

## LOTS OF LOVE - CACFP

### 21 Day Cycle Menu

April 2014 -- June 2014

Ages 1 and up

Meal Type	Day 1 3/31 4/29,5/28,6/26	Portion	Day 2 4/1,4/30,5/29,6/27	Portion	Day 3 4/2,5/1,5/30,6/30	Portion	Day 4 4/3,5/2,6/2	Portion	Day 5 4/4,5/5,6/3	Portion
BREAKFAST	1% Milk Sliced Oranges Cheerios	6 oz 1/2 c 1/3 c	1% Milk Diced Peaches Blueberry Muffin	6 oz 1/2 c 31 g	1% Milk Diced Pears French Toast Sticks Maple Syrup	6 oz 1/2 c 31 g 1T	1% Milk Fruit Cocktail Cheerios	6 oz 1/2 c 1/3 c	1% Milk Sliced Apple Wheat Donut	6 oz 1/2 c 13 g
LUNCH	<i>Spaghetti &amp; Meatball</i> 1% Milk Meatballs Spaghetti & Sauce Green Beans Yellow Squash Breadstick Applesauce	6 oz 1.5 oz 3/8 c 1/4 c 1/4 c 13 g	<i>Baked Chicken Drum</i> 1% Milk Baked Chicken Leg Sweet Corn Sweet Peas Pineapple Chunks Dinner Roll	6 oz 1.5 oz 1/4 c 1/4 c 1/4 c 13 g	<i>Turkey Sandwich</i> 1% Milk Sliced Turkey Breast American Cheese Carrots Sliced Oranges Wheat Bread	6 oz 1.5 oz 1 oz 1/4 c 1/4 c 13 g	<i>Corn Dog</i> 1% Milk 6 Chicken Corn Dog Baked Beans Garden Salad Corn Dog Wrapping Diced Peaches	6 oz 1.5 oz 3/8 c 1/4 c 13 g 1/4 c	<i>Cheesburger Deluxe</i> 1% Milk Ground Beef Patty American Cheese Slice Lettuce & Tomato Pineapples Tator Tots Hamburger Bun	6 oz 1.5 oz 1 oz 1/4 c 1/4 c 1/4 c 13 g
SNACK	1% Milk Wheat Crackers Mozzarella Cheese	4 oz 13 g 1/2 c	1% Milk Fig Newton	4 oz 13 g	1% Milk Graham Crackers	4 oz 13 g	1% Milk Pretzel Breadstick	4 oz 13 g	1% Milk Ritz Crackers	4 oz 31 g

<b>Grains/Breads**</b>	<b>Fruit and Vegetables *</b>
Grains/Breads** 1/2 Serving Cold Dry Cereal 1/3 cup Cooked Hot Cereal 1/2 cup Water should be served at each meal	Vegetables 1/4 cup Fruit 1/4 cup

