

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

2022-2023

Cycle 1

	BREAKFAST	LUNCH	SNACK
M O N D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Cheerios -1 c (100 oz) Mandarin Slices-1/2 c (5 cans) TEMP _____ 40°F 10/24, 11/21, 12/19, 1/16-Holiday, 2/13, 3/13, 4/10, 5/8, 6/5	FF Milk-3/4 c (10, ½ gal) _____ 40°F Gr. Chicken - 3 oz (2 cs) _____ 165°F BBQ Sauce - 1/8 c (1 / # 10) WW Pita - 1/2 pita (1 cs) Winter Mix - 1/4 c (11 #) _____ 145°F Pears - 1/2 c (5 cans) _____ 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 Rice/Corn Chex -1 c (100 oz) Banana - 1 (1 case) 10/25, 11/22, 12/20, 1/17, 2/14, 3/14, 4/11, 5/9, 6/6	FF Milk-3/4 c (10, ½ gal) _____ 40°F Fish Patty - 1 (2 cs) _____ 165°F WW Hamburger Roll - 1 (10 dz) 4 Way Mix - 1/4 c (11 #) _____ 145°F Ketchup - 2 T (1 can) Pineapple Tidbits – 1/2 c (5 cans) _____ 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 BB Muffin - 1 (1.5 cs) Pineapple Tidbits – 1/2 c (5 cans) or Fresh Fruit - 1 or 1/2 c (100) _____ 40°F 10/26, 11/23-Holiday, 12/21, 1/18, 2/15, 3/15, 4/12, 5/10, 6/7	FF Milk-3/4 c (10, ½ gal) _____ 40°F Chicken Patty - 1 (1.5 cs) _____ 165°F WW Pasta - 1/2 c (8 #) _____ 145°F Peas & Carrots - 1/4 c (11 #) _____ 145°F Mandarin Slices - 1/2 c (5 cans) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Cold Cereal - 1 c (100 oz) _____
T H U R S D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Life -1 c (100 oz) Applesauce - 1/2 c (5 cans) _____ 40°F 10/27, 11/24 - Thanksgiving, 12/22, 1/19, 2/16, 3/16, 4/13, 5/11, 6/8	FF Milk-3/4 c (10, ½ gal) _____ 40°F Hamburger - 1 patty (1.5 cs) _____ 165°F Cheese - 1 sl (3.5 #) WW Hamburger Roll-1 (10 dz) Pickles - 1/4 c (2 gal) Corn - 1/4 c (11 #) _____ 145°F Ketchup -2 T (1 can) Peaches - 1/2 c (5 cans) _____ 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 Corn Flakes - 1 c (100 oz) Mandarin Slices - 1/2 c (5 cans) or Fresh Fruit - 1 or 1/2 c (100) _____ 40°F 10/28, 11/25 - Holiday, 12/23-Holiday, 1/20, 2/17, 3/17, 4/14, 5/12, 6/9	FF Milk-3/4 c (10, ½ gal) _____ 40°F Beans - 1/8 c (2 # 10 cans) _____ 145°F 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) _____ 145°F Salsa - 2 T (2 gal) Fruit Medley - 100 or 1/2 c _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F WG Goldfish - 0.75 oz (1 cs)

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2022-2023

Cycle 2

Amounts calculated to yield 100 servings

	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 cans) _____ 40°F 10/31, 11/28, 12/26- Holiday, 1/23, 2/20 - Holiday, 3/20, 4/17, 5/15, 6/12	FF Milk-3/4 c (10, ½ gal) _____ 40°F American Cheese -2 oz (14 #) _____ 145°F WW Bread – 2 slices (10 lvs) Asparagus - 1/4 c (12 # frozen) _____ 145°F Pineapple - 1/2 c (5 cans) _____ 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) 11/1, 11/29, 12/27, 1/24, 2/21, 3/21, 4/18, 5/16, 6/13	FF Milk-3/4 c (10, ½ gal) _____ 40°F Gr. Chicken - 3 oz (2 cs) _____ 165°F WW Tortilla -1/2 (1 cs) Peas & Carrots - 1/4 c (11 #) _____ 145°F Mandarin Slices - 1/2 c (5 cans) _____ 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 Apple Muffin - 1 (1.5 cs) Pineapple - 1/2 c (5 cans) or Fresh Fruit - 1 or 1/2 c (100) _____ 40°F 11/2, 11/30, 12/28, 1/25, 2/22, 3/22, 4/19, 5/17, 6/14	FF Milk-3/4 c (10, ½ gal) _____ 40°F Turkey - 2 oz (23 #) _____ 165°F Butternut - 1/4 c (12.5 #) _____ 145°F WW Hamburger Roll-1 (10 dz) Gravy - 3 T (3 cans) _____ 165°F Pears -1/2 c (5 cans) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Cold Cereal - 1 c (100 oz)
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 cans) _____ 40°F 11/3, 12/1, 12/29, 1/26, 2/23, 3/23, 4/20, 5/18, 6/15	FF Milk-3/4 c (10, ½ gal) _____ 40°F Tuna - 2 oz (4 cans-66.5 oz) _____ 40°F WW Bread - 2 slices (10 lvs) Winter Mix - 1/4 c (11 #) _____ 145°F Peaches -1/2 c (5 cans) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F WG Goldfish - 0.75 oz (1 cs)
F R I D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Kix - 1 c (100 oz) Peaches -1/2 c (5 cans) or Fresh Fruit - 1 or 1/2 c (100) _____ 40°F 11/4, 12/2, 12/30, 1/27, 2/24, 3/24, 4/21, 5/19, 6/16	FF Milk-3/4 c (10, ½ gal) _____ 40°F Chicken Tenders - 2 oz (20 #) _____ 165°F WG Rotini - ½ c (8 #) _____ 145°F Green Beans - 1/2 c (5 cans) _____ 145°F Ketchup - 2 T (1 gal) Fruit Medley - 1/2 c _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Animal Crackers - 1 oz (1 cs)

