childfresh catering

EAT. GROW. THRIVE.

Foodservice Menu

	1-2 YRS	3-5 YRS	6+ YRS	2-Nov MONDAY	3-Nov TUESDAY	4-Nov WEDNESDAY	5-Nov THURSDAY	6-Nov FRIDAY
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Chex Cereal	WG Raisin Bread/Margarine	WG Special K Cereal	Bagel w/ Cream Cheese	WG Blueberry Bread
FRUIT	1/4 c.	1/2 c.	1/2 c.	Fresh Clementine	Sliced Peaches	Fresh Banana (1/2)	Cinnamon Applesauce	Pineapple Tidbits
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Breaded Chicken Patty	Parsley Lemon Chicken	Beef and Pasta (3/4 c.) (1 1/2 oz. beef, oz. Sauce)	BBQ Chicken (2 oz. Chicken Thigh Meat)	Beef Patty and Gravy
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Burger Bun	WG Breadstick	WG Elbow Macaroni	Cilantro Lime Rice	WG Wheat Roll
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Peas and Carrots	Green Beans	Broccoli	Carrots	Mashed Potatoes
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges	Mandarin Orange Segments	Diced Pears	Fresh Banana	Fresh Melon
								Margarine
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Mini Pretzels	Club Crackers	WG Pita Pocket	Snack Mix (1/2c)	Shortbread Crackers(1 bag)
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.				Fresh Strawberries	
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.	Hummus	Cheddar Cubes	Chicken Salad		Vanilla Yogurt

	1-2 YRS	3-5 YRS	6+ YRS	9-Nov MONDAY	10-Nov TUESDAY	11-Nov WEDNESDAY	12-Nov THURSDAY	13-Nov FRIDAY
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Life Cereal	WG Muffin (1.8oz)	WG Chex Cereal	Bagel w/ Cream Cheese	WG Zucchini Bread (1.8 oz)
FRUIT	1/4 c.	1/2 c.	1/2 c.	Fresh Clementine Orange	Sliced Peaches	Fresh Banana (1/2)	Applesauce	Fresh Blueberries
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Cheesy Chicken Rotini	Meatballs(4) and Sauce Shredded Mozzarella	Macaroni and Cheese (3 oz Cheddar Cheese Sauce	Creamed Chicken (1/2 c) (Chicken, Celery, Onion, Gravy)	Scrambled Eggs
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Rotini Noodles	WG Hot Dog Bun	3 oz WG Elbow Macaroni)	WG Biscuit	WG French Toast Sticks
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Broccoli	Romaine Salad	Green Beans	Peas and Carrots	Roasted Potatoes
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges	Sliced Peaches	Fresh Melon	Mandarin Orange Segments	Fresh Banana (1/2)
					Ranch Dressing			
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Animal Crackers	Graham Crackers	Tortilla	WG Crackers	Mini Pretzels
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Fresh Banana				Fresh Baby Carrots
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.		Yogurt Cup (4oz)	Sliced Turkey/Cheese	Cheddar Cubes	(Ranch Dressing)

***Serve only WHOLE MILK to children between the ages of 1 and 2. Serve only 1% or SKIM MILK to children ages 2 and older.**

**** Meat and Cheese: 1 oz.=1 ounce, 1/2 EGG=1 oz., 1/2 c. BEANS/PEAS=1 oz., 2 Tbsp SEED BUTTER=1 oz., 1/2 c. YOGURT=1 oz.**