Site Representative Signature

*William Hill*

Approved By

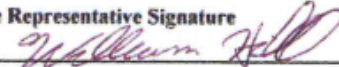


**LOTS OF LOVE - CACFP**  
**21 Day Cycle Menu**  
**April 2014 - June 2014**  
**Ages 1 and Up**

Meal Type	Day 6 4/7,5/6,6/4	Portion	Day 7 4/8,5/7,6/5	Portion	Day 8 4/9,5/8,6/6	Portion	Day 9 4/10,5/9,6/9	Portion	Day 10 4/11,5/12,6/10	Portion
BREAKFAST	1% Milk Scrambled Egg Waffles Mixed Fruit	6 oz 1/2 c 31 g 1/2 c	1% milk Sliced Apples Cheerios	6 oz 1/2 c 1/2 c	1% Milk Boiled Egg Sliced Pear Wheat Toast	6 oz 1 lg 1/2 c 13 g	1% Milk Mandarin Oranges Breakfast bar	6 oz 1/2 c 31g	1% Milk Bananas Cheerios	6 oz 1/2 c 1/2 c
LUNCH	Soft Shell Tacos 1% Milk Beef Lettuce and Tomato Shredded Cheese Refried Beans Pears Flour Tortilla	6 oz 1.5 oz 1/4 c .5 oz 1/4 c 1/4 c 16 g	Cheese Pizza 1% Milk Cheese Pizza California Blend Veggies Tropical Fruit Pizza Crust Corn on the Cob	6 oz 1.5 oz 1/4 c 1/4 c 13 g	Super Sandwich 1% Milk Sliced Roast Beef American Cheese Slice Mixed Vegetables Pineapples Tator Tots Wheat Bread	6 oz 1.5 oz 1 oz 1/4 c 1/4 c 13 g 13g	Sloppy Joe 1% Milk Ground Beef w/ Carrots Fruit Cocktail Broccoli Hamburger Bun Manwich Sauce	6 oz 1.5 oz 1/4 c 1/4 c 1/4 c 13 g	Chicken Nuggets 1% Milk 5 Chicken Nuggets Mashed Potatoes Mixed Greens Peaches Corn Bread	6 oz 1.5 oz 3/8 c 1/4 c 1/4 c 13 g
SNACK	1% Milk Mini Muffins	4 oz 13 g	1% Milk Oatmeal Raisin Cookie	4 oz 31 g	1% Milk Mixed Fruit cup Granola Bar	4 oz 1/2 c 13 g	1% Milk Animal Crackers	4 oz 13 g	1% Milk Deviled Egg Wheat Crackers	4 oz 1 lg 31 g

**Grains/Breads\*\***  
 Grains/Breads\*\* 1/2 Serving  
 Cold Dry Cereal 1/3 cup  
 Cooked Hot Cereal 1/2 cup  
 Water should be served at each meal

**Fruit and Vegetables \***  
 Vegetables 1/4 cup  
 Fruit 1/4 cup

Site Representative Signature  
  
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## LOTS OF LOVE - CACFP

### 21 Day Cycle Menu

April 2014-June 2014

Ages 1 and up

Meal Type	Day 11 4/14,5/13,6/11	Portion	Day 12 4/15,5/14,6/12	Portion	Day 13 4/16,5/15,6/13	Portion	Day 14 4/17,5/16,6/16	Portion	Day 15 4/18,5/19,6/17	Portion
<b>BREAKFAST</b>	1% Milk Tropical Fruit Muffin	6 oz 1/2 c 13 g	1% Milk Waffles Scrambled Egg Mixed Fruit	6 oz 31 g 1 med 1/2 c	1% Milk Cheerios Sliced Orange	6 oz 1/2 c 1/2 c	1% Milk Wheat Donut Banana	6 oz 31 g 1 sm	1% Milk Wheat Toast Sliced Apple	6 oz 31 g 1/2 c
<b>LUNCH</b>	<i>Fun Fish</i> 1% Milk Fish Sticks (CN Label) Green Peas Applesauce Wheat Bread Cauliflower	6 oz 1.5 oz 1/4 c 1/4 c 13 g 1/4 c	<i>Mac &amp; Cheese</i> 1% Milk Toasted Roll (HM) Macaroni & Cheese Green Beans Corn Pasta Diced Pineapples	6 oz 13g 3/8 c 1/4 c 1/4 c 25 g 1/4 c	<i>Mighty Meatballs</i> 1% Milk Meatballs w/Gravy Mashed Potatoes Carrots Mandarin Oranges Wheat Bread	6 oz 1.5 oz 3/8 c 1/4 c 1/4 c 13 g	<i>Sub Sandwich</i> 1% Milk Combo Turkey Meat California Blend Tator Tots Diced Peaches Wheat Sandwich Bun	6 oz 1.5 oz 1/4 c 3/8 c 1/4 c 13 g	<i>Chicken Alfredo</i> 1% Milk Diced White Meat Chicken Noodles w/Alfredo Sauce Broccoli Sliced Pears Breadstick	6 oz 1.5 oz 3/8 c 1/4 c 1/4 c 13 g
<b>SNACK</b>	1% Milk Graham Crackers	4 oz 13g	1% Milk Pretzel Bread Stick	4 oz 13 g	1% Milk Apple Granola Bars	4 oz 13 g	1% Milk Ritz Crackers	4 oz 13 g	1% Milk Crackers String Cheese	4 oz 13 g 1/2 c

