
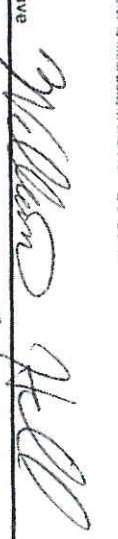


**Lots Of Love
CYCLE I MENU
OCTOBER 1, 2014 - DECEMBER 31, 2014**

SITE Lots of Love Menu -- Ages 3-5 WEEK TWO

Meal Type	MONDAY 10/6, 11/3, 12/1, 12/29	TUESDAY 10/7, 11/4, 12/2, 12/30	WEDNESDAY 10/8, 11/5, 12/3, 12/31	THURSDAY 10/9, 11/6, 12/4	FRIDAY 10/10, 11/7, 12/5
BREAKFAST	1% Milk Chilled Pineapple Tidbits Blueberry Muffin 6oz 1/2c 25g	1% Milk Mixed Fruit Corn Flakes 6oz 1/2c 1/3c	1% Milk Sliced Bananas Cream of Wheat 6oz 1/2c 1/4c	1% Milk Toasted English Muffin Sliced Apples 6oz 13g 1/2c	1% Milk Grits w/Butter Sliced Peas 6oz 1/2c 1/2c
LUNCH/SUPPER	1% Milk Canned Ravioli (CN Label) (Green Beans Steamed Corn Kernel Applesauce Breadsticks 6oz 1.5oz 1/4c 1/4c 1/4c 13g	1% Milk Turkey Breast Cheese Lettuce and Tomato California Blend Mandarin Oranges Sandwich Bun 6oz 1.5oz 5 oz 1/4c 1/4c 1/4c 13g	1% Milk Shredded Chicken Cauliflower Spinach Tropical Fruit Whole Grain Rice Wheat bread 6oz 1.5oz 1/4 c 1/4c 1/4c 13g	1% Milk Sliced Ham w/pineapple glaze Sweet Potatoes Mixed Greens Sliced Peaches Cornbread 6oz 1.5oz 1/4c 1/4c 13g	1% Milk Ground Beef Broccoli Carrots Pineapple Tidbits Sandwich Bun 6oz 1.5oz 1/4c 1/4c 1/4 c 13g
SNACK/ EVE. SNACK	1% Milk Soft Pretzel 4 oz 16g	1% Milk Mozzarella Cheese Cubes Wheat Cracker 4oz 13g	1% Milk Fig Newton 4 oz 13g	1% Milk Cheese Slices Ritz Cracker 1/2c 13g	1% Milk Animal Crackers 4 oz 13g
REQUIREMENTS	BREAKFAST Milk Juice/Fruit/Vegetable Grain/Bread cereal cold cereal hot 6oz 1/2c 1/2c 1/3c 1/4c	LUNCH Milk Meat/Meat Alternate Juice/Fruit/Vegetable Grain/Bread 6oz 1.5oz 1/2c 1/2c 1/2c	SNACK Milk Meat/Meat Alternate Juice/Fruit/Vegetable Grain/Bread (Select 2 of 4) 4oz .5oz 1/2c 1/2c 1/2c	Site Representative  Approved By  9/27/14	
	Reimbursable Cereal Cold/Hot Cereals Oats Bran Whole Rice Corn Grits Barley Granola No Presweetened Cereals	Reimbursable Meat/Meat Alt. Beans, Beef, Cheese Chicken, Eggs, Fish, Nuts, Peanut Butter Pork, Turkey, Yacourt	Example of Reimbursable Cookies Oatmeal, Caramel Raisin Butter Cookies Ginger Snaps Fig Newton Shortbread		

Per CACFP regulations, hot/cold cereals, fruits and fruit juices must be "specific" (i.e. oatmeal, corn flakes, fresh orange, 100% apple juice)
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**Lots Of Love
CYCLE I MENU
OCTOBER 1, 2014 - DECEMBER 31, 2014**



