

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

Summer / Fall 2022

Cycle 1

	BREAKFAST	LUNCH	SNACK
M O N D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Life -1 c (100 oz) Mandarin Slices - 1/2 c (5 / # 10) _____ 40°F 6/6, 7/4-Holiday, 8/1, 8/29, 9/26	F F Milk -3/4 c (10, ½ gal) _____ 40°F Chicken - 3 oz (2 cs) _____ 165°F WW Tortilla -1/2 (1 cs) Corn - 1/4 c (11 #) _____ 145°F Salsa - 2 T (2 gal) _____ 40°F Peaches - 1/2 c (5 /# 10) _____ 40°F	F F Milk -3/4 c (10, ½ gal) _____ 40°F Animal Crackers - 1 oz (1 cs)
T U E S D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Rice/Corn Chex -1 c (100 oz) Applesauce - 1/2 c (5 / # 10) _____ 40°F 6/7, 7/5, 8/2, 8/30, 9/27	FF Milk-3/4 c (10, ½ gal) _____ 40°F Fish Patty - 1 (2 cs) _____ 165°F WW Hamburger Roll-1 (9 dz) Coleslaw - 1/2 c (10 #) _____ 40°F Ketchup - 2 T (1 / # 10) Pineapple Tidbits – 1/2 c (5 /# 10) _____ 40°F	FF Milk- 3/4 c (10, ½ gal) _____ 40°F Fresh Fruit -1 or 1/2 c (100) _____ 40°F
W E D N E S D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Cheerios -1 c (100 oz) Banana - 1 (1 case) 6/8, 7/6, 8/3, 8/31, 9/28	FF Milk-3/4 c (10, ½ gal) _____ 40°F Turkey - 1 oz (7 #) _____ 40°F American Cheese - 1 oz (7 #) _____ 40°F WW Bread – 2 slices (10 lvs) Pickles - 1/8 c (1 gal) Lettuce Mix - 1/4 c (13 #) _____ 40°F Italian Dressing - 1 T (1/2 gal) Apple - 1 / Applesauce - 1/2 c (5 /# 10) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F WG Goldfish - 0.75 oz (1 cs)
T H U R S D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F BB Muffin - 1 (1.5 cs) Pineapple Tidbits – 1/2 c (5 /#10) _____ 40°F or Fresh Fruit - 1 or 1/2 c (100) _____ 40°F 6/9, 7/7, 8/4, 9/1, 9/29	FF Milk-3/4 c (10, ½ gal) _____ 40°F Black Beans - 1/8 c (2 /# 10 cans) _____ 145°F Cheddar - 1.5 oz (10.5 #) _____ 40°F WW Tortilla - 1/2 (1 cs) Sliced Olives - 1/8 c (1 can) _____ 40°F Salsa - 2 T (1 gal) Tomato / Cucumber Salad -1/4 c (6 # each) _____ 40°F Fruit Medley - 1/2 c _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Cold Cereal - 1 c (100 oz) _____
F R I D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Corn Flakes - 1 c (100 oz) Peaches - 1/2 c (5 /# 10) or Fresh Fruit - 1 or 1/2 c (100) _____ 40°F 6/10, 7/8, 8/5, 9/2, 9/30	FF Milk-3/4 c (10, ½ gal) _____ 40°F Meatballs – 3 pieces (2.5 cs) _____ 165°F WG Hotdog Roll - 1 (13 pkg) Tomato Sauce - 1/8 c (1/ # 10) _____ 165°F Cali Blend - 1/4 c (11 #) _____ 145°F Fruit Medley - 1/2 c _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Fresh Fruit/ Fruit Medley - 1 or 1/2 c (5 / # 10) _____ 40°F

