

SPRING/SUMMER 2021 - Scratch and Heat Serve

WEEK 1																				
MEAL PATTERN	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
Dates:																				
AM SNACK: Select two of the five components																				
Milk	4 oz	4 oz	Whole/Low or Fat Free Milk					4 oz	4 oz	Whole/Low or Fat Free Milk					4 oz	4 oz	Whole/Low or Fat Free Milk			
Fruit/Vegetable					1/2 c	1/2 c	Applesauce					1/2 c	1/2 c	Orange Slices	1/2 c	1/2 c	Banana			
Grain	1/2 c - 3/4 c	1/2 c - 3/4 c	WG Cereal		1 sheet	1 sheet	Graham Crackers	1	1	WG Waffle		1/1	1/2	WG Mini Bagel	1/2 c - 3/4 c	1/2 c - 3/4 c	WG Cereal			
Meat/Meat Alternate														Cream Cheese						
LUNCH:																				
	1-2 yo	3-5 yo	Lit' Luau Slider		1-2 yo	3-5 yo	Honey Mustard Chicken Wrap		1-2 yo	3-5 yo	Turkey Salami Sandwich		1-2 yo	3-5 yo	Fish Sticks & Slaw Slider		1-2 yo	3-5 yo	Loaded Nachos	
Milk	4 oz	6 oz	Whole/Low or Fat Free Milk		4 oz	6 oz	Whole/Low or Fat Free Milk		4 oz	6 oz	Whole/Low or Fat Free Milk		4 oz	6 oz	Whole/Low or Fat Free Milk		4 oz	6 oz	Whole/Low or Fat Free Milk	
Fruit/Vegetable ²	1/8 c	1/4 c	Pineapple		1/8 c	1/4 c	Berries		1/8 c	1/4 c	Peach		1/8 c	1/4 c	Melon		1/8 c	1/4 c	Mango	
Vegetable	1/8 c	1/4 c	String Beans		1/4 c	1/2 c	Lettuce/Shredded Carrots		1/8 c	1/2 c	Baby Carrots		1/8 c	1/4 c	Cole Slaw		1/8 c	1/4 c	Corn	
Grain	1	1	WG Hawaiian Roll		1/2	1/2	WG Tortilla		1/2	1/2	WG Bread		1	1	WG Hawaiian Roll		1/4 c	1/4 c	WG Tortilla Chips	
Meat/Meat Alternate	1 oz	1.5 oz	CN Beef Slider Pattie		1 oz	1.5 oz	CN Grilled Chicken Nugget		1 oz	1.5 oz	CN Turkey Salami/Sp		2	3	CN Fish Sticks		1/4 c	3/8 c	Pinto Beans/Cheese	
Extra			Teriyaki Sauce				Honey Mustard Dressing				Ranch								Taco Seasoning/Salsa	
PM SNACK: Select two of the five components																				
Milk			Water				Water				Water				Water				Water	
Fruit	1/2 c	1/2 c	Banana (1 Whole)					1/4 c	1/4 c	Pineapple		1/2 c	1/2 c	Melon		1/2 c	1/2 c	Apple Slices		
Vegetable							WG Pita		1/4 c	1/4 c	Salsa									
Grain	1/2 oz	1/2 oz	WG Sunchips		1/2	1/2	WG Pita		6	6	WG Tortilla Chips		1/2	1/2	WG Soft Pretzel		1 pkg	1 pkg	WG Strawberry Chex Mix	
