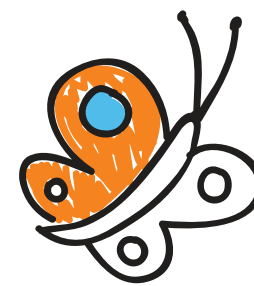
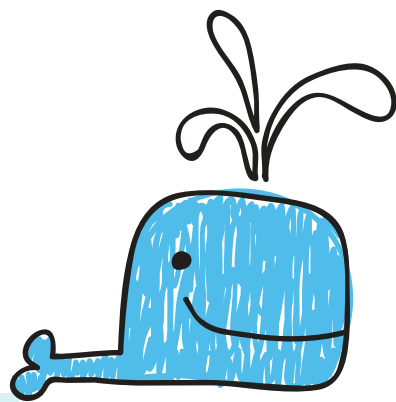


<div>WEEK ONE</div> <div>MONDAY</div> <div>TUESDAY</div> <div>WEDNESDAY</div> <div>THURSDAY</div> <div>FRIDAY</div>													
BREAKFAST	MILK Ages 1-5: six oz; Ages 6-18: eight oz		Milk		Milk		Milk		Milk		Milk		
	Meat/Meat Alternate				Hard Boiled Egg (1)		Cheese Slice (1oz)						
	Vegetable/Fruit/Juice Ages 1-8: 1/2 c		Blended 100% Juice		Pears		Fresh Orange Wedges		Cinnamon Apples		Cranberry Juice Blend		
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c		Cinnamon Raisin Bagel <i>Cream Cheese</i>		Wheat Chex Cereal		Whole Wheat Bread (1 slice)		French Toast		Whole Grain Bread <i>Butter or Marg. & Jelly</i>		
LUNCH	MILK Ages 1-5: six oz; Ages 6-18: eight oz		Milk		Milk		Milk		Milk		Milk		
	Meat/Meat Alternate Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz		Baked Sliced Ham (2 oz)		*Beefaroni		*Picadillo		*Breaded Fish <i>Ketchup</i>		*Arroz con Pollo		
	Vegetable Ages 1-5L 1/4 c; Ages 6-18: 1/2 c (Double portion for salads)		Sweet Potatoes		Spinach		Sliced Tomatoes		Mixed Vegetables		Mixed Greens Salad (Spinach, Romaine, Tomato, Cucumber) <i>Lowfat French Dressing</i>		
	Fruit or Vegetable Ages 1-18: 1/4 c		Green Beans		Fruit Salad		Tropical Mixed Fruit		Mandarin Oranges		Peaches		
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/4 c Ages 6-18: 1 slice/serving, 1/2 c		Whole Wheat Bread (1 Slice) <i>Butter or Marg.</i>		(Beefaroni) Macaroni; Garlic Bread		Congri; Cuban Bread		Whole Grain Roll		Cuban Bread or Roll		
SNACKS	MILK Ages 1-5: four oz; Ages 6-18: eight oz												
	Meat/Meat Alternate Ages 1-5: 1/2 oz Ages 6-18: 1 oz		Cottage Cheese						Slice Ham (1 1/2 oz)				
	Vegetable Ages 1-5: 1/2 c Ages 6-18: 3/4 c						Carrot, Pineapple, and Raisin Salad						
	Fruit or Juice Ages 1-5: 1/2 c Ages 6-18: 3/4 c		Pineapple		Applesauce						Banana		
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c				Blueberry Muffin		Whole Grain Triangle Crackers		Whole Wheat Bread (1 slice) <i>Mayo & Mustard</i>		Pretzels (soft or thin)		
	10/03/16 TO 10/07/16	10/07/16 TO 11/11/16	12/12/16 TO 12/16/16	1/16/17 TO 1/20/17	2/20/17 TO 2/24/17	3/27/17 TO 3/31/17	5/01/17 TO 5/05/17	6/05/17 TO 6/09/17	7/10/17 TO 7/14/17	8/14/17 TO 8/18/17	9/18/17 TO 09/22/17		

