

C.H.I.L.D., Inc.
Summer / Fall 2021
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 / # 10) TEMP _____ 40°F TEMP _____ 40°F 7/5 - Holiday, 8/2, 8/30, 9/27, 10/25	Fat Free Milk -3/4 c (10, ½ gal) Gr. Chicken - 3 oz (2 cs) WW Pita - 1/2 pita (1 cs) 4 Bean Salad - 1/4 c (2 / # 10) Peaches - 1/2 c (5 / # 10) TEMP _____ 40°F TEMP _____ 165°F TEMP _____ 40°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 7/6, 8/3, 8/31, 9/28, 10/26	Fat Free Milk -3/4 c (10, ½ gal) Fish Patty - 1 (2 cs) WW Hamburger Roll-1 (9 dz) Coleslaw - 1/2 c (10 #) Ketchup - 2 T (1 / # 10) Pineapple Tidbits – 1/2 c (5 / # 10) TEMP _____ 40°F TEMP _____ 165°F TEMP _____ 40°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) Corn Flakes - 1 c (100 oz) Pineapple Tidbits – 1/2 c (5 / # 10) or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 7/7, 8/4, 9/1, 9/29, 10/27	Fat Free Milk -3/4 c (10, ½ gal) Ham - 1 oz (7 #) American Cheese - 1 oz (7 #) WW Bread – 2 slices (10 lvs) Pickles - 1/4 c (2 gal) Apple - 1 / Applesauce - 1/2 c (5 / # 10) TEMP _____ 40° F TEMP _____ 40°F TEMP _____ 40°F TEMP _____ 40°F	Fat Free Milk -3/4 c (10, ½ gal) WG Goldfish - 0.75 oz (1 cs) 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 / # 10) TEMP _____ 40°F TEMP _____ 40°F 7/8, 8/5, 9/2, 9/30, 10/28	Fat Free Milk -3/4 c (10, ½ gal) Meatballs – 3 pieces (2.5 cs) WG Hotdog Roll - 1 (13 pkg) Tomato Sauce - 1/8 c (1/ # 10) Peas & Carrots - 1/4 c (11 #) Mandarin Slices - 1/2 c (5 / # 10) 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
F R I D A Y	Fat Free Milk -3/4 c (10, ½ gal) BB Muffin - 1 (1.5 cs) Mandarin Slices - 1/2 c (5 / # 10) or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 7/9, 8/6, 9/3, 10/1, 10/29	Fat Free Milk -3/4 c (10, ½ gal) Black 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) Corn - 1/4 c (11 #) Salsa - 2 T (2 gal) Fruit Medley - 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) Cold Cereal - 1 c (100 oz) TEMP _____ 40°F

C.H.I.L.D., Inc.
Summer / Fall 2021
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 / # 10) TEMP _____ 40°F TEMP _____ 40°F 7/12, 8/9-Holiday, 9/6-Holiday, 10/4, 11/1	Fat Free Milk -3/4 c (10, ½ gal) American Cheese -2 oz (14 #) WW Bread – 2 slices (10 lvs) Peas - 1/4 c (11 #) Pineapple - 1/2 c (5 / # 10) 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 7/13, 8/10, 9/7, 10/5, 11/2	Fat Free 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 / # 10) Mandarin Slices - 1/2 c (5 / # 10) TEMP _____ 40°F TEMP _____ 165°F TEMP _____ 40°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) Kix - 1 c (100 oz) Pineapple - 1/2 c (5 / # 10) or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 7/14, 8/11, 9/8, 10/6, 11/3	Fat Free Milk -3/4 c (10, ½ gal) Turkey - 1 oz (7 #) Cheese - 1 oz (7 #) WW Hamburger Roll-1 (10 dz) Carrots - 1/4 c (11 #) Pears -1/2 c (5 / # 10) TEMP _____ 40° F 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 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 / # 10) TEMP _____ 40°F TEMP _____ 40°F 7/15, 8/12, 9/9, 10/7, 11/4	Fat Free Milk -3/4 c (10, ½ gal) Tuna - 2 oz (4 cans-66.5 oz) WW Bread - 2 slices (10 lvs) Beet Salad - 1/ 4 c (3 / # 10) Peaches -1/2 c (5 / # 10) TEMP _____ 40°F TEMP _____ 40°F TEMP _____ 40°F TEMP _____ 40°F	Fat Free Milk -3/4 c (10, ½ gal) Fresh Fruit -1 or 1/2 c (100) TEMP _____ 40°F
F R I D A Y	Fat Free Milk -3/4 c (10, ½ gal) Apple Muffin - 1 (1.5 cs) Peaches -1/2 c (5 / # 10) or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 7/16, 8/13, 9/10, 10/8, 11/5	Fat Free Milk -3/4 c (10, ½ gal) Chicken Tenders - 2 oz (20 #) WG Rotini - ½ c (8 #) Green Beans - 1/4 c (3 / # 10) 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) Cold Cereal - 1 c (100 oz) TEMP _____ 40°F