Meat/Meat Alternate					1/8 c	1/8 c	Reg or Red Pepper Hummus													
WEEK 2																				
MEAL PATTERN	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
Dates:																				
AM SNACK: Select two of the five components																				
Milk					4 oz	4 oz	Whole/Low or Fat Free Milk		4 oz	4 oz	Whole/Low or Fat Free Milk		4 oz	4 oz	Whole/Low or Fat Free Milk					
Fruit/Vegetable	1/2 c	1/2 c	Berries										1/2 c	1/2 c	Banana		1/2 c	1/2 c	Tropical Fruit	
Grain/Meat ¹	1	1	WG Pancake		1/2 c - 3/4 c	1/2 c - 3/4 c	WG Cereal		1/2	1/2	WG Muffin		1/2 c - 3/4 c	1/2 c - 3/4 c	WG Cereal		1/2	1/2	WG Mini Bagel	
Extra																			Cream Cheese	
LUNCH:																				
	1-2 yo	3-5 yo	Chicken Salad Croissant		1-2 yo	3-5 yo	Grilled Chicken		1-2 yo	3-5 yo	Bean and Cheese Quesadilla		1-2 yo	3-5 yo	BBQ Burger		1-2 yo	3-5 yo	Cold Asian Noodles	
Milk	4 oz	6 oz	Whole/Low or Fat Free Milk		4 oz	6 oz	Whole/Low or Fat Free Milk		4 oz	6 oz	Whole/Low or Fat Free Milk		4 oz	6 oz	Whole/Low or Fat Free Milk		4 oz	6 oz	Whole/Low or Fat Free Milk	
Fruit/Vegetable ²	1/8 c	1/4 c	Orange Slices		1/8 c	1/4 c	Banana		1/8 c	1/4 c	Melon		1/8 c	1/4 c	Tator Tots		1/8 c	1/4 c	Pineapple	
Vegetable	1/4 c	1/2 c	Tossed Salad		1/8 c	1/4 c	Zucchini		1/8 c	1/4 c	Corn		1/8 c	1/4 c	Peas		1/8 c	1/4 c	Broccoli/Shredded Carrot	
Grain	1/2 oz	1/2 oz	WG Croissant		1/4 c	1/4 c	Brown Rice		1	1	WG Tortilla		1/2	1/2	WG Hamburger Roll		1/4 c	1/4 c	WG Spaghetti	
Meat/Meat Alternate	1 oz	1.5 oz	Chicken Salad		1 oz	1.5 oz	CN Grilled Chicken Nuggets		1/4 c	3/8 c	Black Beans/Cheese		1 oz	1.5 oz	CN Beef Slider Pattie		1 oz	1.5 oz	Tofu	
Extra															BBQ Sauce				Teriyaki Sauce	
PM SNACK: Select two of the five components																				
Milk			Water				Water				Water				Water				Water	
Fruit	1/2 c	1/2 c	Apple Slices					1/2 c	1/2 c	Applesauce		1/2 c	1/2 c	Orange Slices (1 whole)						
Vegetable																				
Grain					1/2 oz	1/2 oz	WG Crackers		1/2 oz	1/2 oz	Pretzels		1.5	1.5	WG Rice Cake		1/2	1/2	Snack'N Waffle	
Meat/Meat Alternate	1 Tbsp	1 Tbsp	Sunbutter		1/2	1/2	String Cheese										1/4 c	1/4 c	Yogurt	