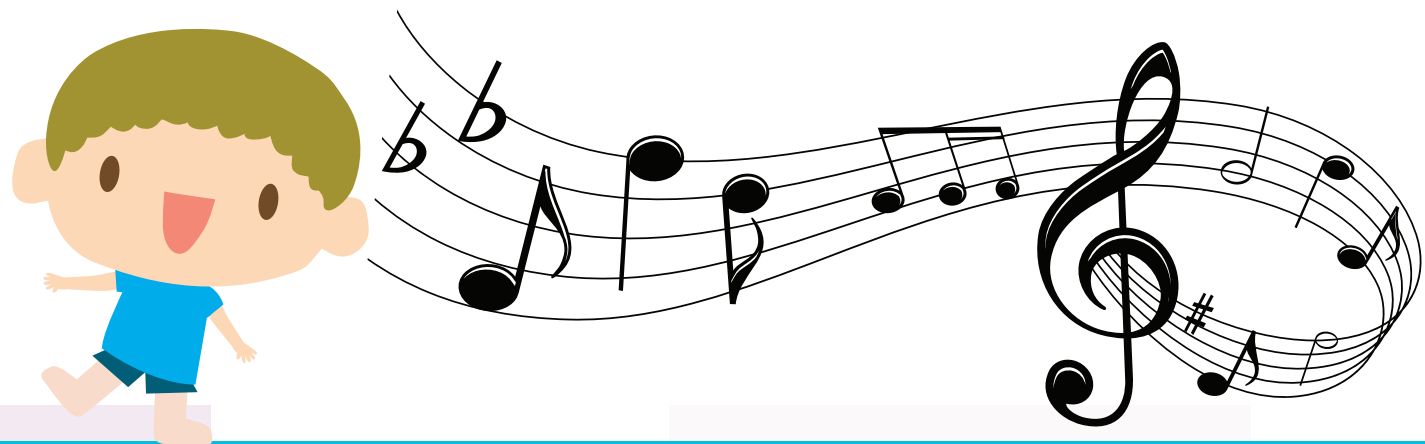
IMPORTANT: Ages 1-5 based on meal pattern portion sizes for ages 3-5. *Requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe (e.g.: 1 svg. Beefaroni = 1.5 oz meat/meat alternate for 1-5 years olds and 2 oz for 6-18 years olds). Caterer must supply this documentation 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).



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)												
	Vegetable/Fruit/Juice Ages 1-8: 1/2 c		Orange Juice		Tropical Mixed Fruit		Banana		Peaches		Fresh Orange Wedges										
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c		Kix Cereal; Blueberry Muffin		Bagel Cream Cheese		Whole Wheat Bread (1 slice) Butter or Marg. & Jelly		Whole Grain English Muffin Butter or Marg. & Jelly		Whole Grain Waffles Syrup										
LUNCH	MILK Ages 1-5: six oz; Ages 6-18: eight oz		Milk		Milk		Milk		Milk		Milk										
	Meat/Meat Alternate Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz		Black Eyed Peas (at least 3/8 c ages 1-5 and 1/2 c ages 6-12)		*Chicken Nuggets Ketchup		*Salisbury Steak Gravy		*Fricase de Pollo		Cuban Sandwich (Pork, Ham, Swiss Cheese, Pickles) Mayo & Mustard										
	Vegetable Ages 1-5L 1/4 c; Ages 6-18: 1/2 c (Double portion for salads)		Broccoli		Corn		Peas and Carrots		Plantains		Tossed Salas (Lettuce & Tomato) Lowfat Ranch Dressing										
	Fruit or Vegetable Ages 1-18: 1/4 c		Pears		Green Beans		Mashed Potatoes		Spinach		Fresh Apple Slices										
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/4 c Ages 6-18: 1 slice/serving, 1/2 c		*Macaroni & Cheese		Whole Wheat Bread (1 slice)		Whole Grain Roll		Rice		Cuban or Whole Wheat Bread										
SNACKS	MILK Ages 1-5: four oz; Ages 6-18: eight oz						Milk				Milk										
	Meat/Meat Alternate Ages 1-5: 1/2 oz Ages 6-18: 1 oz		Cheese Slice		Bean Dip				Yogurt 4 oz cup												
	Vegetable Ages 1-5: 1/2 c Ages 6-18: 3/4 c																				
	Fruit or Juice Ages 1-5: 1/2 c Ages 6-18: 3/4 c						Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)		Pineapple												
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c		Cuban Crackers		Whole Grain Rectangle Crackers						Corn Muffin										
10/10/16 TO 10/14/16		11/14/16 TO 11/18/16		12/19/16 TO 12/23/16		1/23/17 TO 1/27/17		2/27/17 TO 3/03/17		4/03/17 TO 4/07/17		5/08/17 TO 5/12/17		6/12/17 TO 6/16/17		7/17/17 TO 7/21/17		8/21/17 TO 8/25/17		9/25/17 TO 09/29/17	

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 (e.g.: 1 svg. Beefaroni = 1.5 oz meat/meat alternate for 1-5 years olds and 2 oz for 6-18 years olds). 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).



