

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

March 2021

Cycle 3

	BREAKFAST	LUNCH	SNACK
M O N D A Y	Skim Milk -3/4 c (10, ½ gal) Kix -1 c (100 oz) Peaches- 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F 3/1	Skim Milk -3/4 c (10, ½ gal) Meatballs – 3 pieces (2.5 cs) WW Bun - 1 (10 dz) Tomato Sauce - 1/8 c (1 can) Asparagus - 1/4 c (12 # frozen) Mandarin Oranges - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 165°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) TEMP _____ 40°F
T U E S D A Y	Skim Milk -3/4 c (10, ½ gal) Cheerios -1 c (100 oz) Banana - 1 (1 case) TEMP _____ 40°F 3/2	Skim Milk -3/4 c (10, ½ gal) Gr. Chicken - 3 oz (2 cs) WG Rice - 1/2 c (7 #) Butternut - 1/4 c (12.5 #) Pineapple Rings – 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 165°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F
W E D N E S D A Y	Skim Milk -3/4 c (10, ½ gal) Apple Muffin-1 (1.5 cs) Pineapple Rings – 1/2 c (5 cans) or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 3/3	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) TEMP _____ 40°F TEMP _____ 40°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Cold Cereal - 1 c (100 oz) TEMP _____ 40°F
T H U R S D A Y	Skim Milk -3/4 c (10, ½ gal) Corn Flakes -1 c (100 oz) Peaches - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F 3/4	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 cans) TEMP _____ 40°F TEMP _____ 165°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) TEMP _____ 40°F
F R I D A Y	Skim Milk -3/4 c (10, ½ gal) Life - 1 c (100 oz) Fruit Cocktail - 1/2 c (5 cans) or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 3/5	Skim Milk -3/4 c (10, ½ gal) WW Pizza - 2 Slices (1 cs) Cheese - 1.5 oz (10 #) Tomato Sauce - 1/8 c (1 can) Sliced Olives - 1/8 c (1 can) Corn - 1/4 c (11 #) Fruit Medley - 1/2 c _____ TEMP _____ 40°F TEMP _____ 145°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs) TEMP _____ 40°F

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Cycle 4

	BREAKFAST	LUNCH	SNACK
M O N D A Y	Skim Milk -3/4 c (10, ½ gal) Cheerios -1 c (100 oz) Mandarin Slices-1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F 3/8	Skim Milk -3/4 c (10, ½ gal) Gr. Chicken - 3 oz (2 cs) WW Pita - 1/2 pita (1 cs) Winter Mix - 1/4 c (11 #) Pears - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 165°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) TEMP _____ 40°F
T U E S D A Y	Skim Milk -3/4 c (10, ½ gal) Rice/Corn Chex -1 c (100 oz) Banana - 1 (1 case) TEMP _____ 40°F 3/9	Skim Milk -3/4 c (10, ½ gal) Fish Patty - 1 (2 cs) WG Rice - 1/2 c (7 #) 4 Way Mix - 1/4 c (11 #) Ketchup - 2 T (1 can) Pineapple Tidbits – 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 165°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Fresh Fruit -1 or 1/2 c (100) TEMP _____ 40°F
W E D N E S D A Y	Skim Milk -3/4 c (10, ½ gal) BB Muffin - 1 (1.5 cs) Pineapple Tidbits – 1/2 c (5 cans) or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 3/10	Skim Milk -3/4 c (10, ½ gal) Hamburger - 1 patty (1.5 cs) Cheese - 1 sl (3.5 #) WW Hamburger Roll-1 (10 dz) Pickles - 1/4 c (2 gal) Corn - 1/4 c (11 #) Ketchup -2 T (1 can) Applesauce - 1/2 c (5 cans) TEMP _____ 40° F TEMP _____ 165°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Cold Cereal - 1 c (100 oz) TEMP _____ 40°F
T H U R S D A Y	Skim Milk -3/4 c (10, ½ gal) Life -1 c (100 oz) Applesauce - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F 3/11	Skim Milk -3/4 c (10, ½ gal) Chicken Patty - 1 (1.5 cs) WW Pasta-1/2 c (8 #) Peas & Carrots - 1/4 c (11 #) Mandarin Slices - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 165°F TEMP _____ 145°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) TEMP _____ 40°F
F R I D A Y	Skim Milk -3/4 c (10, ½ gal) Corn Flakes - 1 c (100 oz) Mandarin Slices - 1/2 c (5 cans) or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 3/12	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) Sliced Olives - 1/8 c (1 can) Green Beans - 1/2 c (5 cans) Salsa - 2 T (2 gal) Fruit Medley - 100 or 1/2 c TEMP _____ 40°F TEMP _____ 145°F TEMP _____ 40°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs) TEMP _____ 40°F

