

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

Winter 2021-2022

Cycle 1

	BREAKFAST	LUNCH	SNACK
M O N D A Y	Fat Free 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 11/22, 12/20, 1/17-Holiday, 2/14, 3/14, 4/11, 5/9	Fat Free 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	Fat Free Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) TEMP _____ 40°F
T U E S D A Y	Fat Free Milk -3/4 c (10, ½ gal) Rice/Corn Chex -1 c (100 oz) Banana - 1 (1 case) TEMP _____ 40°F 11/23, 12/21, 1/18, 2/15, 3/15, 4/12, 5/10	Fat Free Milk -3/4 c (10, ½ gal) Fish Patty - 1 (2 cs) WW Hamburger Roll - 1 (10 dz) 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	Fat Free 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	Fat Free 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 11/24, 12/22, 1/19, 2/16, 3/16, 4/13, 5/11	Fat Free 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	Fat Free Milk -3/4 c (10, ½ gal) Cold Cereal - 1 c (100 oz) TEMP _____ 40°F
T H U R S D A Y	Fat Free Milk -3/4 c (10, ½ gal) Life -1 c (100 oz) Applesauce - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F 11/25- Thanksgiving, 12/23, 1/20, 2/17, 3/17, 4/14, 5/12	Fat Free 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	Fat Free Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) TEMP _____ 40°F
F R I D A Y	Fat Free 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 11/26- Holiday, 12/24-Holiday, 1/21, 2/18, 3/18, 4/15, 5/13	Fat Free 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	Fat Free Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs) TEMP _____ 40°F

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Cycle 2

Amounts calculated to yield 100 servings

	BREAKFAST	LUNCH	SNACK
M O N D A Y	Fat Free 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 11/29, 12/27, 1/24, 2/21, 3/21, 4/18, 5/16	Fat Free 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	Fat Free Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) TEMP _____ 40°F
T U E S D A Y	Fat Free Milk -3/4 c (10, ½ gal) Cheerios -1 c (100 oz) Banana - 1 (1 case) TEMP _____ 40°F 11/30, 12/28, 1/25, 2/22, 3/22, 4/19, 5/17	Fat Free Milk -3/4 c (10, ½ gal) Gr. Chicken - 3 oz (2 cs) WW Tortilla -1/2 (1 cs) Peas & Carrots - 1/4 c (11 #) Mandarin Slices - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 165°F TEMP _____ 145°F TEMP _____ 40°F	Fat Free 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	Fat Free 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 12/1, 12/29, 1/26, 2/23, 3/23, 4/20, 5/18	Fat Free 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	Fat Free Milk -3/4 c (10, ½ gal) Cold Cereal - 1 c (100 oz) TEMP _____ 40°F
T H U R S D A Y	Fat Free Milk -3/4 c (10, ½ gal) Life- 1 c (100 oz) Pears- 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F 12/2, 12/30, 1/27, 2/24, 3/24, 4/21, 5/19	Fat Free 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	Fat Free Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs) TEMP _____ 40°F
F R I D A Y	Fat Free 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 12/3, 12/31, 1/28, 2/25, 3/25, 4/22, 5/20	Fat Free 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	Fat Free Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) TEMP _____ 40°F

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Cycle 3

	BREAKFAST	LUNCH	SNACK
M O N D A Y	Fat Free Milk -3/4 c (10, ½ gal) Cheerios -1 c (100 oz) Applesauce-1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F 12/6, 1/3, 1/31, 2/28, 3/28, 4/25, 5/23	Fat Free 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	Fat Free Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs) TEMP _____ 40°F
T U E S D A Y	Fat Free Milk -3/4 c (10, ½ gal) Kix - 1 c (100 oz) Banana - 1 (1 case) TEMP _____ 40°F TEMP _____ 40°F 12/7, 1/4, 2/1, 3/1, 3/29, 4/26, 5/24	Fat Free Milk -3/4 c (10, ½ gal) White Beans - 1/4 c (4 # 10 cans) Egg Noodles - 1/2 c (7 #) 4 Way Mix - 1/4 c (11 #) Peaches - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 145°F TEMP _____ 145°F TEMP _____ 40°F	Fat Free 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	Fat Free 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 12/8, 1/5, 2/2, 3/2, 3/30, 4/27, 5/25	Fat Free 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	Fat Free Milk -3/4 c (10, ½ gal) Cold Cereal - 1 c (100 oz) TEMP _____ 40°F
T H U R S D A Y	Fat Free Milk -3/4 c (10, ½ gal) Life - 1 c (100 oz) Pineapple - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F 12/9, 1/6, 2/3, 3/3, 3/31, 4/28, 5/26	Fat Free Milk -3/4 c (10, ½ gal) Ham -1 oz (7 #) Cheese - 1 oz (7 #) WW Hotdog Bun - 1 (10 dz) Broccoli - 1/4 c (11 #) Pears - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F TEMP _____ 145°F TEMP _____ 40°F	Fat Free Milk -3/4 c (10, ½ gal) Fresh Fruit - 1 oz (1 cs) TEMP _____ 40°F
F R I D A Y	Fat Free Milk -3/4 c (10, ½ gal) Rice/Corn Chex - 1 c (100 oz) Pears-1/2 c (5 cans) or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 12/10, 1/7, 2/4, 3/4, 4/1, 4/29, 5/27	Fat Free 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	Fat Free 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	Fat Free Milk -3/4 c (10, ½ gal) Kix -1 c (100 oz) Peaches- 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 40°F 12/13, 1/10, 2/7, 3/7, 4/4, 5/2, 5/31	Fat Free Milk -3/4 c (10, ½ gal) Meatballs – 3 pieces (2.5 cs) WW Hotdog 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	Fat Free Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) TEMP _____ 40°F
T U E S D A Y	Fat Free Milk -3/4 c (10, ½ gal) Cheerios -1 c (100 oz) Banana - 1 (1 case) TEMP _____ 40°F 12/14, 1/11, 2/8, 3/8, 4/5, 5/3, 6/1	Fat Free 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	Fat Free 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	Fat Free 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 12/15, 1/12, 2/9, 3/9, 4/6, 5/4, 6/2	Fat Free Milk -3/4 c (10, ½ gal) American Cheese -2 oz (14 #) WW Bread - 2 slices (10 lvs) Broccoli - 1/4 c (11 #) Peaches - 1/2 c (5 cans) TEMP _____ 40°F TEMP _____ 145°F TEMP _____ 145°F TEMP _____ 40°F	Fat Free Milk -3/4 c (10, ½ gal) Cold Cereal - 1 c (100 oz) TEMP _____ 40°F
T H U R S D A Y	Fat Free 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 12/16, 1/13, 2/10, 3/10, 4/7, 5/5, 6/3	Fat Free 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	Fat Free Milk -3/4 c (10, ½ gal) Animal Crackers - 1 oz (1 cs) TEMP _____ 40°F
F R I D A Y	Fat Free 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 12/17, 1/14, 2/11, 3/11, 4/8, 5/6, 6/4	Fat Free 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) Corn - 1/4 c (11 #) Fruit Medley - 1/2 c _____ TEMP _____ 40°F TEMP _____ 145°F TEMP _____ 145°F TEMP _____ 40°F	Fat Free Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs) TEMP _____ 40°F