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Cycle 2

	BREAKFAST	LUNCH	SNACK
M O N D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Rice/Corn Chex - 1 c (100 oz) Fruit Cocktail – 1/2 c (5 / # 10) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F American Cheese - 2 oz (14 #) _____ 40°F /145 °F WW Bread – 2 slices (10 lvs) 3 Bean Salad - 1/4 c (2 / # 10) _____ 40°F Pineapple - 1/2 c (5 / # 10) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Animal Crackers - 1 oz (1 cs)
6/13, 7/11, 8/8-Holiday, 9/5-Holiday, 10/3			
T U E S D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Cheerios -1 c (100 oz) Banana - 1 (1 case)	FF Milk-3/4 c (10, ½ gal) _____ 40°F Gr. Chicken - 3 oz (2 cs) _____ 165°F WW Hamburger Roll-1 (10 dz) Peas & Carrots - 1/4 c (11 #) _____ 145 °F Mandarin Slices - 1/2 c (5 / # 10) _____ 40°F	FF Milk- 3/4 c (10, ½ gal) _____ 40°F Fresh Fruit -1 or 1/2 c (100) _____ 40°F
6/14, 7/12, 8/9, 9/6, 10/4			
W E D N E S D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Kix - 1 c (100 oz) Pineapple - 1/2 c (5 / # 10) or Fresh Fruit - 1 or 1/2 c (100) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Ham - 1 oz (7 #) _____ 40°F Cheese - 1 oz (7 #) _____ 40°F WG Rotini - 1/2 c (8 #) _____ 40°F Capri Blend - 1/4 c (11 #) _____ 145 °F Pears -1/2 c (5 / # 10) _____ 40°F or Fresh Fruit - 1 or 1/2 c (100) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F WG Goldfish - 0.75 oz (1 cs)
6/15, 7/13, 8/10, 9/7, 10/5			
T H U R S D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Life- 1 c (100 oz) Pears- 1/2 c (5 / # 10) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Chicken/Tuna/ or Egg Salad Chicken Salad - 2 oz (13 #) _____ 40°F Tuna Salad - 2 oz (4 - # 5 cans) _____ 40°F Egg Salad - 2 oz (5 dz Lg) _____ 40°F WG Hotdog Roll - 1 (13 pkg) Beet Salad - 1/4 c (3 / # 10) _____ 40°F Peaches -1/2 c (5 / # 10) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Fresh Fruit -1 or 1/2 c (100) _____ 40°F
6/16, 7/14, 8/11, 9/8, 10/6			
F R I D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Apple Muffin - 1 (1.5 cs) Peaches -1/2 c (5 / # 10) or Fresh Fruit - 1 or 1/2 c (100) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Chicken Tenders - 2 oz (20 #) _____ 165°F WG Rice - 1/2 c (7 #) _____ 145°F Broccoli - 1/4 c (11 #) _____ 40°F Ketchup - 2 T (1 gal) Fruit Medley - 1/2 c _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Cold Cereal - 1 c (100 oz) _____
6/17, 7/15, 8/12, 9/9, 10/7			

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Cycle 3

	BREAKFAST	LUNCH	SNACK
M O N D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Cheerios -1 c (100 oz) Applesauce-1/2 c (5 / # 10) _____ 40°F 6/20, 7/18, 8/15, 9/12, 10/10-Holiday	FF Milk-3/4 c (10, ½ gal) _____ 40°F Turkey - 1 oz (7 #) _____ 40°F American Cheese- 1 oz (7 #) _____ 40°F WW Bread - 2 slices (10 lvs) Broccoli - 1/4 c (11 #) _____ 145°F Mandarin Slices - 1/2 c (5 / # 10) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F WG Goldfish - 0.75 oz (1 cs)
T U E S D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Kix - 1 c (100 oz) Banana - 1 (1 case) 6/21, 7/19, 8/16, 9/13, 10/11	FF Milk-3/4 c (10, ½ gal) _____ 40°F Quesadilla Black Beans - 1/8 c (2 # 10 cans) _____ 40°F/145°F Shredded Cheddar- 1.5 oz (10.5 #) _____ 40°F WW Tortilla-1/2 (1 cs) Corn - 1/4 c (11 #) _____ 145°F Olives-1/8 c (1 / # 10) Salsa - 2 T (1 gal) Peaches - 1/2 c (5 / # 10) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Fresh Fruit -1 or 1/2 c (100) _____ 40°F
W E D N E S D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Rice/Corn Chex - 1 c (100 oz) Peaches - 1/2 c (5 / # 10) or Fresh Fruit - 1 or 1/2 c (100) _____ 40°F 6/22, 7/20, 8/17, 9/14, 10/12	FF Milk-3/4 c (10, ½ gal) _____ 40°F Cheeseburger - 1 patty (1.5 cs) _____ 165°F WW Hamburger Roll-1 (10 dz) Fresh Vegetable - 1/ 4 c _____ 40°F Pickles - 1/4 c (2 gal) Ketchup - 2 T (1 / # 10) Pineapple - 1/2 c (5 / # 10) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F WG Goldfish - 0.75 oz (1 cs)
T H U R S D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F BB Muffin - 1 (1.5 cs) Pineapple - 1/2 c (5 / # 10) _____ 40°F 6/23, 7/21, 8/18, 9/15, 10/13	FF Milk-3/4 c (10, ½ gal) _____ 40°F Hard Boiled Egg - 1 (9 dozen) _____ 40°F Ham / Cheese Cubes - 1 oz (7 # ea) _____ 40°F WG Pretzel - 1 (1 cs) 4 Bean Salad - 1/4 c (2/# 10) _____ 40°F Pears - 1/2 c (5 / # 10) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Cold Cereal - 1 c (100 oz) _____
F R I D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Life - 1 c (100 oz) Pears-1/2 c (5 / # 10) or Fresh Fruit - 1 or 1/2 c (100) _____ 40°F 6/24, 7/22, 8/19, 9/16, 10/14	FF Milk-3/4 c (10, ½ gal) _____ 40°F Chicken Patty - 1 (1.5 cs) _____ 165°F BBQ Sauce - 1/8 c (1 / # 10) WW Hamburger roll - 1 (10 dz) Corn & Peas - 1/4 c (11 #) _____ 145°F Fruit Medley - 1/2 c _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Fresh Fruit/ Fruit Medley - 1 or 1/2 c (5 / # 10) _____ 40°F