WG next to item=WHOLE GRAIN. At least 1 item per day MUST be whoile grain

oz eq=OUNCE EQUIVALENT

WATER IS AVAILABLE UPON CHILDREN'S REQUEST AT ALL TIMES

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Foodservice Menu

	1-2 YRS	3-5 YRS	6+ YRS	16-Nov MONDAY	17-Nov TUESDAY	18-Nov WEDNESDAY	19-Nov THURSDAY	20-Nov FRIDAY
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Bran Flakes	WG Muffin (1.8oz)	WG Cherrios Cereal	Bagel w/ Cream Cheese	WG Apple Bread (1.8 oz)
FRUIT	1/4 c.	1/2 c.	1/2 c.	Fresh Clementine Orange	Sliced Peaches	Fresh Banana (1/2)	Applesauce	Pineapple Tidbits
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Chicken Tenders (2)	Beef Taco Meat (Seasoned Ground Beef)	Chicken Paprikash (1/3 c.) (Diced Chicken, Paprika, Sour Cream)	Beef Bulgogi	Meet Lasagna (5oz) (Ricotta, Mozzarella, Provolone, Parmesan
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Bowtie Noodles	WG Flour Tortilla	WG Rotini Noodles	Brown Rice Pilaf	Pasta Sheets, Meat Sauce)
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Broccoli	Fiesta Corn	Peas and Carrots	Cucumber Salad	Green Beans
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges	Pineapple Tidbits Shredded Lettuce/Cheese Taco Sauce	Fresh Melon	Diced Peaches	Fresh Banana (1/2) Ranch Dressing
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Animal Crackers(1 bag)	WG Pita Bread	Graham Crackers	WG Goldfish Crackers(1/3c)	
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Fresh Banana	Sliced Cucumbers/Ranch	Fresh Apple Wedges	Diced Pears	Mandarin Orange Segments
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.					String Cheese

	1-2 YRS	3-5 YRS	6+ YRS	23-Nov MONDAY	24-Nov TUESDAY	25-Nov WEDNESDAY	26-Nov THURSDAY	27-Nov FRIDAY
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Kix Cereal	WG Muffin (1.8 oz)	Corn Flakes Cereal	Bagel w/ Cream Cheese	WG Banana Bread (1.8 oz)
FRUIT	1/4 c.	1/2 c.	1/2 c.	Fresh Clementine Orange	Sliced Peaches	Fresh Banana (1/2)	Applesauce	Fresh Strawberries
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Chicken Nuggets (4)	Chicken Taco	Sliced Turkey and Gravy		Beef Patty American Cheese Slice
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Dinner Roll	WG Flour Tortilla	Cornbread Stuffing	HAPPY	WG Bun
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Baby Carrots	Fiesta Corn	Mashed Potatoes		Potato Wedges
FRUIT	1/8 c.	1/4 c.	1/3 c.	Diced Pears	Pineapple Tidbits Shred Lettuce/Cheddar	Cranberry Applesauce	TURKEY DAY! GOBBLE, GOBBLE!	Fresh Banana (1/2)
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk		Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Goldfish Crackers(1/3c)	Ritz Crackers(5)	Annies Bunny Grahams	WG Pita Bread	Diced Peaches
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Pineapple Tidbits		Fresh Apple Wedges	Fresh Baby Carrots/Ranch	
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.		String Cheese			Vanilla Yogurt

***Serve only WHOLE MILK to children between the ages of 1 and 2. Serve only 1% or SKIM MILK to children ages 2 and older.**

**** Meat and Cheese: 1 oz.=1 ounce, 1/2 EGG=1 oz., 1/2 c. BEANS/PEAS=1 oz., 2 Tbsp SEED BUTTER=1 oz., 1/2 c. YOGURT=1 oz.**

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	1-2 YRS	3-5 YRS	6+ YRS	30-Nov MONDAY	1-Dec TUESDAY	2-Dec WEDNESDAY	3-Dec THURSDAY	4-Dec FRIDAY
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Chex Cereal	WG Raisin Bread/Margarine	WG Special K Cereal	Bagel w/ Cream Cheese	WG Blueberry Bread
FRUIT	1/4 c.	1/2 c.	1/2 c.	Fresh Clementine	Sliced Peaches	Fresh Banana (1/2)	Cinnamon Applesauce	Pineapple Tidbits
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Breaded Chicken Patty	Parsley Lemon Chicken	Beef and Pasta (3/4 c.) (1 1/2 oz. beef, oz. Sauce)	BBQ Chicken (2 oz. Chicken Thigh Meat)	Beef Patty and Gravy
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Burger Bun	WG Breadstick	WG Elbow Macaroni	Cilantro Lime Rice	WG Wheat Roll
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Peas and Carrots	Green Beans	Broccoli	Carrots	Mashed Potatoes
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges	Mandarin Orange Segments	Diced Pears	Fresh Banana	Fresh Melon
								Margarine
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Mini Pretzels	Club Crackers	WG Pita Pocket	Snack Mix (1/2c)	Shortbread Crackers(1 bag)
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.				Fresh Strawberries	
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.	Hummus	Cheddar Cubes	Chicken Salad		Vanilla Yogurt

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