C.H.I.L.D., Inc.
Summer/ Fall 2021
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 / # 10) TEMP _____ 40°F TEMP _____ 40°F 7/19, 8/16, 9/13, 10/11-Holiday, 11/8	Fat Free Milk -3/4 c (10, ½ gal) Turkey - 1 oz (7 #) American Cheese- 1 oz (7 #) WW Bread - 2 slices (10 lvs) Peas - 1/4 c (11 #) Mandarin Slices - 1/2 c (5 / # 10) 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 7/20, 8/17, 9/14, 10/12, 11/9	Fat Free 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) Salsa - 2 T (1 gal) Peaches - 1/2 c (5 / # 10) 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) Rice/Corn Chex - 1 c (100 oz) Peaches - 1/2 c (5 / # 10) or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 7/21, 8/18, 9/15, 10/13, 11/10	Fat Free Milk -3/4 c (10, ½ gal) Hamburger - 1 patty (1.5 cs) WW Hamburger Roll-1 (10 dz) Pickles - 1/4 c (2 gal) Ketchup - 2 T (1 / # 10) Green Beans - 1/4 c (3 / # 10) Pineapple - 1/2 c (5 / # 10) TEMP _____ 40°F TEMP _____ 165° 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 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 / # 10) TEMP _____ 40°F TEMP _____ 40°F 7/22, 8/19, 9/16, 10/14, 11/11	Fat Free 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 / # 10) TEMP _____ 40°F TEMP _____ 40°F/145°F TEMP _____ 145°F TEMP _____ 40°F	Fat Free Milk -3/4 c (10, ½ gal) Fresh Fruit - 1 or 1/2 c (5 / # 10) TEMP _____ 40°F
F R I D A Y	Fat Free Milk -3/4 c (10, ½ gal) BB Muffin - 1 (1.5 cs) Pears-1/2 c (5 / # 10) or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 7/23, 8/20, 9/17, 10/15, 11/12	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 / # 10) 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) Cold Cereal - 1 c (100 oz) TEMP _____ 40°F

C.H.I.L.D., Inc.
Summer / Fall 2021
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 / # 10) TEMP _____ 40°F TEMP _____ 40°F 7/26, 8/23, 9/20, 10/18, 11/15	Fat Free Milk -3/4 c (10, ½ gal) Meatballs – 3 pieces (2.5 cs) WG Hotdog Roll - 1 (13 pkg) Tomato Sauce - 1/8 c (1/ # 10) Corn - 1/4 c (11 #) Mandarin Oranges - 1/2 c (5 / # 10) 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 7/27, 8/24, 9/21, 10/19, 11/16	Fat Free Milk -3/4 c (10, ½ gal) Gr. Chicken - 3 oz (2 cs) WG Rice - 1/2 c (7 #) Carrots - 1/4 c (11 #) Pineapple Rings – 1/2 c (5 / # 10) 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) Life - 1 c (100 oz) Pineapple Rings – 1/2 c (5 / # 10) or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 7/28, 8/25, 9/22, 10/20, 11/17	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 / # 10) Asparagus - 1/4 c (12 #) 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
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 / # 10) TEMP _____ 40°F TEMP _____ 40°F 7/29, 8/26, 9/23, 10/21, 11/18	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 / # 10) 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) Apple Muffin-1 (1.5 cs) Fruit Cocktail - 1/2 c (5 / # 10) or Fresh Fruit - 1 or 1/2 c (100) TEMP _____ 40°F TEMP _____ 40°F 7/30, 8/27, 9/24, 10/22, 11/19	Fat Free 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 / # 10) TEMP _____ 40°F TEMP _____ 40°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