

BILINGUAL CHILD ACADEMY - SPRING/SUMMER MENU (MONTHLY ROTATION)



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	French toast Banana Milk	Scrambled egg Strawberries Milk	Sausage Patty Orange Slices Milk	Oatmeal Banana Milk	Carrot Apple Muffin Butter Milk
LUNCH	Grilled Chicken Corn Peas 1/2 toast slice Milk	Picadillo beef Mixed veggies WG tortilla Milk	Tuna sandwich Peas Carrots WG bread Milk	Spaghetti w. Meat Sauce Tomato Sauce Apple slices Milk	Chicken Nuggets Breaded Broccoli Pineapple Milk
SNACK	WG Crackers Low fat cheese	Banana Pretzels	Salsa WG Tortilla chips	Hummus Pita	Turkey Low fat cheese

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	French toast sticks Blueberries Milk	Yogurt Cherries Milk	WG Zucchini bread Raspberries Milk	Scrambled Eggs Red Peppers Milk	WG English muffin Banana Milk
LUNCH	Bean & Cheese Taco (WG tortilla) Carrots Sliced grapes Milk	Chicken patty (Breaded) Mashed potatoes Apples Milk	Cheeseburger (WG Bun) Potato Tots Tomato/Lettuce Milk	Tuna/Rice Casserole Mixed Veggies Cheese Melon Milk	Fideo Loco (pasta) (w. Beef & Beans) tomato base Broccoli Milk
SNACK 1	Orange Slices Deli Meat	Watermelon Melba toast	Raisins Chex Mix	WG Crackers Cheese Stick	WG Tortilla Chips Salsa

OPTIONAL 5PM Snack	Chex Mix Raisins	Goldfish Yogurt stick	WG Crackers cheese stick	WG hard Pretzels Banana	Animal Crackers Applesauce
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WG= Whole Grain

CACFP Meal Pattern Requirements Met

MENU portions are adjusted for Babies 6-11 months on Table Food & Young Toddlers 1yrs



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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Oatmeal Berries Milk	Egg Fritata Beans Milk	Ham Beans Milk	WG Cereal Banana Milk	Quesadilla (WG) Sliced tomatoes Milk
LUNCH	Pasta Salad Deli Turkey Cheese Peas Milk	Meatballs (sauce) Brown Rice Melon Corn Milk	Fish Sticks (breaded) Green Beans Grapes (cut) WG bread Milk	Macaroni & Cheese Mixed Veggies Pineapple Milk	Pinto Beans Brown Rice Corn Apples Milk
SNACK	Bean Dip WG Tortilla chips	Yogurt Bran Muffin	Deli Turkey Cheese Stick	WG hard Pretzels Banana	Carrot Zucchini - Muffin

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	WG Cold Cereal Berries Milk	Bran Muffin Banana Milk	Scrambled Eggs Papaya Milk	WG Bagel Cantalope Milk	Sausage Patty Orange Slices Milk
LUNCH	*OPEN Carrots Sliced grapes Milk	Deli Turkey Wrap WG Tortilla Cheese Lettuce & Tomato Milk	Black Beans Low Fat Cheese Quinoa Corn Milk	Grilled BBQ Chicken Corn Muffin Tator Tots Melon Milk	Tofu Teryaki Egg Noodles Bok choy Carrots Milk
SNACK 1	Orange Slices Pita Chips	Watermelon Melba toast	Cherry Tomatoes Savory Rice Cake	Yogurt Fruit	Celery Sticks Nut Soy butter Raisins

OPTIONAL 5PM Snack	Chex Mix Raisins	Goldfish Yogurt stick	WG Crackers cheese stick	WG hard Pretzels Banana	Animal Crackers Applesauce
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Week 5 or Alternate Menu

Week 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	WG Waffle Peaches Milk	Bean & Cheese Taco Fruit Milk	Oatmeal Banana Milk	Scrambled Egg Berries Milk	Sausage Patty Cantelope Milk
LUNCH	Lentil Stew Mixed veggies Toast Milk	Spaghetti Carbonara Bacon/Ham Green Beans Watermelon Milk	Aztec Grain Salad: Quinoa Apples, Cranberries, Squash Milk	Ham & Cheese Sandwich (WG Bread) Fruit in Season Corn Milk	Egg Frittata Spinach Cheese Pineapple Milk
SNACK	Maria Crackers Banana	Yogurt Bran Muffin	WG Hard Pretzels Cheese Stick	WG hard Pretzels Banana	WG Bread stick Marinara sauce

OPTIONAL 5PM Snack	Chex Mix Raisins	Goldfish Yogurt stick	WG Crackers cheese stick	WG hard Pretzels Banana	Animal Crackers Applesauce
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CACFP Meal Pattern Requirements Met

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Replacement Menu Items

Open Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	WG Cereal	WG Grits	Cottage Cheese	Cream of Wheat	Banana
	Berries/Banana	Pineapple	Fruit	Nut Butter on Toast	
	Milk	Milk	Milk	Milk	Milk
LUNCH	Pasta Salad	Cheese Pizza	ChickPea Salad	Taco Salad: Beef	Egg Frittata
	Deli Turkey	WG Crust	Cucumbers	Cheese, Salsa	Ham
	Cheese	Corn	Feta Cheese	Refried Beans	Spinach
	Peas	Fruit in Season	WG Bulgur Wheat	Lettuce	Cheese
	Milk	Milk	Milk	Milk	Milk
SNACK 1	Bean Dip	Blueberry Bread			
	WG Tortilla chips	Orange Slices			
Evening Snack	Nutri Grain Bar	Vanilla Wafers			

INFANT MEAL PATTERNS

Breakfast, Lunch, or Supper

Infants Birth through 5 months	Infants 6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	6-8 fluid ounces breastmilk ¹ or formula; ² and 0-1/2 ounce equivalent infant cereal; ² 3 or 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or 1/2 cup of yogurt; ⁴ or a combination of the above; ⁵ and 0-2 tablespoons vegetable or 5 6 fruit, or a combination of both.

Snack

4-6 fluid ounces breastmilk ¹ or formula ²	2-4 fluid ounces breastmilk ¹ or formula; ² and 0-1/2 ounce equivalent bread; ³ 7 or 0-1/4 ounce equivalent crackers; ³ 7 or 0-1/2 ounce equivalent infant cereal; ² 3 or 0-1/4 ounce equivalent ready-to-eat breakfast cereal; 3 5 7 8 and 0-2 tablespoons vegetable or 5 6
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¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Refer to FNS guidance for additional information on crediting different types of grains.

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵ A serving of this component is required when the infant is developmentally ready to accept it. ⁶ Fruit and vegetable juices must not be served.

⁷ A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).