Grains/Breads**	Fruit and Vegetables *
Grains/Breads** 1/2 Serving Cold Dry Cereal 1/3 cup Cooked Hot Cereal 1/2 cup Water should be served at each meal	Vegetables 1/4 cup Fruit 1/4 cup

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**21 Day Cycle Menu**

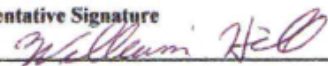
**April 2014 - June 2014**

Ages 1 and up

Meal Type	Day 16 4/21,5/20,6/18	Portion	Day 17 4/22,5/21,6/19	Portion	Day 18 4/23,5/22,6/20	Portion	Day 19 4/24,5/23,6/23	Portion	Day 20 4/25,5/26,6/24	Portion
<b>BREAKFAST</b>	1% Milk Sliced Banana Cheerios	6 oz 1/2 c 1/2 c	1% Milk Diced Peaches French Toast Maple Syrup	6 oz 1/2 c 31 g 1 T	1% Milk Diced Pears Breakfast Bar	6 oz 1/2 c 31 g	1% Milk Fresh Fruit Cheerios	6 oz 1/2 c 1/2 c	1% Milk Sliced Apple Waffles Maple Syrup	6 oz 1/2 c 13 g 1 T
<b>LUNCH</b>	<i>Turkey and Gravy</i> 1% Milk Sliced Turkey w/gravy Mixed Greens Sweet Potatoes Mandarin Oranges Corn Bread	6 oz 1.5 oz 1/4 c 3/8 c 1/4 c 13 g	<i>Bean &amp; Cheese Burrito</i> 1% Milk Chili Beans Flour Tortilla Mixed Vegetables Pineapples Refried Beans	6 oz 1.5 oz .5 oz 1/4 c 1/4 c 13 g	<i>Roast Beef Sandwich</i> 1% Milk Sliced Roast Beef American Cheese Slice Sweet Corn Diced Peaches Wheat Bread Tator Tots	6 oz 1.5 oz 1 oz 1/4 c 1/4 c 13 g 1/4c	<i>Chicken Salad</i> 1% Milk Diced Chicken Sweet Peas Carrots Wheat Crackers Sliced Oranges	6 oz 1.5 oz 1/4 c 1/4 c 13 g 1/4 c	<i>Ravioli (CN)</i> 1% Milk 6 Beef Ravioli in Tomato Meat Sauce Shredded Cheese Green Beans Tropical Fruit Bread Stick	6 oz 1.5 oz 1/4 c .5 oz 1/4 c 1/4 c 13 g
<b>SNACK</b>	1% Milk Fig Newton	4 oz 13 g	1% Milk Wheat Crackers Mozzeralla Cheese	4 oz 13 g 1/2 c	1% Milk Graham Crackers	4 oz 13 g	1% Milk Breadstick	4 oz 13 g	1% Milk Ritz Crackers	4 oz 31 g

**Grains/Breads\*\***  
Grains/Breads\*\* 1/2 Serving  
Cold Dry Cereal 1/3 cup  
Cooked Hot Cereal 1/2 cup  
Water should be served at each meal

**Fruit and Vegetables \***  
Vegetables 1/4 cup  
Fruit 1/4 cup

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**21 Day Cycle Menu**

**April 2014 - June 2014**

**Ages 1 and up**

Meal Type	Day 21 4/28, 5/27, 6/25	Portion							
BREAKFAST	1% Milk Apple Slices English Muffins	6 oz 1/2 c 31 g							
LUNCH	<i>Turkey Sandwich</i>								
	1% Milk	6 oz							
	Sliced Turkey ham	1.5 oz							
	American Cheese	5 oz							
	Mixed Veggies	1/4 c							
	Mandarin Oranges Wheat Bread	1/4 c 13g							
SNACK	1% Milk Graham Crackers	4 oz 13 g							

<b>Grains/Breads**</b>	<b>Fruit and Vegetables *</b>
Grains/Breads** 1/2 Serving Cold Dry Cereal 1/3 cup Cooked Hot Cereal 1/2 cup Water should be served at each meal	Vegetables 1/4 cup Fruit 1/4 cup

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