

2016 - 2017 Service Dates

10/3-10/7, 10/31-11/4, 11/28-12/2,
12/26-12/30, 1/23-1/27 2/20-2/24
3/20-3/24

2016-2017 MID FLORIDA CHILD NUTRITION

Pre-K / Headstart (8.11.16)

Traditional Meal Pattern Menu – Cycle II

Effective: October 2016 - March 2017

WEEK 1					
PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Orange Juice (4 oz.)	Fruit Salad (½ c.)	Fresh Orange (½ c.)	Peach Cup (½ c.)	Pineapple Orange Juice (4 oz.)
FRUIT	Pre-portioned	Pre-portioned	Cut on site	Pre-portioned	Pre-portioned
MEAT OR MEAT ALTERNATE					1 Cheese Slice
GRAINS/ BREADS	1 sl. Raisin Bread (1.1 oz.) 1 slice each - Tongs	Mini Wheat Cereal (¾ c.)	Toasty O's Cereal (1 oz.)	½ Whole Wheat Bagel (1.5 oz.) ½ each - Tongs	1 Biscuit (1 oz.)
	Margarine	Pre-portioned	Pre-portioned	Margarine, Jelly	1 each - Tongs
MILK – 6 fluid oz. (¾cup)	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk
	15900	15902	15904	15906	15908
LUNCH	BBQ Beef (3 oz.) Beef Rib Patty (1.5 oz.) w/ BBQ Sauce	Chef Salad - Assorted Greens, Turkey (1.5 M/MA), Cheese (1/2 oz.)	Meatballs w/ Swedish Sauce 2 M/MA	Sesame Chicken 1.5 M/MA	Breaded Fish Square 2 M/MA CN
MEAT OR MEAT ALTERNATE 1 ½ oz.	1 each - Tongs	Level #8 Scoop	3 Meatballs - Tongs	Cut on site - Tongs	1 each - Tongs
VEGETABLE OR FRUIT Minimum ½ cup Total	Corn (1/4 c.) Level #16 Scoop	Greens Salad (from above) (1/2 c.)	Mashed Butternut Squash (1/4 c.) Level #16 Scoop	Gingered Carrots (1/4 c.) Level #16 Scoop	Stewed Tomatoes (1/4 c.) Level #16 Scoop
	Peaches (1/4 c.) Level #16 Scoop	Fresh Apple (1/4 c.) Cut on site	Green Beans (1/4 c.) Level #16 Scoop	Broccoli (1/4 c.) Level #16 Scoop	Fruit Cocktail (1/4 c.) Level #16 Scoop
GRAINS/ BREADS ½ slice or ¼ cup	1 Hot Dog Bun (1 oz.) 1 each - Tongs	½ sl. Whole Grain Bread (0.9 oz.) ½ sl. each - Tongs	1 Whole Grain Dinner Roll (0.9 oz.) 1 each - Tongs	½ sl. Whole Wheat Bread (0.9 oz.) ½ sl. each - Tongs	Cheese Grits ½ c. Level #8 Scoop
OTHER		French Dressing	Margarine	Margarine	
MILK – 6 fluid oz. (¾cup)	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk
	37884	25193	37886	37894	37896
SNACK (Includes 2 of the following groups: ½ c. Fruit, 2 oz. Yogurt, 4 oz. Milk, ½ oz. Meat/Meat Alt., ½ Grain/Bread)	Whole Grain Crackers (½ oz.) 2 pkg. each	Fish-Shaped Crackers (1 oz.) 1 pkg. each	Apple Snack in Loaf (2 oz.) 1 each - Pre-portioned	Cheese Slice (½ oz.) 1 sl. each	Cheese Crackers (.7 oz.) ½ pkg. each
	1% Low Fat Milk	Seasonal Fresh Fruit (½ c.)	1% Low Fat Milk	Pear Cup (½ c.)	1% Low Fat Milk
	½ of ½ pint	Cut on site	½ of ½ pint	Pre-portioned	½ of ½ pint
	37926	15950	15954	37928	15958

10/10-10/14, 11/7-11/11, 12/5-12/9, 1/2 -1/6,
1/30-2/3, 2/27-3/3, 3/27-3/31

2016-2017 MID FLORIDA CHILD NUTRITION

Pre-K / Headstart (8.11.16)
Traditional Meal Pattern Menu – Cycle II
Effective: October 2016 - March 2017

