

CDC Cycle Menu

Milk served is whole milk for 1-2 yr. olds (1/2 cup), fat free white, 1% low fat white or 1% low fat chocolate milk (3/4 cup). Milk Substitute is 8th Continent Soymilk-Original only.

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Week 1</u>	<p>Breakfast: .5 oz Bagel/cream cheese ½ c Cantaloupe-Frozen ¾ c Milk</p> <p>Lunch: Sub Sandwich-Meat/Cheese- 1.5 oz. ¼ c Cucumber .5 oz Bun ¼ c Fresh Fruit ¾ c Milk</p> <p>Snack: .5 oz Whole Grain cracker ½ c Applesauce Water</p>	<p>Breakfast: Cook's Choice ¾ c Milk</p> <p>Lunch: Spaghetti Meat Balls/CN-1.5 oz ¼ c Pears ¼ c Spaghetti sauce ¼ c Spaghetti noodles ¾ c Milk</p> <p>Snack: Cook's Choice Water</p> <p style="text-align: center;">Use "Vitamin A" Rich Foods</p>	<p>Breakfast: ¼ c Hot Cereal ½ c Peaches ¾ c Milk</p> <p>Lunch: Tater Tot Casserole Chicken 1.5oz ¼ c Tater tots ¼ c Mixed Fruit .5oz Bread ¾ c Milk</p> <p>Snack: 2 oz yogurt ½ c Mandarin Oranges Water</p>	<p>Breakfast: ½ c Fresh Fruit .5 oz Cheese Cubes .4 oz Pretzel Sticks ¾ c Milk</p> <p>Lunch: Turkey BBQ Sandwich Turkey 1.5oz ¼ c Carrots ¼ c Pineapple .5 oz Bun ¾ c Milk</p> <p>Snack: Apple Cheese Square ½ c Apple .5 oz Graham Square Water</p>	<p>Breakfast: 1.1 oz French Toast Sticks-CN ½ c Melon-Honeydew ¾ c Milk</p> <p>Lunch: Cheesy Ham/Broccoli- Bake 1 oz Ham/5 oz Cheese ¼ c Broccoli ¼ c Sliced Pears ¼ c Noodles ¾ c Milk</p> <p>Snack: .5 oz Animal Crackers ½ c 100% Juice Water</p>
<u>Week 2</u>	<p>Breakfast: 1 oz. Cottage Cheese ½ c Pineapple Tidbits .4 oz. Wheat Crackers ¾ c Milk</p> <p>Lunch: Ground Beef and Spanish Rice 1.5 oz Ground Beef ¼ c Green Pepper ¼ c Fruit Cocktail ¼ c Rice ¾ c Milk</p> <p>Snack: ½ c Peaches .5 oz English Muffin Water</p>	<p>Breakfast: .5 oz Rye toast ½ c Pear Fresh ¾ c Milk</p> <p>Lunch: Tuna Sailboats 1.5 oz. Tuna ¼ c Veggie Sticks /Lettuce ¼ c Apple .5 oz. Hot Dog Bun ¾ c Milk</p> <p>Snack: Banana Crunch Pop .5 oz Crisp Rice Cereal ½ c Banana Water</p>	<p>Breakfast: Build your own breakfast sundae - 1 oz. yogurt, ½ c Dole Frozen Mixed Berries 1 oz Granola ¾ c Milk</p> <p>Lunch: Turkey Tetrizzini 1.5 oz Turkey ¼ c Peas ¼ c Mixed Fruit ¼ c Noodles ¾ c Milk</p> <p>Snack: 1 oz. Cheese .5 oz. Rye Bread Water</p>	<p>Breakfast: .5 oz English muffin ½ c Peaches ¾ c Milk</p> <p>Lunch: Tasty Lemon Fish 1.5oz. ¼ c Broccoli ¼ c Apricots .5 oz Whole Grain Bread ¾ c Milk</p> <p>Snack: .4 oz. Whole Grain Cracker ½ c Mandarin Oranges Water</p>	<p>Breakfast: . 6 oz. Waffles – CN ½ c Blueberries ¾ c Milk</p> <p>Lunch: Chicken & Vegetable Stir Fry 1.5 oz. Chicken ¼ c Brown Rice ¼ c Pineapple-chunk ¼ c Mixed Vegetables ¾ c Milk</p> <p>Snack: .5 oz Animal Crackers ½ c 100% Juice Water</p>