SITE Lots of Love Menu -- Ages 3-5 WEEK ONE

Meal Type	MONDAY 10/27, 11/24, 12/22	TUESDAY 10/28, 11/25, 12/23	WEDNESDAY 10/1, 10/29, 11/26, 12/24	THURSDAY 10/2, 10/30, 11/27, 12/25	FRIDAY 10/3, 10/31, 11/28, 12/26	Portion
BREAKFAST	1% Milk Sliced Pears Wheat Toast	1% Milk Banana Slices Oatmeal	1% Milk Sliced Apples French Toast Maple Syrup	1% Milk Sliced Oranges Corn Flakes	1% Milk Rice Chex Fruit Cocktail	6oz 1/2c 13g 6oz 1/2c 13g 6oz 1/2c 13g 6oz 1/2c 13g 6oz 1/2c 13g 6oz 1/2c 13g
LUNCH/SUPPER	Soft Shell Tacos 1% Milk Beef Taco Lettuce and Tomato Beans Refried Shredded Cheese Flour Tortillas Pears	Saltisbury Steak 1% Milk Saltisbury Steak w/gravy Mashed Potatoes Pears Cantaloupe Dinner Roll	580 Chicken 1% Milk Baked Chicken w/BBO Sauce Tator Tots Mixed Vegetables Mixed Fruit Biscuit	3 Layer Lasagna 1% Milk Ground Beef Ricotta & Mozzarella Cheese Pasta Glazed Carrots Spinach Salad Strawberries	Herb Roasted Turkey 1% Milk Sliced Turkey w/gravy Sweet Potatoes Mixed Greens Mandarin Oranges Cornbread	6oz 1.5oz 1/4c 1/4c 5oz 1/4c 1/4c 6oz 1oz 5oz 1/4c 1/4c 1/4c 1/4c 6oz 1.5oz 1/4c 1/4c 1/4c 1/4c 13g
SNACK/EVE. SNACK	Banana Pudding Sliced Bananas Vanilla Wafers	1% Milk Graham Crackers	1% Milk Butter Cookies	1% Milk Oatmeal Cookies	Diced Peaches Wheat Crackers	1/2c 13g 4oz 13g 4oz 13g 4oz 13g
REQUIREMENTS	BREAKFAST Milk Juice/Fruit/Vegetable Grain/Bread cereal cold cereal hot	LUNCH Milk Meat/Meat Alternate Juice/Fruit/Vegetable Grain/Bread	SNACK Milk Meat/Meat Alternate Juice/Fruit/Vegetable Grain/Bread (Select 2 of 4)	* Juice may not be served when milk is served as the only other component. ** Fruit should be water soaked or packed in 100% juice. *** Based on ages 3-5, refer to meal pattern chart for 1-2 and 6-12		
	Reimbursable Cereal Coddled Cereals Oats, Bran, Wheat, Rice Corn, Gals, Barley, Granola No Presweetened Cereals	Reimbursable Meat/Meat Alt. Beans, Beef, Cheese Chicken, Eggs, Fish Milk, Peanut Butter Pork, Turkey, Yoghurt	Example of Reimbursable Cookies Oatmeal Oatmeal Raisin Butter Cookies Ginger Snaps Fig Newton, Shortbread	Site Representative Approved By: <i>[Signature]</i> Nutritionist: <i>[Signature]</i> 9/27/14		

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Lots Of Love
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OCTOBER 1, 2014 - DECEMBER 31, 2014

