

# C.H.I.L.D., Inc. Menu

## Fall 2020

### Cycle 1

Amounts calculated to yield 100 servings

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK</b>
<b>M O N D A Y</b>	Skim Milk -3/4 c (10, ½ gal) Crispix - 3/4 c (100 oz) Fruit Cocktail - 1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/26	Skim Milk -3/4 c (10, ½ gal) Ham-1 oz (7 #) American Cheese -1 oz (# 7) WW Bread - 2 slices (10 lvs) Cold Beet Salad - 1/4 c (2 # 10 cans) Pineapple - 1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) <b>TEMP _____ 40°F</b>
<b>T U E S D A Y</b>	Skim Milk -3/4 c (10, ½ gal) Cheerios -3/4 c (100 oz) Mandarin Slices-1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/27	Skim Milk -3/4 c (10, ½ gal) Gr. Chicken - 3 oz (1 cs) WW Tortilla -1/2 (1 cs) 3 Bean Salad - 1/4 c (2 # 10 cans) Mandarin Slices - 1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 165°F</b> <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs) <b>TEMP _____ 40°F</b>
<b>W E D N E S D A Y</b>	Skim Milk -3/4 c (10, ½ gal) Apple Muffin - 1 (1.5 cs) Pineapple - 1/2 c (5 cans)  <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/28	Skim Milk -3/4 c (10, ½ gal) Turkey - 1 oz (7 #) Cheese - 1 Slice (5 #) WW Hamburger Roll-1 (10 dz) Pickle Chips- 1/4 c (2 gal) Pears Slices-1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) Cold Cereal - 1/2 c  <b>TEMP _____ 40°F</b>
<b>T H U R S D A Y</b>	Skim Milk -3/4 c (10, ½ gal) Life-3/4 c (100 oz) Pears Slices-1/2 c (5 cans)  <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/1	Skim Milk -3/4 c (10, ½ gal) Tuna - 2 oz (4 cans-66.5 oz) WW Bread - 2 slices (10 lvs) Winter Mix - 1/4 c (11 #) Peaches -1/2 c (5 cans) or <b>TEMP _____ 40°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs) <b>TEMP _____ 40°F</b>
<b>F R I D A Y</b>	Skim Milk -3/4 c (10, ½ gal) Kix -3/4 c (100 oz) Peaches -1/2 c (5 cans) or  <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/2	Skim Milk -3/4 c (10, ½ gal) Chicken Tenders-2 oz (20 #) WG Rotini - ½ c (8 #) Green Beans - 1/2 c (5-#10 cans) Ketchup - 2 T (1 gal) Fruit Medley - 1/2 c  <b>TEMP _____ 165°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) <b>TEMP _____ 40°F</b>

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### Cycle 2

	BREAKFAST	LUNCH	SNACK
<b>M O N D A Y</b>	Skim Milk -3/4 c (10, ½ gal) Cheerios -3/4 c (100 oz) Applesauce-1/2 c (4 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/5	Skim Milk -3/4 c (10, ½ gal) Turkey - 1 oz (7 #) Cheese- 1 oz (7 #) WW Bread - 2 slices (10 lvs) Pickle Chips- 1/4 c (2 gal) Mandarin Slices - 1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs) <b>TEMP _____ 40°F</b>
<b>T U E S D A Y</b>	Skim Milk -3/4 c (10, ½ gal) Kix - 3/4 c (100 oz) Mandarin Slices - 1/2 c (5 cans)  <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/6	Skim Milk -3/4 c (10, ½ gal) Black Beans - 1/8 c (2 # 10 cans) Shredded Cheddar- 1.5 oz (10.5 #) WW Tortilla-1/2 (1 cs) Corn - 1/4 c (11 #) Olives-1/8 c (1 # 10 can) Peaches - 1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 40°F</b>	Skim Milk - 3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) <b>TEMP _____ 40°F</b>
<b>W E D N E S D A Y</b>	Skim Milk -3/4 c (10, ½ gal) BB Muffin - 1 (1.5 cs) Peaches - 1/2 c (5 cans)  <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/7	Skim Milk -3/4 c (10, ½ gal) American Chop Suey -1 c WW Pasta - 1/2 c (6 #) Beef - 2 oz (20 #) Tomato Sauce-1/8 c (1 # 10 can) Green Beans - 1/4 c (5 # 10 can) Pineapple - 1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 165°</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) Cold Cereal - 1/2 c  <b>TEMP _____ 40°F</b>
<b>T H U R S D A Y</b>	Skim Milk -3/4 c (10, ½ gal) Life -3/4 c (100 oz) Pineapple - 1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/8	Skim Milk -3/4 c (10, ½ gal) Ham -1 oz (7 #) Cheese - 1 oz (7 #) WW Pita-1/2 pita (1 cs) Broccoli - 1/4 c (11 #) Sliced Pears - 1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) <b>TEMP _____ 40°F</b>
<b>F R I D A Y</b>	Skim Milk -3/4 c (10, ½ gal) Crispix - 3/4 c (100 oz) Sliced Pears-1/2 c (5 cans) or  <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/9	Skim Milk -3/4 c (10, ½ gal) Chicken Patty - 1 (1.5 cs) WW Hamburger roll - 1 (10 dz) Carrots - 1/4 c (11 #) Fruit Medley - 1/2 c  <b>TEMP _____ 40°F</b> <b>TEMP _____ 165°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs) <b>TEMP _____ 40°F</b>