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<p style="font-size: 1.2em; font-weight: bold; margin: 0;"><u>Week 3</u></p> <p style="font-size: 0.8em; margin-top: 10px;">rev 9'11</p>	<p>Breakfast: 1/3 c Cold Cereal 1/2 c Fruit Cocktail 3/4 c Milk</p> <p>Lunch: Cook's Choice 1.5 oz M/Meat Alternative 1/4 c Vegetables 1/4 c Fruit .5 oz Grain 3/4 c Milk</p> <p>Snack: .5 oz Cinnamon Graham Cracker 1/2 c Oranges Water</p>	<p>Breakfast: Banana Rama Breakfast .5 oz English Muffin 1/2 c Banana .5 oz Cottage Cheese 3/4 c Milk</p> <p>Lunch: Corn Flake Baked Chicken Breast 1 1/2 oz. Chicken Breast 1/4 c Mashed Potatoes 1/4 c Pears .5 oz Bread 3/4 c Milk</p> <p>Snack: .5 oz Trail Mix 1/2 c 100% Juice Water</p>	<p>Breakfast: 1/2 c Apple 1.1 oz French toast-CN 3/4 c Milk</p> <p>Lunch: Swamp Soup 1.5 oz Beans 1/4 c Carrots/Celery 1/4 c Peaches .4 oz Oyster Crackers 3/4 c Milk</p> <p>Snack: 1/2 c Cucumber .6 oz Vanilla Wafers Water</p>	<p>Breakfast: .6 oz. WG Pancake - CN 1/2 c Mandarin Oranges 3/4 c Milk</p> <p>Lunch: Meatballs in gravy-1.5 oz.-CN 1/4 c Green Beans 1/4 c Pineapple 1/4 c Whole wheat noodles 3/4 c Milk</p> <p>Snack: 1/2 c Blueberries 1/2 c Yogurt Water</p>	<p>Breakfast: .5 oz English muffin 1/2 c Apricots 3/4 c Milk</p> <p>Lunch: Ham Cheese Sand 1.5 oz Ham/cheese .5 oz Wheat bread 1/4 c Oven Baked Potato 1/4 c Applesauce 3/4 c Milk</p> <p>Snack: .4 oz Wheat Cracker 1/2 c Celery Soy butter Water</p>
<p style="font-size: 1.2em; font-weight: bold; margin: 0;"><u>Week 4</u></p> <p style="font-size: 0.8em; margin-top: 10px;">rev 9'11</p>	<p>Breakfast: .5 oz Cinnamon graham crackers 1/2 c Applesauce 3/4 c Milk</p> <p>Lunch: 1.5 oz. Ham 1/8 c Scalloped potatoes 1/8 c Green Beans 1/4 c Mixed Fruit .5 oz Wheat bread 3/4 c Milk</p> <p>Snack: .6 oz Vanilla Wafers 1/2 c Yogurt Water</p>	<p>Breakfast: .5 oz Wheat Bread/Jelly-Sun Butter 1/2 c Banana 3/4 c Milk</p> <p>Lunch: Bean/Cheese/Burrito 1.5oz Bean/Cheese 1/4 c Lettuce/Tomato 1/4 c Apple .5 oz Tortilla Shell 3/4 c Milk</p> <p>Snack: .5 oz Graham Cracker 1/2 c Apples Water</p>	<p>Breakfast: 1/3c cold cereal 1/2 c Strawberries 3/4 c Milk</p> <p>Lunch: Turkey Soup 1.5 oz Turkey 1/4 c Carrots/Celery 1/2 c Pineapple Chunks 1/4 c Noodles 3/4 c Milk</p> <p>Snack: .4 oz. Pretzels 1/2 c Oranges Water</p>	<p>Breakfast: Cook's Choice 3/4 c Milk</p> <p>Lunch: Cook's Choice 3/4 c Milk</p> <p>Snack: Cook's Choice Water</p> <p style="margin-top: 10px;">Use "Vitamin A" Rich Foods</p>	<p>Breakfast: .5 oz. Cinnamon Toast 1/2 c Fresh Fruit 3/4 c Milk</p> <p>Lunch: Sweet & Sour Chicken-1.5 oz. 1/4 c Mixed Vegetables 1/4 c Brown Rice 1/4 c Peaches 3/4 c Milk</p> <p>Snack: .4 oz. Wheat Cracker 1/2 c Pears Water</p>