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				Hard Boiled Egg (1)				Scrambled Egg & Cheese (Burrito)			
	Vegetable/Fruit/Juice Ages 1-8: 1/2 c		Blended 100% Juice		Mandarin Oranges		Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)		Cinnamon Apples		Cantaloupe Cubes	
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c		Cheerios Cereal; Banana Bread		Whole Grain Raisin Bread (1 slice; plain, no icing) <i>Butter or Marg.</i>		Honey Nut Shredded Wheat		Pancakes		*Breakfast Burrito (1 whole wheat Tortilla) <i>Very Mild Salsa</i>	
LUNCH	MILK Ages 1-5: six oz; Ages 6-18: eight oz		Milk		Milk		Milk		Milk		Milk	
	Meat/Meat Alternate Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz		Shredded Chicken <i>In sauce</i>		*Ropa Vieja		*Meatloaf <i>Ketchup</i>		*(Spaguetti &) Meat Sauce with Ground Turkey or Beef		*Fish Sticks	
	Vegetable Ages 1-5L 1/4 c; Ages 6-18: 1/2 c (Double portion for salads)		Steamed Carrots		Mixed Vegetables		Mashed Sweet Potato		Green Salad (Romaine Lettuce, Tomato, Cucumber) Lowfat Ranch Dressing		Green Peas	
	Fruit or Vegetable Ages 1-18: 1/4 c		Fruit Cocktail		Pineapple		Broccoli		Tropical Mixed Fruit		Pears	
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/4 c Ages 6-18: 1 slice/serving, 1/2 c		Roll		Congri		Whole Wheat Bread		Spaghetti (& Meat Sauce); Garlic Bread		Whole Grain Roll	
SNACKS	MILK Ages 1-5: four oz; Ages 6-18: eight oz								Milk			
	Meat/Meat Alternate Ages 1-5: 1/2 oz Ages 6-18: 1 oz		Peanut Butter Age 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp <i>Jelly</i>		Cheese Slice		Cottage Cheese					
	Vegetable Ages 1-5: 1/2 c Ages 6-18: 3/4 c											
	Fruit or Juice Ages 1-5: 1/2 c Ages 6-18: 3/4 c						Peaches				Fresh Orange Slices	
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c		Whole Wheat Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices <i>Butter or Marg. & Jelly</i>		Soft Tortilla				Whole Grain Tortilla Chips Very Mild Salsa (2 Tbsp)		Whole Grain Pita Crackers	
10/17/16 TO 10/21/16			11/21/16 TO 11/25/16		12/26/16 TO 12/30/16		1/30/17 TO 2/03/17		3/06/17 TO 3/10/17		4/10/17 TO 4/14/17	
							5/15/17 TO 5/19/17		6/19/17 TO 6/23/17		7/24/17 TO 7/28/17	
									8/28/17 TO 9/01/17			

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 (e.g.: 1 svg. Beefaroni = 1.5 oz meat/meat alternate for 1-5 years olds and 2 oz for 6-18 years olds). 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).



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										Scrambled Egg/*Egg Patty (1oz)										
	Vegetable/Fruit/Juice Ages 1-8: 1/2 c		Blended 100% Juice		Peaches		Fresh Orange Wedges		Banana		Applesauce										
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c		Total Whole Grain Cereal; Biscuit Butter or Marg. & Jelly		Whole Grain Bagel Cream Cheese		Frosted Mini Wheat Cereal (1/2 cup ages 1-5)		Waffles Syrup		Whole Wheat Toast 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 1/2 oz Ages 6-18: 2 oz		*Breaded Chicken Patty Gravy		Seasoned Black Beans (at least 3/8c 1-5 and 1/2 c ages 6-12)		*Ravioli		*Cuban Stew (with beef)		*Pizza										
	Vegetable Ages 1-5L 1/4 c; Ages 6-18: 1/2 c (Double portion for salads)		Mashed Potatoes		Green Beans		Broccoli		Mixed Vegetables		Steamed Carrots										
	Fruit or Vegetable Ages 1-18: 1/4 c		Peas and Carrots		Fresh Apple Slices		Fruit Cocktail		Fruit Salad		Tossed Salad (Lettuce & Tomato)										
SNACKS	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/4 c Ages 6-18: 1 slice/serving, 1/2 c		Whole Wheat Roll Butter or Marg		Rice; Whole Wheat Bread (1slice)		Garlic Bread (1 slice)		Brown Rice		Whole Grain Pizza Crust										
	MILK Ages 1-5: four oz; Ages 6-18: eight oz										Milk										
	Meat/Meat Alternate Ages 1-5: 1/2 oz Ages 6-18: 1 oz				Yogurt 4 oz cup		Peanut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp		Cheese Slice												
	Vegetable Ages 1-5: 1/2 c Ages 6-18: 3/4 c						Celery Sticks (1/2 cup ages 1-5, 3/4 cup ages 6-18)														
	Fruit or Juice Ages 1-5: 1/2 c Ages 6-18: 3/4 c		Pears		Pineapple Tidbits		Raisins (2 Tbsp all ages)				Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)										
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c		Whole Grain Cracker Rounds						Plain Arepa												
10/31/16 TO 11/04/16		12/05/16 TO 12/09/16		01/09/17 TO 01/13/17		2/13/17 TO 2/17/17		3/20/17 TO 3/24/17		4/24/17 TO 4/28/17		5/29/17 TO 6/02/17		7/03/17 TO 7/07/17		8/07/17 TO 8/11/17		9/11/17 TO 9/15/17			

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 (e.g.: 1 svg. Beefaroni = 1.5 oz meat/meat alternate for 1-5 years olds and 2 oz for 6-18 years olds). 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).