BLANK MENU TEMPLATE PROVIDED BY NOVICK CORP FOR PERSONAL USE ONLY

- Meat/meat alternatives may be served in place of the entire grains component at breakfast a maximum of 3 times per week
- The fruit component at lunch may be substituted by an additional vegetable

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WEEK 3														
MEAL PATTERN	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY	
Dates:														
AM SNACK: Select two of the five components														
Milk	4 oz	4 oz	Whole/Low or Fat Free Milk						4 oz	4 oz	Whole/Low or Fat Free Milk			
Fruit/Vegetable				1/2 c	1/2 c	Applesauce	1/2 c	1/2 c	Orange Slices	1/2 c	1/2 c	Banana	1/2 c	Mango
Grain/Meat*	1/2 c - 3/4 c	1/2 c - 3/4 c	WG Cereal	1/2	1/2	WG English Muffin w/ Cinnamon & Butter				1/2 c - 3/4 c	1/2 c - 3/4 c	WG Cereal	1/4 c	Yogurt
Extra							1/2	1/2	Scrambled Egg Patty					
LUNCH:														
	1-2 yo	3-5 yo	Cheese Ravioli	1-2 yo	3-5 yo	Turkey Pepperoni Calzone	1-2 yo	3-5 yo	Tuna Sandwich	1-2 yo	3-5 yo	Mini Chicken Corn Dog	1-2 yo	BBO Beans
Milk	4 oz	6 oz	Whole/Low or Fat Free Milk	4 oz	6 oz	Whole/Low or Fat Free Milk	4 oz	6 oz	Whole/Low or Fat Free Milk	4 oz	6 oz	Whole/Low or Fat Free Milk	4 oz	Whole/Low or Fat Free Milk
Fruit/Vegetable*	1/8 c	1/4 c	Pineapple	1/8 c	1/4 c	Peach	1/8 c	1/4 c	Tropical Fruit	1/8 c	1/4 c	Melon	1/8 c	Peach
Vegetable	1/8 c	1/4 c	Zucchini	1/8 c	1/4 c	Broccoli	1/8 c	1/4 c	Cucumber Slices	1/8 c	1/4 c	Sweet Potato Bites	1/8 c	Spinach
Grain	1/4 c	1/4 c	Pasta Shell	1/2 ea	1 ea	WG Crust	1/2 sl	1/2 sl	WG Bread	1/2 oz	1/2 oz	WG Breading	1/2	WG Corn Bread
Meat/Meat Alternate	2	3	CN Cheese Ravioli	1 oz	1.5 oz	CN Turkey Peppi/Cheese	1 oz	1.5 oz	Tuna	3	5	CN Chicken Corn Dog	1/4 c	Pinto Beans
Extra			Marinara			Marinara			Ranch					BBO Sauce
PM SNACK: Select two of the five components														
Milk			Water			Water			Water			Water		Water
Fruit	1/2 c	1/2 c	Banana (1 whole)	1/2 c	1/2 c	Berries	1/2 c	1/2 c	Apple Slices					
Vegetable										1/2 c	1/2 c	Carrot Sticks (6 sticks)		
Grain	20 (1/4 c)	20 (1/4 c)	WG Goldfish Crackers				1 sheet	1 sheet	WG Waffle Graham				1/2 oz	WG Crackers
Meat/Meat Alternate				1/4 c	1/4 c	Yogurt				1/8 c	1/8 c	Hummus	1/2	String Cheese
Extra													1/2	
WEEK 4														
MEAL PATTERN	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY	
Dates:														
AM SNACK: Select two of the five components														
Milk	4 oz	4 oz	Whole/Low or Fat Free Milk	4 oz	4 oz	Whole/Low or Fat Free Milk						4 oz	4 oz	Whole/Low or Fat Free Milk
Fruit/Vegetable							1/2 c	1/2 c	Berries	1/2 c	1/2 c	Orange Slices		
Grain/Meat*	1 pkg	1 pkg	WG Maple Bites	1/2	1/2	WG Muffin	1	1	WG French Toast Sticks	1/2	1/2	WG English Muffin	1/2 c - 3/4 c	WG Cereal
Extra												Apple Butter	1/2 c - 3/4 c	
LUNCH:														
	1-2 yo	3-5 yo	Sunbutter and Jelly Sandwich	1-2 yo	3-5 yo	Chicken Caesar Salad	1-2 yo	3-5 yo	Chicken Tender	1-2 yo	3-5 yo	Mozzarella Sticks	1-2 yo	Curry Chickpeas
Milk	4 oz	6 oz	Whole/Low or Fat Free Milk	4 oz	6 oz	Whole/Low or Fat Free Milk	4 oz	6 oz	Whole/Low or Fat Free Milk	4 oz	6 oz	Whole/Low or Fat Free Milk	4 oz	Whole/Low or Fat Free Milk
Fruit/Vegetable*	1/8 c	1/4 c	Orange Slices	1/8 c	1/4 c	Melon	1/8 c	1/4 c	Tator Tots	1/8 c	1/4 c	Mango	1/8 c	Peach
Vegetable	1/8 c	1/4 c	Peas	1/4 c	1/2 c	Lettuce	1/8 c	1/4 c	String Beans	1/8 c	1/4 c	Broccoli	1/8 c	Cauliflower
Grain	1/2 sl	1/2 sl	WG Bread	1/2	1/2	WG Roll	1/2 oz	1/2 oz	WG Breading	1/2 oz	1/2 oz	WG Breading	1/2	WG Pita
Meat/Meat Alternate	2 Tbsp	3 Tbsp	Sunbutter	1 oz	1.5 oz	Chicken	2	3	CN Chicken Tender	3	4	CN Cheese	1/4 c	Chickpeas
Extra			Jelly			Caesar Dressing						Marinara	3/8 c	Curry Powder
PM SNACK: Select two of the five components														
Milk			Water			Water			Water			Water		Water
Fruit	1/4 c	1/4 c	Mango				1/2 c	1/2 c	Applesauce	1/2 c	1/2 c	Apple Slices		
Vegetable	1/4 c	1/4 c	Salsa											
Grain	6	6	WG Tortilla Chips	1/8 c	1/8 c	WG Granola Bites	3	3	WG Triscuits				1/2 oz	WG Crackers
Meat/Meat Alternate				1/4 c	1/4 c	Yogurt				1 Tbsp	1 Tbsp	Sunbutter	1/2	String Cheese