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|  | **Growing Futures Early Education Center Cycle Menu****May – 2022** | **This institution is an equal opportunity****Provider.** |
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| CACFP Under 3 RequirementBreakfast: Milk – ½ Cup, Fruit – ¼ Cup,Grains/Breads – **At Least the Serving Listed on Daily Menu**Lunch:Milk – ½ Cup,Vegetables and Fruits – ¼ Cup Total,Grains/Breads – **At Least the Serving Listed on Daily Menu**Meat and Meat Alternatives – 1 ounceSnack:Milk – ½ CupVegetables and Fruits – ½ CupGrains/Breads – **At Least the Serving Listed on Daily Menu**Meat and Meat Alternatives – \*Cheese – ½ Ounce\*Cottage Cheese –1/8 Cup\*Yogurt – ¼ Cup**CACFP Under 2 Requirement**\*Whole Unflavored Milk**CACFP 2 and older Requirement**\*1% Unflavored Milk | Monday | Tuesday | Wednesday | Thursday | Friday | CACFP 3 and Older RequirementsBreakfast: Milk – ¾ Cup, Fruit – ½ Cup,Grains/Breads – **At Least the Serving Listed on Daily Menu**Lunch:Milk – ¾ Cup,Vegetables and Fruits – ½ Cup Total,Grains/Breads – **At Least the Serving Listed on Daily Menu**Meat and Meat Alternatives – 1 ½ ounceSnack:Milk – ½ CupVegetables and Fruits – ½ CupGrains/Breads – **At Least the Serving Listed on Daily Menu**Meat and Meat Alternatives – \*Cheese – ½ Ounce\*Cottage Cheese – 1/8 Cup\*Yogurt – ¼ Cup**CACFP Under 2 Requirement**\*Whole Unflavored Milk**CACFP 2 and older Requirement**\*1% Unflavored Milk |
| **2****Lunch:** Beef Hamburger with cheese (½ of a whole wheat bun), Baked tater tots Potato, Red Grapes, unflavored milk**100 MEALS** | **3****Lunch:** Creamy Tuscan Chicken with (¼ of a cup whole wheat penne pasta), Mixed Vegetables, Bananas, unflavored milk**100 MEALS** | **4****Lunch:** Sweet & Sour Meatballs, (¼ of a cup brown rice), Minty Peas and Onions, Fresh Green Apples, unflavored milk**100 MEALS** | **5****Lunch:** Chili with Beans, (4 saltine crackers), Steamed Cauliflower, with Cheese (nacho cheese), peaches, unflavored milk**100 MEALS** | **6****Lunch:** Beef Soft Taco on (6” whole wheat tortilla), (¼ of a cup Spanish Rice), Shredded Lettuce with Tomatoes, Salsa, Fresh pears, unflavored milk**63 MEALS** |
| **9****Lunch:** Chicken Meatball on (¼ of a cup whole wheat baked pasta), Grilled Zucchini, Honeydew Melon, unflavored milk**100 MEALS** | **10****Lunch:** (¼ of a cup whole wheat macaroni noodles) goulash, (4 saltine crackers), Corn, Clementine, unflavored milk**100 MEALS** | **11****Lunch:** Grilled Cheese Sandwich on (½ whole wheat bread), tomato Soup, Fresh pears, unflavored milk**100 MEALS** | **12****Lunch:** Barbeque Chicken Breast, Potato Wedges (with skin on), (½ of a whole wheat roll), Pineapple, unflavored milk**100 MEALS** | **13****Lunch:** Beef and Broccoli Stir-Fry, (¼ a of cup brown rice), Fruit Cocktail, unflavored milk**63 MEALS** |
| **16****Lunch:** (½ of corn muffin tamale Pie), Skillet Cabbage, Tropical Fruit, unflavored white milk**100 MEALS** | **17****Lunch:** Sloppy Joe on (½ of a whole wheat bun), Roasted Potatoes with Herbs, Melon Slices, unflavored milk**100 MEALS** | **18****Lunch:** (½ of a slice whole wheat crust) Turkey Pepperoni Pizza, Chopped Garden Salad, Banana, unflavored milk**100 MEALS** | **19****Lunch:** (¼ of a cup whole wheat Noodles) Chicken Casserole, Steam Broccoli, Fresh Mangos, unflavored milk**100 MEALS** | **20****Lunch:** Meatloaf, Mashed Potatoes, Green beans, (½ of a whole wheat bun), Red Grapes, unflavored milk**63 MEALS** |
| **23****Lunch:** Marinara Chicken, Steamed yellow squash, (½ of a whole wheat roll), Seedless Watermelon, unflavored milk**100 MEALS** | **24****Lunch:** Grill Turkey Sandwich on (½ of a whole wheat bread), Oven bake Sweet potatoes totter tots, Fresh pears, unflavored white milk**100 MEALS** | **25****Lunch:** Grill Chicken Tacos (6” whole wheat tortilla), Black beans, Mangos, unflavored milk**100 MEALS** | **26****Lunch:** Tofu Nuggets(Panko Breaded, Oven Fried), Green Beans, Fresh Orange Wedges, (½ of a whole wheat roll), unflavored milk**100 MEALS** | **27****AGENCY****CLOSED** |
| **30****AGENCY****CLOSED** | **31****Lunch:** Beef and Bean Burrito(½ of a whole wheat tortilla), (¼ of a cup Spanish Rice), Steamed Baby carrots, Green grapes, unflavored milk**100 MEALS** | **1****Lunch:** Chicken Zucchini Enchilada on (6” whole wheat tortilla), Spinach and fresh vegetable salad, Cantaloupe, unflavored milk**100 MEALS** | **2****Lunch:** Panko Baked Fish, Twice baked potato, Fresh Pears, (½ of a whole wheat roll), unflavored milk**100 MEALS** | **3****Lunch:** Beef Stroganoff (½ of a cup egg whole wheat noodles) Peas, Pineapple, unflavored milk**63 MEALS** |