

U-1976 FAMILY CENTRAL 2018-2019 MENU B – No PORK No PEANUT

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	Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate			Colby Cheese Slice (1 oz)		Yogurt 4 oz cup
	Vegetable/Fruit/Juice Ages 1-18: ½ c	100% Apple Juice	Pears	Raisins (1/4 cup)	Cinnamon Apples	Banana (1 whole)
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Cinnamon Raisin Bagel Cream Cheese	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread (1 slice) Butter or Marg.	Life Original Cereal	Wheat Chex Cereal (100% whole grain)
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Baked Sliced Chicken (2 oz)	*Chicken Tetrazzini	*Ground Beef Stroganoff	*Breaded Fish Ketchup	*Oven Fried Chicken
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Roasted Sweet Potato	Sautéed Spinach and Tomatoes	Roasted Cauliflower	Mixed Vegetables	Green Beans (fresh/frozen, not canned)
	Fruit or Vegetable Ages: 1-18: ¼ c	Crisp Steamed Broccoli (fresh/frozen, not canned)	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Lowfat Ranch Dressing
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Grain Bread Butter or Marg.	Penne Pasta (in entrée)	Egg Noodles	Soft Roll	Cornbread
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz		Milk			
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz	Yogurt 4 oz cup			Sliced Turkey (1 ½ oz)	
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c	Tropical Mixed Fruit		Peaches		Fresh Orange Wedges
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c		Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread (1 slice) Mayo & Mustard.	Animal Crackers

IMPORTANT: Ages 1-5 based on meal pattern portion sizes for ages 3-5. *Requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. Caterer must supply this documentation to institution/facility. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item). **All food must be peanut and tree nut free.**

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Week Two		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate				Hard Boiled Egg (1/2 egg)	
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Pineapple	Pears	Banana (1 whole)	Peaches	Fresh Orange Wedges
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¼ c	Kix Cereal (Original, Honey, or Berry Berry)	Plain Bagel Cream Cheese	100% Whole Grain Bread (1 slice) Butter or Marg.	English Muffin Butter or Marg. & Jelly	Rice Chex Cereal
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Turkey Slices	*Chicken Nuggets Barbecue Sauce	*Salisbury Steak Gravy	Tacos (Turkey, Chicken, or Beef) Shredded Cheese, Shredded Lettuce, Diced Tomato, and Mild Salsa	Turkey and Swiss Sandwich (Lettuce, Tomato, & Pickle)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots (frozen, not canned)	Crisp Steamed Broccoli (fresh/frozen, not canned)	Green Beans	Corn (fresh/frozen, not canned)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup French Dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Mandarin Oranges	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Tropical Mixed Fruit	Fruit Cocktail
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Wheat Roll Butter or Marg.	100% Whole Grain Bread	*Macaroni & Cheese	Tortilla; Brown Rice (100% whole grain)	100% Whole Grain Bread Mayo & Mustard
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz		Milk			
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz	Provolone Cheese Slice		Hardboiled egg	Yogurt 4 oz cup	Tuna Salad
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c			Fresh Apple Slices	100% Orange Juice	
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¼ c	Pretzels	Corn Muffin			Crackers (savory)

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Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Mozzarella Cheese Slice (1 oz)		Yogurt 4 oz cup		Hard Boiled Egg (1/2 egg)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Peaches	Mandarin Oranges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Cinnamon Apples	Banana (1 whole)
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Original Cheerios (100% whole grain)	Raisin Bread (1 slice; plain, no icing) Butter or Marg.	Blueberry Muffin	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	100% Whole Grain English Muffin Butter or Marg. & Jelly
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Sloppy Joes	*Meatloaf (beef or turkey) Ketchup	Pulled Chicken BBQ Sauce	*Spaghetti & Meat Sauce with Ground Turkey or Beef	*Pizza
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Italian Green Beans (fresh/frozen, not canned)	Fresh Mashed Sweet Potato (not instant)	Green Peas	Steamed Baby Carrots (fresh/frozen, not canned)	Mixed Vegetables
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Fruit Cocktail	Fresh Apple Slices	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Lowfat Ranch Dressing	Pears
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Bun	100% Whole Grain Bread	Soft Roll	(Spaghetti), Garlic Bread	Pizza Crust
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz	Milk			Milk	
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz			Provolone Cheese Slice		Cheese Stick
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c		100% Red Grape Juice			Fresh Orange Slices
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	100% Whole Grain Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	Soft Pita Bread	100% Whole Grain Crackers	Animal Crackers	

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Week Four		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Yogurt 4 oz cup		Provolone Cheese Slice (1 oz)		
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Fruit Cocktail	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	100% Apple Juice	Banana (1 whole)
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Blueberry Muffin	Life Original Cereal	100% Whole Grain Bread	Biscuit Butter or Marg.	Multi Grain Cheerios (100% whole grain)
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Chicken Alfredo	*Breaded Fish Ketchup	*Bean Burrito	*Chicken and (Vegetable Stir Fry)	Hamburger (Lettuce and Tomato)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Cucumber Slices	Steamed Baby Carrots (fresh/frozen, not canned)	Vegetables (Stir Fry)	Oven Fried Potatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Tropical Mixed Fruit	Fresh Broccoli Florets Lowfat Ranch Dip	Mandarin Oranges	Pears
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Pasta (in entrée)	Soft Roll	Tortilla (in entrée)	Brown Rice (100% whole grain)	Bun Mustard, Mayo, Ketchup
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz	Milk	Milk			
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz		Hardboiled egg		Yogurt 4 oz cup	Shredded Mozzarella Cheese Ages 1-5: ½ oz Ages 6 and up: 1 oz
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					Tomato Sauce Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c			Fresh Orange Wedges	Peaches	(children assemble own personal pizzas)
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	100% Whole Grain Crackers	100% Whole Grain Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	Crackers (savory)		English Muffin Ages 1-5: ½ muffin Ages 6 and up: 1 whole

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Week Five		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate			Cheddar Cheese Slice (1 oz)		Hard Boiled Egg (1/2 egg)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Fruit Cocktail	Pineapple	Pears	Banana (1 whole)	Applesauce
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¼ c	Total Whole Grain Cereal (100% whole grain)	100% Whole Grain Bagel Cream Cheese	Blueberry Muffin	Original Cheerios (100% whole grain)	100% Whole Grain Bread Butter or Marg.
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Fresh Turkey Roast Gravy	Seasoned Black Beans (at least ⅔ c ages 1-5 and ½ c ages 6-12)	*Lasagna (with Ground Turkey or Beef)	*Tuna Salad Sandwich Pickles	*Chicken Nuggets Honey Mustard
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Fresh Bell Pepper Slices	Crisp Steamed Broccoli (fresh/frozen, not canned)	Mixed Vegetables	Fresh Mashed Potato (not instant)
	Fruit or Vegetable Ages: 1-18: ¼ c	Peaches	Tropical Mixed Fruit	Fresh Clementine Wedges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Italian Dressing
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	*Macaroni & Cheese	Yellow Rice	Lasagna Noodles	Sandwich Bread Mayo	Soft Roll
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz		Milk			
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz			Bean Dip (bean salsa or hummus)		Yogurt 4 oz cup
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c	100% Orange Juice			Fresh Apple Slices	
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¼ c	Saltine Crackers	Raisin Bread (1 slice; plain, no icing) Butter or Marg.	100% Whole Wheat Tortilla	Cheese Crackers	Graham Crackers (plain)

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