

Child Care Food Program				Mar-11		MARCH 1st - 2nd 2012							
Meal Requirement	Portion Sizes							3/1/12	3/2/12				
	Age 1/2	Age 3/5	Age 6/12	Tuesday		Wednesday		Thursday	Friday				
Breakfast								Bagels n Cream Cheese	Assorted Cereal				
Milk	1/2 C	3/4 C	1 C					Strawberries	Assorted Fruit				
Fruit OR Vegetable	1/4 C	1/2 C	1/2 C					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 milk and a fruit/vegetable; parents provide protein & grain)							Baked Potato	Assorted Frozen Veggies				
Milk*	1/2 C	1/2 C	1 C					Milk	Milk				
Fruit OR Vegetable	1/2 C	1/2 C	3/4 C										
Afternoon Snack	(We select any two of the 4 components)							Fruit Salad	Assorted Chips				
Milk	1/2 C	1/2 C	1 C					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.													
MARCH 5th - 9th 2012													
Meal Requirement	Portion Sizes			3/5/12		3/6/12		3/7/12		3/8/12		3/9/12	
	Age 1 -- 2	Age 3 -- 5	Age 6 -- 7	Monday		Tuesday		Wednesday		Thursday		Friday	
Breakfast				Assorted Cereal		English Muffins		Blueberry Pancakes		Cinnamon Toast		Assorted Cereal	
Milk	1/2 C	3/4 C	1 C	Dried Fruit		Bananas		Blueberries		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, usually milk and a fruit/vegetable; parents provide protein & grain)			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 components)			Nilla Wafers		Pita Pockets		Graham Crackers		Applesauce		Rice Cakes	
Milk	1/2 C	1/2 C	1 C	Milk		Apple 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										
MARCH 12th - 16th 2012													
Meal Requirement	Portion Sizes			3/12/12		3/13/12		3/14/12		3/15/12		3/16/12	
	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	Raisins		Bananas		Pineapple		Fruit		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 milk and a fruit/vegetable; parents provide protein & grain)			Rice		Red-Green-Orange Peppers		Assorted Veggies		Pasta		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 components)			Pretzels		Cheezits		Chips n Salsa		Snack Mix		Chocolate Chip Cookies	
Milk	1/2 C	1/2 C	1 C	Orange Juice		White Grape Juice		Pineapple Juice		Apple Juice		Milk	
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										

				MARCH 19th - 23rd 2012				
Meal Requirement	Portion Sizes			3/19/12	3/20/12	3/21/12	3/22/12	3/23/12
	Age 1 -- 2	Age 3 -- 5	Age 6 -- 7	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				Assorted Cereal	Pancakes	Toast & Apple Butter	Raisin Bread	Assorted Cereal
Milk	1/2 C	3/4 C	1 C	Dried Fruit	Bananas	Melon	Applesauce	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 Milk*)			Mac n Cheese	Potato Fries	Soup	Yogurt-Granola-Fruit	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	Grilled Cheese	Spaghetti	Assorted Crackers
Milk	1/2 C	1/2 C	1 C	Milk	White Peach Grape Juice	Apple Juice	Purple Grape 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					
				MARCH 26th - 30th 2012				
Meal Requirement	Portion Sizes			3/26/12	3/27/12	3/28/12	3/29/12	3/29/12
	Age 1 -- 2	Age 3 -- 5	Age 6 -- 7	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				Assorted Cereal	Rice Cakes Jelly./Apple Butter	Cinnamon Toast	English Muffins	Assorted Cereal
Milk	1/2 C	3/4 C	1 C	Dried Fruit	Bananas	Apples	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, usually Milk*)			Assorted Frozen Veggies	Zucchini Strips	Broccoli	Celery	Mashed Potatoes
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)			Cream Cheese n Jelly Wraps	Graham Crackers	Mini Pizzas	Choc. Chip Cookies	Chips/Salsa
Milk	1/2 C	1/2 C	1 C	OJ	Milk	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					