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<p><u>Week 5</u></p> <p>rev 9'11</p>	<p>Breakfast: ¼ c Hot or 1/3 c Cold Cereal ½ c Banana ¾ c Milk</p> <p>Lunch: Tuna & Noodles 1.5 oz. Tuna ¼ c Peas/Carrots ¼ c Pineapple chunks ¼ c Noodles ¾ c Milk</p> <p>Snack: .4 oz Whole Grain Cracker ½ c Fresh Baby Carrots Fat Free Dip Water</p>	<p>Breakfast: .6 oz. Pancakes - CN ½ c Dole Frozen Mixed Berries ¾ c Milk</p> <p>Lunch: Chili 1 oz Ground beef .5 oz Cheese ¼ c Pinto beans ¼ c Peaches .4 oz Crackers ¾ c Milk</p> <p>Snack: .5 oz. English Muffin ½ c Apple Water</p>	<p>Breakfast: .5 oz. Multigrain toast ½ c Melon-Honeydew ¾ c Milk</p> <p>Lunch: 1/8 c Baked Potato 1 oz Ham/.5 oz Cheese 1/8 c Broccoli ¼ c Tropical Fruit .5 oz. Rye Bread ¾ c Milk</p> <p>Snack: .5 oz Animal Cracker ½ c Mixed Fruit Water</p>	<p>Breakfast: Hens on Nest 1 Egg Patty ½ c Fresh Fruit Pear .5 oz English Muffin ¾ c Milk</p> <p>Lunch: Crockpot Cheeseburger Casserole 1 oz Ground Beef .5 oz Cheese ¼ c Fresh Fruit ¼ c Beets .5 oz Whole Wheat Bun ¾ c Milk</p> <p>Snack: 2 oz Yogurt .4 oz whole grain crackers Water</p>	<p>Breakfast: .5 oz English muffin ½ c Apple ¾ c Milk</p> <p>Lunch: Chicken Vegetable Soup 1.5 oz Chicken ¼ c Mixed Vegetables ¼ c Oranges .4 oz Oyster Crackers ¾ c Milk</p> <p>Snack: .5 oz Tortilla Chip ½ c Carrots/Salsa Water</p>
<p><u>Week 6</u></p> <p>rev 9'11</p>	<p>Breakfast: .5 oz Bagel/cream cheese ½ c Apricot ¾ c Milk</p> <p>Lunch: 1.5 oz Turkey Burger ¼ c Sweet Pot Oven Fries ¼ c Fresh Apple .5 oz Whole Wheat Bun ¾ c Milk</p> <p>Snack: .5 oz Animal Cracker ½ c Banana Water</p>	<p>Breakfast: Cook's Choice ¾ c Milk</p> <p>Lunch: Cook's Choice ¾ c Milk</p> <p>Snack: Children's Choice</p> <p style="text-align: center;">Use "Vitamin A" Rich Foods</p>	<p>Breakfast: .5 oz Cinnamon bread ½ c Banana ¾ c Milk</p> <p>Lunch: Pita Sand 1.5 oz. Chicken ¼ c Cauliflower ¼ c Mixed Fruit .5 oz Pita ¾ c Milk</p> <p>Snack: .5 oz. Trail Mix ½ c 100% Juice Water</p>	<p>Breakfast: .5 oz. Whole Grain Bread ½ c Orange Slice ¾ c Milk</p> <p>Lunch: Meatballs & gravy-1.5 oz.- CN ¼ c Noodles ¼ c Broccoli ¼ c Peaches ¾ c Milk</p> <p>Snack: .4 oz Wheat Cracker ½ c Cucumbers Fat Free Dressing Water</p>	<p>Breakfast: 1/3 c Cold cereal ½ c Pears ¾ c Milk</p> <p>Lunch: Baked Fish sticks-1.5 oz.-CN ¼ c Peas ¼ c Pineapple-chunk .5 oz Rye Bread ¾ c Milk</p> <p>Snack: .5 Tortilla Chips ½ c Celery/Salsa Water</p>

Ethnic Foods Key:

- ☆ Mexico ☉ Oriental ☼ France ⚡ Sweden ☉ Italy ☉ Ireland ☉ Spain ☉ Switzerland ☉ Africa
 ⌚ Poland ☉ Hungary ☐ Germany ⌚ India