14
	Age 1 -- 2	Age 3 -- 5	Age 6 -- 7	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				Assorted Cereal	Waffles	Oatmeal	Yogurt/Granola	Assorted Cereal
Milk	1/2 C	3/4 C	1 C	Fresh Fruit	Bananas	Pineapple	Blueberries	Assorted Fruit
Fruit OR Vegetable	1/4 C	1/2 C	1/2 C	Milk	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	(We provide 2 components, usu			Assorted Veggies	Red-Green-Orange Peppers	Rice	Baked Potatoes	Baked Beans
Milk*	1/2 C	1/2 C	1 C	Milk	Milk	Milk	Milk	Milk
Fruit OR Vegetable	1/2 C	1/2 C	3/4 C					
Afternoon Snack	(We select any two of the 4 com			Chocolate Chip Cookies	Cheezits	Tortilla Chips/Salsa/Cheese/Beans	Pretzels	Snack Mix
Milk	1/2 C	1/2 C	1 C	Milk	White Grape Juice	Pineapple Juice	Orange Juice	Assorted Juice
Fruit OR Vegetable	1/2 C	1/2 C	3/4 C					
Bread OR Bread Alt	1/2 Slice	1/2 Slice	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					

				JUNE 23RD, 2014 - JUNE 27TH, 2014				
Meal Requirement	Portion Sizes			6/23/14	6/24/14	6/25/14	6/26/14	6/27/14
	Age 1 -- 2	Age 3 -- 5	Age 6 -- 7	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				Assorted Cereal	English Muffins	Toast & Apple Butter	Blue Berry Pancakes	Assorted Cereal
Milk	1/2 C	3/4 C	1 C	Grapes	Bananas	Melon	Watermelon	Assorted Fruit
Fruit OR Vegetable	1/4 C	1/2 C	1/2 C	Milk	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	(We provide 2 components, usually)			Cauliflower	Lima Beans	Green Beans	Asparagus	Assorted Veggies
Milk*	1/2 C	1/2 C	1 C	Milk	Milk	Milk	Milk	Milk
Fruit OR Vegetable	1/2 C	1/2 C	3/4 C					
Afternoon Snack	(We select any two of the 4 components)			Oatmeal Cookies	Tuna Fish- Crackers	Fruit Salad	Assorted Veggie Tray w/ Dip	Assorted Crackers
Milk	1/2 C	1/2 C	1 C	Milk	White Peach Grape Juice	Milk	Milk	Assorted Juice
Fruit OR Vegetable	1/2 C	1/2 C	3/4 C					
Bread OR Bread Alt	1/2 Slice	1/2 Slice	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					
				JUNE 30TH, 2014				
				6/30/14				
Meal Requirement	Portion Sizes			Monday	Tuesday	Wednesday	Thursday	Friday
	Age 1 -- 2	Age 3 -- 5	Age 6 -- 7	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				Assorted Cereal				
Milk	1/2 C	3/4 C	1 C	Raisins				
Fruit OR Vegetable	1/4 C	1/2 C	1/2 C	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	(We provide 2 components, usually)			Mashed Potatoes				
Milk*	1/2 C	1/2 C	1 C	Milk				
Fruit OR Vegetable	1/2 C	1/2 C	3/4 C					
Afternoon Snack	(We select any two of the 4 components)			Chex Mix				
Milk	1/2 C	1/2 C	1 C	Apple Juice				
Fruit OR Vegetable	1/2 C	1/2 C	3/4 C					
Bread OR Bread Alt	1/2 Slice	1/2 Slice	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					