


HEALTHY START - CACFP CYCLE IV MENU JULY 1, 2017 - SEPTEMBER 30, 2017

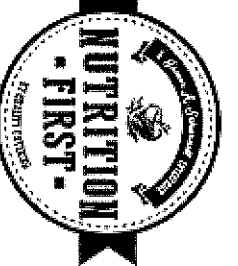
SITE NAME: KIDS ACADEMY DAY CARE

Meal Type	MONDAY 7/3, 7/31, 8/28, 9/25	Portion	TUESDAY 7/4, 8/1, 8/29, 9/26	Portion	WEDNESDAY 7/5, 8/2, 8/30, 9/27	Portion	THURSDAY 7/6, 8/3, 8/31, 9/28	Portion	FRIDAY 7/7, 8/4, 9/1, 9/29	Portion
BREAKFAST	1% MILK Cubed Watermelon Cereal Bar	6oz 1/2c 25g	1% MILK Milked Fruit Cheerios	6oz 1/2c 1/3c	1% MILK Milked Berries Oatmeal	6oz 1/2c 1/4c	1% MILK Diced Pineapples French Toast Sticks Maple Syrup	6oz 1/2c 25g 1T	1% MILK Sliced Seedless Grapes Plain Bagel Cream Cheese	6oz 1/2c 13g 1T
BREAKFAST	7/10, 8/7, 9/4		7/11, 8/8, 9/5		7/12, 8/9, 9/6		7/13, 8/10, 9/7		7/14, 8/11, 9/8	
BREAKFAST	1% MILK Orange Slices Whole-Grain Waffles Maple Syrup	6oz 1/2c 16g 1T	1% MILK Sliced Banana Corn Flakes	6oz 1/2c 1/3c	1% MILK Fruit Medley Cream of Wheat	6oz 1/2c 1/4c	1% MILK Sliced Apples Bagel Cream Cheese	6oz 1/2c 13g 1T	1% MILK Sliced Strawberries Blueberry Muffins	6oz 1/2c 25g
BREAKFAST	7/17, 8/14, 9/11		7/18, 8/15, 9/12		7/19, 8/16, 9/13		7/20, 8/17, 9/14		7/21, 8/18, 9/15	
BREAKFAST	1% MILK Tangerine English Muffin	6oz 1/2c 13g	1% MILK Sliced Peaches Kix	6oz 1/2c 1/3c	1% MILK Blueberries Pancakes Maple Syrup	6oz 1/2c 16g 1T	1% MILK Diced Apples & Raisins Oatmeal Whole Grain Wheat Toast	6oz 1/2c 1/4c 13g	1% MILK Mixed Berries Nutri-Grain Bar	6oz 1/2c 25g
BREAKFAST	7/24, 8/21, 9/18		7/25, 8/22, 9/19		7/26, 8/23, 9/20		7/27, 8/24, 9/21		7/28, 8/25, 9/22	
BREAKFAST	1% MILK Sliced Seedless Grapes Blueberry Muffin	6oz 1/2c 25g	1% MILK Sliced Peaches Raisin Bran	6oz 1/2c 1/3c	1% MILK Diced Pineapples Croissant	6oz 1/2c 13g	Breakfast Burrito 1% MILK Tropical Fruit Hashbrowns Egg & Cheese Soft Tortilla Shell	6oz 1/2c 1/2c 1oz 13g	1% MILK Sliced Strawberries Whole-Grain Waffles Maple Syrup	6oz 1/2c 16g 1T
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 packed or packed in light syrup * Water should be served at each meal *** Based on ages 3-5; refer to meal pattern chart for 1-2 and 6-12			
	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		Approved By <div style="text-align: center;">  </div>			
							KELLIE ANDERSON Site Representative			

Per CACFP regulations, hot/cold cereals, fruits, and fruit juices must be "specific" (i.e. oatmeal, corn flakes, fresh orange, 100% apple juice)
 Site selections must appear on the approved cycle menu and/or menu substitution form (if a change is made)



Nutritionized Menu



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																																																			
7/3	7/31	8/28	9/25	7/4 (closed)	8/1	8/29	9/26	7/5	8/2	8/30	9/27	7/6	8/3	8/31	9/28	7/7	8/4	9/1	9/29																																								
Parmesan Noodles & Chicken Diced Carrots Apple Rye Bread		Chicken Taco Shredded Lettuce Shredded Cheddar Cheese Southwest Bean Salad Peas & Carrots Banana Soft Flour Tortilla		Rotini Pasta & Meat Sauce CV: Carrot Coins ~ Homemade Ranch Dip HV: Broccoli Watermelon Wheat Bread		BBQ Meatballs Diced Parsley Potatoes Corn Orange Italian Bread		Chicken Teriyaki Steamed Rice CV: Tossed Salad ~ Homemade Ranch Dressing HV: 3 Way Vegetable Blend Melon Mix Rye Bread		Fiesta Chicken Steamed Rice Green Peas Pear Wheat Bread		Meatballs in Beef Gravy Parmesan Seasoned Potatoes Green Beans Watermelon Italian Bread		Shells & Cheese CV: Celery Sticks ~ Homemade Ranch Dip HV: Broccoli Hawaiian Fruit Salad Rye Bread		Chicken Chili* Rotini Pasta CV: Cucumber Slices ~ Homemade Ranch Dip HV: 3 Way Vegetable Blend Banana Wheat Dinner Roll		Turkey & American Cheese Wrap Shredded Lettuce ~ Homemade Ranch Pasta Salad Diced Carrots Cantaloupe Soft Flour Tortilla		7/10		8/7		9/4 (closed)		7/11		8/8		9/5		7/12		8/9		9/6		7/13		8/10		9/7		7/14		8/11		9/8											
7/17		8/14		9/11		7/18		8/15		9/12		7/19		8/16		9/13		7/20		8/17		9/14		7/21		8/18		9/15		7/24		8/21		9/18		7/25		8/22		9/19		7/26		8/23		9/20		7/27		8/24		9/21		7/28		8/25		9/22	
BBQ Chicken Mashed Potatoes Corn Apple Rye Bread		Beef Nachos Shredded Lettuce Shredded Cheddar Cheese Spanish Black Beans Diced Carrots Banana Corn Tortilla Chips		Pizza Noodle Bake CV: Pea Salad HV: Green Beans Honeydew Wheat Bread		Chicken & Rice Bake CV: Tossed Salad ~ Italian Dressing HV: Winter Blend Vegetables Watermelon Rye Bread		Sweet & Sour Chicken Steamed Rice Broccoli Melon Mix Italian Bread		Chicken in Country Gravy Rotini Pasta Diced Carrots Orange Rye Bread		Macaroni & Cheese CV: Cucumber Slices ~ Homemade Ranch Dip HV: Broccoli Watermelon Wheat Bread		Italian ~ Style Chicken Diced Sweet Potatoes QC Vegetable Blend Honeydew Italian Bread		Sloppy Joe Diced Parsley Potatoes Corn Apple Mini Wheat Hamburger Bun		Spaghetti & Meatballs in Marinara Sauce CV: Tossed Salad ~ Italian Dressing HV: Winter Blend Vegetables Cantaloupe Wheat Dinner Roll																																									

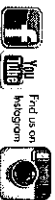
Our Chicken is 100% Natural, no artificial ingredients, no artificial colors, no preservatives.

Menu provided by Quality Catering approved by Courtney Burrows, MBA, RDN, LDN

~Nutrition information regarding these entrees is available on our website.

Menus are subject to change.

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