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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 cans) _____ 40°F 11/7, 12/5, 1/2 - Holiday, 1/30, 2/27, 3/27, 4/24, 5/22, 6/19-Holiday	FF Milk-3/4 c (10, ½ gal) _____ 40°F Turkey - 1 oz (7 #) _____ 40°F Cheese- 1 oz (7 #) _____ 40°F WW Bread - 2 slices (10 lvs) Peas - 1/4 c (11 #) _____ 145°F Pickle Chips- 1/4 c (2 gal) Mandarin Slices - 1/2 c (5 cans) _____ 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) 11/8, 12/6, 1/3, 1/31, 2/28, 3/28, 4/25, 5/23, 6/20	FF Milk-3/4 c (10, ½ gal) _____ 40°F White Beans - 1/4 c (4 # 10 cans) _____ 145°F Egg Noodles - 1/2 c (7 #) _____ 145°F 4 Way Mix - 1/4 c (11 #) _____ 145°F Peaches - 1/2 c (5 cans) _____ 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 BB Muffin - 1 (1.5 cs) Peaches - 1/2 c (5 cans) or Fresh Fruit - 1 or 1/2 c (100) _____ 40°F 11/9, 12/7, 1/4, 2/1, 3/1, 3/29, 4/26, 5/24, 6/21	FF Milk-3/4 c (10, ½ gal) _____ 40°F American Chop Suey -1 c _____ 165°F WW Pasta – 1/2 c (8 #) _____ 145°F Beef – 2 oz (20 #) Tomato Sauce-1/8 c (1 can) Green Beans - 1/2 c (5 cans) _____ 145°F Pineapple - 1/2 c (5 cans) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Cold Cereal - 1 c (100 oz) _____
T H U R S D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Life - 1 c (100 oz) Pineapple - 1/2 c (5 cans) _____ 40°F 11/10, 12/8, 1/5, 2/2, 3/2, 3/30, 4/27, 5/25, 6/22	FF Milk-3/4 c (10, ½ gal) _____ 40°F Ham -1 oz (7 #) _____ 40°F Cheese - 1 oz (7 #) _____ 40°F WW Hotdog Bun - 1 (10 dz) Broccoli - 1/4 c (11 #) _____ 145°F Pears - 1/2 c (5 cans) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Fresh Fruit - 1 oz (1 cs) _____ 40°F
F R I D A Y	FF Milk-3/4 c (10, ½ gal) _____ 40°F Rice/Corn Chex - 1 c (100 oz) Pears-1/2 c (5 cans) or Fresh Fruit - 1 or 1/2 c (100) _____ 40°F 11/11- Holiday, 12/9, 1/6, 2/3, 3/3, 3/31, 4/28, 5/26, 6/23	FF Milk-3/4 c (10, ½ gal) _____ 40°F Chicken Patty - 1 (1.5 cs) _____ 165°F Mozzarella - 1 sl (5 #) Tomato Sauce - 1/8 c (1 can) WW Hamburger roll - 1 (10 dz) Carrots - 1/4 c (11 #) _____ 145°F Fruit Medley - 1/2 c _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F WG Goldfish - 0.75 oz (1 cs)

**C.H.I.L.D., Inc. Menu
2022-2023
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 cans) _____ 40°F 11/14, 12/12, 1/9, 2/6, 3/6, 4/3, 5/1, 5/29-Holiday	FF Milk-3/4 c (10, ½ gal) _____ 40°F Meatballs – 3 pieces (2.5 cs) _____ 165°F WW Hotdog Bun - 1 (10 dz) Tomato Sauce - 1/8 c (1 can) Asparagus - 1/4 c (12 # frozen) _____ 145°F Mandarin Oranges - 1/2 c (5 cans) _____ 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) 11/15, 12/13, 1/10, 2/7, 3/7, 4/4, 5/2, 5/30	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 Butternut - 1/4 c (12.5 #) _____ 145°F Pineapple Rings – 1/2 c (5 cans) _____ 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 Apple Muffin-1 (1.5 cs) Pineapple Rings – 1/2 c (5 cans) or Fresh Fruit - 1 or 1/2 c (100) _____ 40°F 11/16, 12/14, 1/11, 2/8, 3/8, 4/5, 5/3, 5/31	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) Broccoli - 1/4 c (11 #) _____ 145°F Peaches - 1/2 c (5 cans) _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F Cold Cereal - 1 c (100 oz) _____
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 cans) _____ 40°F 11/17, 12/15, 1/12, 2/9, 3/9, 4/6, 5/4, 6/1	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) Peas - 1/4 c (11 #) _____ 145°F Fruit Cocktail - 1/2 c (5 cans) _____ 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 Life - 1 c (100 oz) Fruit Cocktail - 1/2 c (5 cans) or Fresh Fruit - 1 or 1/2 c (100) _____ 40°F 11/18, 12/16, 1/13, 2/10, 3/10, 4/7, 5/5, 6/2	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 can) Corn - 1/4 c (11 #) _____ 145°F Fruit Medley - 1/2 c _____ _____ 40°F	FF Milk-3/4 c (10, ½ gal) _____ 40°F WG Goldfish - 0.75 oz (1 cs)