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

March 2021

Cycle 1

Amounts calculated to yield 100 servings

	BREAKFAST	LUNCH	SNACK
M O N D A Y	Skim Milk -3/4 c (10, ½ gal) Rice/Corn Chex - 1 c (100 oz) Fruit Cocktail – 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F 3/15	Skim Milk -3/4 c (10, ½ gal) American Cheese -2 oz (14 #) WW Bread – 2 slices (10 lvs) Asparagus - 1/4 c (12 # frozen) Pineapple - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F/145°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) TEMP _____ 40°F
T U E S D A Y	Skim Milk -3/4 c (10, ½ gal) Cheerios -1 c (100 oz) Banana - 1 (1 case) TEMP _____ 40°F 3/16	Skim Milk -3/4 c (10, ½ gal) Gr. Chicken - 3 oz (2 cs) WW Tortilla -1/2 (1 cs) 3 Bean Salad - 1/4 c (2 cans) Mandarin Slices - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 165°F TEMP _____ 40°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Fresh Fruit -1 or 1/2 c (100) TEMP _____ 40°F
W E D N E S D A Y	Skim Milk -3/4 c (10, ½ gal) Apple Muffin - 1 (1.5 cs) Pineapple - 1/2 c (5 cans) or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 3/17	Skim Milk -3/4 c (10, ½ gal) Turkey - 2 oz (23 #) Butternut - 1/4 c (12.5 #) WW Hamburger Roll-1 (10 dz) Gravy - 3 T (3 cans) Pears -1/2 c (5 cans) TEMP _____ 40° F TEMP _____ 165°F TEMP _____ 145°F TEMP _____ 165°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Cold Cereal - 1 c (100 oz) TEMP _____ 40°F
T H U R S D A Y	Skim Milk -3/4 c (10, ½ gal) Life- 1 c (100 oz) Pears- 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F 3/18	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 TEMP _____ 40°F TEMP _____ 40°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs) TEMP _____ 40°F
F R I D A Y	Skim Milk -3/4 c (10, ½ gal) Kix - 1 c (100 oz) Peaches -1/2 c (5 cans) or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 3/19	Skim Milk -3/4 c (10, ½ gal) Chicken Tenders - 2 oz (20 #) WG Rotini - ½ c (8 #) Green Beans - 1/2 c (5 cans) Ketchup - 2 T (1 gal) Fruit Medley - 1/2 c _____ TEMP _____ 40°F TEMP _____ 165°F TEMP _____ 145°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) TEMP _____ 40°F

