

WEEK:

KIDS PARADISE # 2

Refer to Child Care Food Program Meal Pattern for Children when planning portion sizes for age groups specified in this bid.

Milk must be served with each breakfast, lunch and supper meal. Milk must be served with snack as indicated

Unflavored whole milk will be served to children age one and unflavored skim (or low-fat/1%) will be served to children ages 2-5.

\* Every day in one of the three meals all items listed in red are whole grain or enriched flour

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	French Toast w/syrup Fresh Banana Milk	Honey Bunches cereal *100 % Whole Grain Fruit Cocktail Milk	Multi Grains Cheerios *100 % Whole Grain Cereal Pears Milk	Waffle w\syrup Fresh blueberry Milk	*Toast 100 %whole Grain with cream cheese Orange fresh Milk
LUNCH	Lentils with Ham sausage, potato White Rice Plantains Pear Carrots Milk	Yellow Rice w/Chicken Corn Pineapple Milk	Spaghetti w/Chicken Alfredo Sauce (1 serv=1-1/2 oz mt/mt alt. 1 brd for 1-5 yr olds and 2oz mt/mt alt. 1 brd Cesar Salad w/croutons Pears Milk	Split Pea Soup w/ ham,pork, potato, cabbage ,sausage White Rice Green Beans Mandarins Milk	Macarroni & cheese w/ ham, plantains Fruit Cocktail *Toast 100% whole Grain Corn Milk  Pizza w/Extra cheese
SNACK	Originals Sun Chips indiv Pack 100% Whole Grain 100% Apple juice	Muffin Seasonal fresh fruit orange juice 100 %	Yogurt Flavored 4oz. cup Ritz crackers Enriched Flour	Goldfish crackers * Enriched wheat flour Orange juice 100%	Mozzarella cheese Soda crackers 100% Apple juice

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(Water is NOT a creditable food item)

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WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p><b>Honey Bunches cereal</b>                      * 100% whole grain                      Pineapple Tidbits                      Milk</p>	<p><b>Toast w/Jelly (1 slice)</b>                      * 100% whole grain                      Fruit cocktail                      Milk</p>	<p>Waffle w / syrup                      Fresh Orange                      Milk</p>	<p><b>Multi Grains Cheerios</b>                      * 100% whole grain                      Fruit cocktail                      Milk</p>	<p>French Toast w/syrup                      Fresh Banana                      Milk</p>
LUNCH	<p>Meat Balls                      White Rice                      Salad (spinach, Cucumber                      Romaine Lettuce/Tomato)                      lowfat ranch dressing                      Pineapple                      Milk</p>	<p>Corn Soup with                      ham , potato,malanga                      sweet potato,celery                      sausage.                      White Rice                      Mix vegetables                      Mandarins                      Milk</p>	<p>Spaghetti w/Turkey Grownd                      Beef, Mozzarella Cheese                      1 serv=1 brd                      Garlic bread                      Carrots                      Peach                      Milk</p>	<p>Red bean Soup w/pork                      sausage, potato, squash                      White Rice                      Mix vegetables                      Pear                      Milk</p>	<p><b>*Chicken Nuggets</b>  <b>Whole Grain breaded</b>                      White rice                      Black Beans                      Corn                      Fruit Cocktail                      Milk</p>
SNACK	<p><b>Originals Sun Chips</b>                      individually pack                      *100 % Whole Grain                      Juice 100% fruit</p>	<p><b>Goldfish Crackers</b>                      * Enriched Flour                      Juice 100% fruit</p>	<p>Muffin                      Juice 100% fruit</p>	<p>Mozzarella Sticks                      Soda crackers                      Fruit 100% juice</p>	<p>Yogurt 4 oz.cup                      *Ritz Crackers  <b>Enriched Flour</b></p>

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WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Waffle w / syrup Mandarins Milk	Toast with Cheese * 100% whole grain Pears milk	Multi Grains Cheerios * 100 % Whole grain Fresh Orange Milk	Honey Bunches cereal * 100% whole grain Fresh Strawberry Milk	French Toast w/syrup Fresh Banana Milk
LUNCH	White rice w/Ham Green beans Pineapple Tidbits Milk	Lentils with Ham sausage, potato White Rice Plantains Pear Carrots Milk	Macarroni w/ground beef & cheese. Plantains Fruit Cocktail Corn Milk	Red bean Soup w/pork sausage, potato, squash White Rice Peach Mix vegetables Milk	Beef fajitas with green and red pepper White rice Plantains Mandarins Milk
SNACK	Muffin Juice 100% fruit	Originals Sun Chips Juice 100% fruit	Yogurt 4 oz.cup Goldfish crackers * Enriched wheat flour Juice 100% fruit	Ritz Crackers Enriched Flour Juice 100% fruit	Mozzarella Sticks Soda crackers Fruit 100% juice

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WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Waffle w / syrup Fresh Orange Milk	Honey Bunches cereal * 100% whole grain Fresh Strawberry Milk	Toast w/Jelly (1 slice) * 100% whole grain Fruit cocktail Milk	Multi Grains Cheerios * 100% whole grain Fruit cocktail Milk	French Toast w/syrup Fresh Banana Milk
LUNCH	*Chicken Nuggets Whole Grain breaded White rice Black Beans Pineapple Tidbits Corn Milk	White Rice w/Chicken Fricase. Corn Fruits Cocktail Milk	Spaghetti w/Turkey Grownd Beef, Mozzarella Cheese 1 serv=1 brd Garlic bread Carrots Peach Milk	Red bean Soup w/pork sausage, potato, squash White Rice Mix vegetables Pear Milk	Ground Beef White rice Plantains Green beans Pineapple Milk
SNACK	Originals Sun Chips individually pack Juice 100% fruit	Goldfish Crackers * Enriched Flour Yogurt Apple Juice 100%	Mozzarella Sticks Soda crackers Fruit 100% juice	Originals Sun Chips individually pack Juice 100% fruit	Muffin Orange Juice 100%

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