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Cycle 4

	BREAKFAST	LUNCH	SNACK
M O N D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Kix -1 c (100 oz) Peaches- 1/2 c (5 / # 10) _____ 40°F 6/27, 7/25, 8/22, 9/19, 10/17	FF Milk-3/4 c (10, ½ gal) _____ 40°F Meatballs – 3 pieces (2.5 cs) _____ 165°F WG Rotini - 1/2 c (8 #) _____ 145°F Tomato Sauce - 1/8 c (1 / # 10) _____ 145°F Asparagus - 1/4 c (12 #) _____ 145°F Mandarin Oranges - 1/2 c (5 / #10) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Animal Crackers - 1 oz (1 cs)
T U E S D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Cheerios -1 c (100 oz) Banana - 1 (1 case) 6/28, 7/26, 8/23, 9/20, 10/18	FF Milk-3/4 c (10, ½ gal) _____ 40°F Gr. Chicken - 3 oz (2 cs) _____ 165°F WG Rice - 1/2 c (7 #) _____ 145°F Cali Mix - 1/4 c (11 #) _____ 145°F Pineapple Rings – 1/2 c (5 / # 10) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Fresh Fruit -1 or 1/2 c (100) _____ 40°F
W E D N E S D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Life - 1 c (100 oz) Pineapple Rings – 1/2 c (5 / # 10) or Fresh Fruit - 1 or 1/2 c (100) _____ 40°F 6/29, 7/27, 8/24, 9/21, 10/19	FF Milk-3/4 c (10, ½ gal) _____ 40°F WW Pizza - 2 Slices (1 cs) _____ 145°F Cheese - 1.5 oz (10 #) Tomato Sauce - 1/8 c (1 / # 10) Lettuce Mix - 1/4 c (13 #) _____ 40°F Italian Dressing - 1 T (1/2 gal) Fruit Medley - 1/2 c _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F WG Goldfish - 0.75 oz (1 cs)
T H U R S D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Corn Flakes -1 c (100 oz) Peaches - 1/2 c (5 / # 10) _____ 40°F 6/30, 7/28, 8/25, 9/22, 10/20	FF Milk-3/4 c (10, ½ gal) _____ 40°F Scrambled Eggs -1/4 c (4 bags) _____ 165°F WW Tortilla - 1/2 (1 cs) Peppers - 1/4 c (11 #) _____ 145°F Fruit Cocktail - 1/2 c (5 / # 10) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Animal Crackers - 1 oz (1 cs)
F R I D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Apple Muffin-1 (1.5 cs) Fruit Cocktail - 1/2 c (5 / # 10) or Fresh Fruit - 1 or 1/2 c (100) _____ 40°F 7/1, 7/29, 8/26, 9/23, 10/21	FF Milk-3/4 c (10, ½ gal) _____ 40°F Ham -1 oz (7 #) _____ 40°F Cheese - 1 oz (7 #) _____ 40°F WW Bread – 2 slices (10 lvs) Green Beans - 1/4 c (11 #) _____ 145°F or Vegetable Medley - 1/2 c _____ 40°F/ 145°F Peaches - 1/2 c (5 / # 10) _____ 40°F or Fruit Medley - 1/2 c _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Cold Cereal - 1 c (100 oz) _____