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Cycle 2

	BREAKFAST	LUNCH	SNACK
M O N D A Y	Skim Milk -3/4 c (10, ½ gal) Cheerios -1 c (100 oz) Applesauce-1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F 3/22	Skim Milk -3/4 c (10, ½ gal) Turkey - 1 oz (7 #) Cheese- 1 oz (7 #) WW Bread - 2 slices (10 lvs) Peas - 1/4 c (11 #) Pickle Chips- 1/4 c (2 gal) Mandarin Slices - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs) TEMP _____ 40°F
T U E S D A Y	Skim Milk -3/4 c (10, ½ gal) Kix - 1 c (100 oz) Banana - 1 (1 case) TEMP _____ 40°F TEMP _____ 40°F 3/23	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 can) Salsa - 2 T (1 gal) Peaches - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 145°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Fresh Fruit -1 or 1/2 c (100) TEMP _____ 40°F
W E D N E S D A Y	Skim Milk -3/4 c (10, ½ gal) BB Muffin - 1 (1.5 cs) Peaches - 1/2 c (5 cans) or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 3/24	Skim Milk -3/4 c (10, ½ gal) American Chop Suey -1 c WW Pasta – 1/2 c (8 #) Beef – 2 oz (20 #) Tomato Sauce-1/8 c (1 can) Green Beans - 1/2 c (5 cans) Pineapple - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 165° TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Cold Cereal - 1 c (100 oz) TEMP _____ 40°F
T H U R S D A Y	Skim Milk -3/4 c (10, ½ gal) Life - 1 c (100 oz) Pineapple - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F 3/25	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 #) Pears - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Fresh Fruit - 1 oz (1 cs) TEMP _____ 40°F
F R I D A Y	Skim Milk -3/4 c (10, ½ gal) Rice/Corn Chex - 1 c (100 oz) Pears-1/2 c (5 cans) or or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 3/26	Skim Milk -3/4 c (10, ½ gal) Chicken Patty - 1 (1.5 cs) Mozzarella - 1 sl (5 #) Tomato Sauce - 1/8 c (1 can) WW Hamburger roll - 1 (10 dz) Carrots - 1/4 c (11 #) Fruit Medley - 1/2 c _____ TEMP _____ 40°F TEMP _____ 165°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs) TEMP _____ 40°F

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March 2021

Cycle 3

	BREAKFAST	LUNCH	SNACK
M O N D A Y	Skim Milk -3/4 c (10, ½ gal) Kix -1 c (100 oz) Peaches- 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F 3/29	Skim Milk -3/4 c (10, ½ gal) Meatballs – 3 pieces (2.5 cs) WW Bun - 1 (10 dz) Tomato Sauce - 1/8 c (1 can) Asparagus - 1/4 c (12 # frozen) Mandarin Oranges - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 165°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) TEMP _____ 40°F
T U E S D A Y	Skim Milk -3/4 c (10, ½ gal) Cheerios -1 c (100 oz) Banana - 1 (1 case) TEMP _____ 40°F 3/30	Skim Milk -3/4 c (10, ½ gal) Gr. Chicken - 3 oz (2 cs) WG Rice - 1/2 c (7 #) Butternut - 1/4 c (12.5 #) Pineapple Rings – 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 165°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Fresh Fruit -1 or 1/2 c (100) TEMP _____ 40°F
W E D N E S D A Y	Skim Milk -3/4 c (10, ½ gal) Apple Muffin-1 (1.5 cs) Pineapple Rings – 1/2 c (5 cans) or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 3/31	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) TEMP _____ 40°F TEMP _____ 40°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Cold Cereal - 1 c (100 oz) TEMP _____ 40°F
T H U R S D A Y	Skim Milk -3/4 c (10, ½ gal) Corn Flakes -1 c (100 oz) Peaches - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F 4/1	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 cans) TEMP _____ 40°F TEMP _____ 165°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) TEMP _____ 40°F
F R I D A Y	Skim Milk -3/4 c (10, ½ gal) Life - 1 c (100 oz) Fruit Cocktail - 1/2 c (5 cans) or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 4/2	Skim Milk -3/4 c (10, ½ gal) WW Pizza - 2 Slices (1 cs) Cheese - 1.5 oz (10 #) Tomato Sauce - 1/8 c (1 can) Sliced Olives - 1/8 c (1 can) Corn - 1/4 c (11 #) Fruit Medley - 1/2 c _____ TEMP _____ 40°F TEMP _____ 145°F TEMP _____ 145°F TEMP _____ 40°F	Skim Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs) TEMP _____ 40°F