SITE Lots Of Love Menu--Ages 3-5

WEEK FOUR

Meal Type	MONDAY 10/20, 11/17, 12/15	TUESDAY 10/21, 11/18, 12/16	WEDNESDAY 10/22, 11/19, 12/17	THURSDAY 10/23, 11/20, 12/18	FRIDAY 10/24, 11/21, 12/19	
BREAKFAST	1% Milk Fruit Cocktail Biscuit Jelly	1% Milk Bananas Toasted Oats	1% Milk Grits Diced Pears	1% Milk Applesauce English Muffins	1% Milk Sliced Peaches Cherries	
Portion	6oz 1/2c 13g 1T	6oz 1/2c 1/4c	6oz 1/2c 1/2c	6oz 1/2c 1/2c	6oz 1/2c 1/3c	
LUNCH/SUPPER	1% Milk Macaroni w/Cheese Mixed vegetables Broccoli Florets Orange Slices	1% Milk Chicken Nuggets Mashed Potatoes String Beans Honey Dew Wheat Bread	1% Milk Meat balls/sauce Carrots Yellow Beans Mixed Fruit Spaghetti Pasta Breadstick	1% Milk Turkey ham Cheese Lettuce & Tomatoes Green Peas Diced Pears Wheat Bread	1% Milk Baked Chicken Taco/Tots Buttered Spinach Applesauce Wheat Bread	
Portion	6oz 13g 1/4c 1/4c 1/4c	6oz 1.5oz 1/4c 1/4c 1/2c 13g	6oz 1.5oz 1/4c 1/4c 1/4c 1/4c 1/2c 13g	6oz 1oz 5oz 1/4c 1/4c 1/4c 1/2c 13g	6oz 1oz 5oz 1/4c 1/4c 1/2c 13g	
SNACK/ EVE. SNACK	1% Milk Pretzel Breadstick	1% Milk Graham Crackers	Apple Slices Wheat Crackers	1% Milk Apple/Granola Bar	Cantelope Ritz Crackers	
Portion	4oz 13g	4oz 13g	4oz 13g	4oz 13g	4oz 13g	
REQUIREMENTS	BREAKFAST Milk Juice/Fruit/Vegetable Grain/Bread cereal cold cereal hot		LUNCH Milk Meat/Meat Alternate Juice/Fruit/Vegetable Grain/Bread		SNACK Milk Meat/Meat Alternate Juice/Fruit/Vegetable Grain/Bread (Select 2 of 4)	
Portion	6oz 1/2c 1/2 serv 1/3c 1/4c	6oz 1.5oz 1/2c 1/2 serv	4oz .5oz 1/2c 1/2 serv	4oz .5oz 1/2c 1/2 serv		
	Reimbursable Cereal Cold/Hot Cereals Oats, Bran, Wheat, Rice Corn, Grits, Barley, Granola No Presweetened Cereals	Reimbursable Meat/Meat Alt beans, Beef, Cheese Chicken, Eggs, Fish Nuts, Peanut Butter Pork, Turkey, Yogurt	Example of Reimbursable Cookies Oatmeal, Oatmeal Raisin Butter Cookies Ginger Snaps Fruit Newton, Spinbread	Approved By		

Site Representative

 Approved By


 9/27/14

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SITE Lots Of Love Menu--Ages 3-5

WEEK THREE

Meal Type	MONDAY 10/13, 11/10, 12/8	TUESDAY 10/14, 11/11, 12/9	WEDNESDAY 10/15, 11/12, 12/10	THURSDAY 10/16, 11/13, 12/11	FRIDAY 10/17, 11/14, 12/12
BREAKFAST	Open-Faced Turkey 1% Milk Sliced Turkey w/gravy Cheddar Mashed Potatoes Mixed Greens Sliced Peas Wheat Bread	Fish Sticks 1% Milk Fish Sticks (CN Label) Steamed Carrots Broccoli Florets Fruit Cocktail Wheat Bread	Cheese/Pizza 1% Milk Cheese Garden Salad Mixed Vegetables Diced Pineapples Crust	Corndogs 1% Milk Chicken Corn Dogs Baked Beans California Blend Diced Peaches Corn Breading	Cheddar Cheeseburger 1% Milk Ground Meat Patty American Cheese Slice Steamed Corn Kernels Tator Tots Mandarin Oranges Hamburger Bun
SNACK/EVE. SNACK	1% Milk Oatmeal Cookie	Apple Slices Wheat Crackers	1% Milk Graham Crackers	Orange Wedges Ritz Crackers	1% Milk Animal Crackers
REQUIREMENTS	BREAKFAST Juice/Fruit/Vegetable Grain/Bread cereal cold cereal hot	LUNCH Milk Meat/Meal Alternate Juice/Fruit/Vegetable Grain/Bread	SNACK Milk Meat/Meal Alternate Juice/Fruit/Vegetable Grain/Bread (Select 2 of 4)	Site Representative	Approved By  Nutritionist 9/27/14
	Cold/Hot Cereals Oats, Bran, Wheat, Rice Corn, Grits, Puffed, Granola No Presweetened Cereals	Beans, Beef, Cheese Chicken, Eggs, Fish, Nuts, Peanut Butter Pork, Turkey, Yogurt	Oatmeal, Oatmeal Raisin Butter Cookies Ginger Snaps Fido Newton, Shortbread		

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