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### Cycle 3

	BREAKFAST	LUNCH	SNACK
<b>M O N D A Y</b>	Skim Milk -3/4 c (10, ½ gal) Kix -3/4 c (100 oz) Peaches- 1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/12-Holiday	Skim Milk -3/4 c (10, ½ gal) Meatballs - 3 pieces (2.5 cs) WW Bun - 1 (10 dz) Tomato Sauce - 1/2 c (1 # 10 can) Asparagus - 1/4 c (11 #) Mandarin Oranges-1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 165°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) <b>TEMP _____ 40°F</b>
<b>T U E S D A Y</b>	Skim Milk -3/4 c (10, ½ gal) Cheerios -3/4 c (100 oz) Mandarin Oranges-1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/13	Skim Milk -3/4 c (10, ½ gal) Gr. Chicken - 3 oz (1 cs) WG Rice - 1/2 c (7 #) Butternut - 1/4 c (12.5 #) Pineapple Rings - 1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 165°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs) <b>TEMP _____ 40°F</b>
<b>W E D N E S D A Y</b>	Skim Milk -3/4 c (10, ½ gal) Apple Muffin-1 (1.5 cs) Pineapple Rings - 1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/14	Skim Milk -3/4 c (10, ½ gal) Tuna - 2 oz (4 cans-66.5 oz) WW Bread - 2 slices (10 lvs) Broccoli - 1/4 c (11 #) Peaches - 1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) Cold Cereal - 1/2 c  <b>TEMP _____ 40°F</b>
<b>T H U R S D A Y</b>	Skim Milk -3/4 c (10, ½ gal) Corn Flakes -3/4 c (100 oz) Peaches - 1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/15	Skim Milk -3/4 c (10, ½ gal) Scrambled Eggs -1/4 c (4 bags) WW Tortilla - 1/2 (1 cs) Peas - 1/4 c (11 #) Fruit Cocktail - 1/2 c (5 # 10 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 165°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) <b>TEMP _____ 40°F</b>
<b>F R I D A Y</b>	Skim Milk -3/4 c (10, ½ gal) Life - 3/4 c (100 oz) Fruit Cocktail - 1/2 c (5 # 10 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/16	Skim Milk -3/4 c (10, ½ gal) WW English - 1 (1.5 cs / 10 dz) Cheese - 1.5 oz (10 #) Tomato Sauce - 1/8 c (1 # 10 can) Sliced Olives - 1/8 c (1 # 10 can) Corn - 1/4 c (11 #) Fruit Medley - 1/2 c  <b>TEMP _____ 40°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs) <b>TEMP _____ 40°F</b>

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### Cycle 4

	BREAKFAST	LUNCH	SNACK
<b>M O N D A Y</b>	Skim Milk -3/4 c (10, ½ gal) Cheerios -3/4 c (100 oz) Mandarin Slices-1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/19	Skim Milk -3/4 c (10, ½ gal) Gr. Chicken - 3 oz (1 cs) WW roll - 1 ( 10 dz) Winter mix - 1/4 c (11 #) Pears - 1/2 c (5 # 10 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 165°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) <b>TEMP _____ 40°F</b>
<b>T U E S D A Y</b>	Skim Milk -3/4 c (10, ½ gal) Crispix -3/4 c (100 oz) Pears - 1/2 c (5 # 10 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/20	Skim Milk -3/4 c (10, ½ gal) Cheese - 1 oz (7 #) Ham - 1 oz (7 #) WW Pita-1/2 pita (1 cs) Carrots - 1/4 c (11 #) Pineapple Tidbits - 1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs)  <b>TEMP _____ 40°F</b>
<b>W E D N E S D A Y</b>	Skim Milk -3/4 c (10, ½ gal) BB Muffin - 1 (1.5 cs) Pineapple Tidbits - 1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/21	Skim Milk -3/4 c (10, ½ gal) Hamburger - 1 patty (1.5 cs) WW Hamburger Roll-1 (10 dz) Corn - 1/4 c (11 #) Ketchup -2 T (1 can) Applesauce - 1/2 c ( 5 - # 10 cans) <b>TEMP _____ 40° F</b> <b>TEMP _____ 165°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) Cold Cereal - 1/2 c  <b>TEMP _____ 40°F</b>
<b>T H U R S D A Y</b>	Skim Milk -3/4 c (10, ½ gal) Life -3/4 c (100 oz) Applesauce - 1/2 c ( 5 # 10 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/22	Skim Milk -3/4 c (10, ½ gal) Chicken Patty - 1 (1.5 cs) WW Pasta-1/2 c (6 #) Peas & Carrots - 1/4 c (11 #) Mandarin Slices - 1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 165°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) <b>TEMP _____ 40°F</b>
<b>F R I D A Y</b>	Skim Milk -3/4 c (10, ½ gal) Corn Flakes - 3/4 c (100 oz) Mandarin Slices - 1/2 c (5 cans) <b>TEMP _____ 40°F</b> <b>TEMP _____ 40°F</b>  10/23	Skim Milk -3/4 c (10, ½ gal) Beans - 1/8 c (2 # 10 cans) Cheddar - 1.5 oz (10.5 #) WW Tortilla - 1/2 (1 cs) Green Beans - 1/4 c (5 # 10 cans) Fruit Medley - 100 or 1/2 c  <b>TEMP _____ 40°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 40°F</b> <b>TEMP _____ 145°F</b> <b>TEMP _____ 40°F</b>	Skim Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs) <b>TEMP _____ 40°F</b>