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|  | | **Growing Futures Early Education Center Cycle Menu**  **May – 2022** | | | **This institution is an equal opportunity**  **Provider.** | |
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| CACFP Under 3 Requirement  Breakfast:  Milk – ½ Cup,  Fruit – ¼ Cup,  Grains/Breads – **At Least the Serving Listed on Daily Menu**  Lunch:  Milk – ½ Cup,  Vegetables and Fruits – ¼ Cup Total,  Grains/Breads – **At Least the Serving Listed on Daily Menu**  Meat and Meat Alternatives – 1 ounce  Snack:  Milk – ½ Cup  Vegetables and Fruits – ½ Cup  Grains/Breads – **At Least the Serving Listed on Daily Menu**  Meat and Meat Alternatives –  \*Cheese – ½ Ounce  \*Cottage  Cheese –1/8 Cup  \*Yogurt – ¼ Cup  **CACFP Under 2 Requirement**  \*Whole Unflavored Milk  **CACFP 2 and older Requirement**  \*1% Unflavored Milk | Monday | Tuesday | Wednesday | Thursday | Friday | CACFP 3 and Older Requirements  Breakfast:  Milk – ¾ Cup,  Fruit – ½ Cup,  Grains/Breads – **At Least the Serving Listed on Daily Menu**  Lunch:  Milk – ¾ Cup,  Vegetables and Fruits – ½ Cup Total,  Grains/Breads – **At Least the Serving Listed on Daily Menu**  Meat and Meat Alternatives – 1 ½ ounce  Snack:  Milk – ½ Cup  Vegetables and Fruits – ½ Cup  Grains/Breads – **At Least the Serving Listed on Daily Menu**  Meat and Meat Alternatives –  \*Cheese – ½ Ounce  \*Cottage Cheese – 1/8 Cup  \*Yogurt – ¼ Cup  **CACFP Under 2 Requirement**  \*Whole Unflavored Milk  **CACFP 2 and older Requirement**  \*1% Unflavored Milk |
| **2**  **Lunch:** Beef Hamburger with cheese (½ of a whole wheat bun), Baked tater tots Potato, Red Grapes, unflavored milk  **100 MEALS** | **3**  **Lunch:** Creamy Tuscan Chicken with (¼ of a cup whole wheat penne pasta), Mixed Vegetables, Bananas, unflavored milk  **100 MEALS** | **4**  **Lunch:** Sweet & Sour Meatballs, (¼ of a cup brown rice), Minty Peas and Onions, Fresh Green Apples, unflavored milk  **100 MEALS** | **5**  **Lunch:** Chili with Beans, (4 saltine crackers), Steamed Cauliflower, with Cheese (nacho cheese), peaches, unflavored milk  **100 MEALS** | **6**  **Lunch:** Beef Soft Taco on (6” whole wheat tortilla), (¼ of a cup Spanish Rice), Shredded Lettuce with Tomatoes, Salsa, Fresh pears, unflavored milk  **63 MEALS** |
| **9**  **Lunch:** Chicken Meatball on (¼ of a cup whole wheat baked pasta), Grilled Zucchini, Honeydew Melon, unflavored milk  **100 MEALS** | **10**  **Lunch:** (¼ of a cup whole wheat macaroni noodles) goulash, (4 saltine crackers), Corn, Clementine, unflavored milk  **100 MEALS** | **11**  **Lunch:** Grilled Cheese Sandwich on (½ whole wheat bread), tomato Soup, Fresh pears, unflavored milk  **100 MEALS** | **12**  **Lunch:** Barbeque Chicken Breast, Potato Wedges (with skin on), (½ of a whole wheat roll), Pineapple, unflavored milk  **100 MEALS** | **13**  **Lunch:** Beef and Broccoli Stir-Fry, (¼ a of cup brown rice), Fruit Cocktail, unflavored milk  **63 MEALS** |
| **16**  **Lunch:** (½ of corn muffin tamale Pie), Skillet Cabbage, Tropical Fruit, unflavored white milk  **100 MEALS** | **17**  **Lunch:** Sloppy Joe on (½ of a whole wheat bun), Roasted Potatoes with Herbs, Melon Slices, unflavored milk  **100 MEALS** | **18**  **Lunch:** (½ of a slice whole wheat crust) Turkey Pepperoni Pizza, Chopped Garden Salad, Banana, unflavored milk  **100 MEALS** | **19**  **Lunch:** (¼ of a cup whole wheat Noodles) Chicken Casserole, Steam Broccoli, Fresh Mangos, unflavored milk  **100 MEALS** | **20**  **Lunch:** Meatloaf, Mashed Potatoes, Green beans, (½ of a whole wheat bun), Red Grapes, unflavored milk  **63 MEALS** |
| **23**  **Lunch:** Marinara Chicken, Steamed yellow squash,  (½ of a whole wheat roll), Seedless Watermelon, unflavored milk  **100 MEALS** | **24**  **Lunch:** Grill Turkey Sandwich on (½ of a whole wheat bread), Oven bake Sweet potatoes totter tots, Fresh pears, unflavored white milk  **100 MEALS** | **25**  **Lunch:** Grill Chicken Tacos (6” whole wheat tortilla), Black beans, Mangos, unflavored milk  **100 MEALS** | **26**  **Lunch:** Tofu Nuggets  (Panko Breaded, Oven Fried), Green Beans, Fresh Orange Wedges, (½ of a whole wheat roll), unflavored milk  **100 MEALS** | **27**  **AGENCY**  **CLOSED** |
| **30**  **AGENCY**  **CLOSED** | **31**  **Lunch:** Beef and Bean Burrito(½ of a whole wheat tortilla), (¼ of a cup Spanish Rice), Steamed Baby carrots, Green grapes, unflavored milk  **100 MEALS** | **1**  **Lunch:** Chicken Zucchini Enchilada on (6” whole wheat tortilla), Spinach and fresh vegetable salad, Cantaloupe, unflavored milk  **100 MEALS** | **2**  **Lunch:** Panko Baked Fish, Twice baked potato, Fresh Pears, (½ of a whole wheat roll), unflavored milk  **100 MEALS** | **3**  **Lunch:** Beef Stroganoff (½ of a cup egg whole wheat noodles) Peas, Pineapple, unflavored milk  **63 MEALS** |