WEEK 2					
PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BREAKFAST</u>	Orange Juice (4 oz.)	Applesauce (½ c.)	Fresh Orange (½ c.)	Fruit Cocktail (½ c.)	Blended Juice (4 oz.)
FRUIT	Pre-portioned	Pre-portioned	Cut on site	Pre-portioned	Pre-portioned
MEAT OR MEAT ALTERNATE					Turkey Ham (1 oz.)
GRAINS/ BREADS	Raisins Bran Muffin (1.8 oz.)	1 sl. Whole Wheat Bread (0.9 oz.)	Honey Nut Scooters Cereal (1 oz.)	½ Whole Wheat Bagel (1.5 oz.)	1 Biscuit (1 oz.)
	1 each - Tongs	1 slice each - Tongs	Pre-portioned	½ each - Tongs	1 each - Tongs
		Margarine, Jelly		Margarine, Jelly	Margarine, Jelly
MILK – 6 fluid oz. (¾cup)	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk
	15910	15912	15914	15916	15918
<u>LUNCH</u>	NY Strip Steak Patty (3 oz.)	Baked Chicken Thigh (2 oz.) or Drumstick (1.5 oz.) w/ Gravy	4 oz. Three Bean Beef Chili (1.5 M/MA)	Bean & Cheese Burrito 2 M/MA 2G/B CN	Hamburger Beef Patty 1.75 M/MA CN
MEAT OR MEAT ALTERNATE 1 ½ oz.	w/ Gravy 2 M/MA CN		Level #8 Scoop	1 each - Tongs	1 each - Tongs
VEGETABLE OR FRUIT	Garlic Mashed Potatoes (1/4 c.)	Mixed Greens (1/4 c.)	2 oz. Beans & 1 oz. Tomato Sauce in Chili	Three Bean Salad (1/4 c.)	Carrots (1/4 c.)
	Level #16 Scoop	Level #16 Scoop		Level #16 Scoop	Level #16 Scoop
	Mandarin Oranges (1/4 c.)	Black Eyed Peas (1/4 c.)	Yellow Corn (1/4 c.)	Tropical Mixed Fruit (1/4 c.)	Baked Beans (1/4 c.)
	Level #16 Scoop	Level #16 Scoop	Level #16 Scoop	Level #16 Scoop	Level #16 Scoop
GRAINS/ BREADS	½ sl. Whole Grain Bread (1 oz.)	Cornbread (1 oz.)	Rice ½ c.	Tortilla (from burrito)	½ Hamburger Bun (.9 oz.)
½ slice or ¼ cup	½ sl. each - Tongs	1. each - Tongs	Level #8 Scoop		1 each - Tongs
OTHER					Mustard, Ketchup
MILK – 6 fluid oz. (¾cup)	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk
	28219	37900	27301	28217	37902
<u>SNACK</u> (Includes 2 of the following groups: ½ c. Fruit, 2 oz. Yogurt, 4 oz. Milk, ½ oz. Meat/Meat Alt., ½ Grain/Bread)	Cheese Slice (½ oz.)	Pretzels (1 oz.)	Whole Grain Crackers (½ oz.)	½ sl. Cinnamon Bread (0.5 oz.)	Assorted Crackers – Wheat/Saltine (2 ct.) (½ oz.)
	1 sl. each	1 pkg. each	2 pkg. each	½ slice each - Tongs	1 pkg. each
	Fruit Salad Cup (½ c.)	1% Low Fat Milk ½ of ½ pint	Yogurt, Flavored (4 oz.)	Applesauce Cup (½ c.)	Peach Cup (½ c.)
	Pre-portioned		Pre-portioned	Pre-portioned	Pre-portioned
	37930	15962	37932	15966	15968

2016-2017 MID FLORIDA CHILD NUTRITION

Pre-K / Headstart (8.11.16)
Traditional Meal Pattern Menu – Cycle II
Effective: October 2016 - March 2017

WEEK 3					
PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST FRUIT	Pineapple Cup (½ c.) Pre-portioned	Blended Juice (4 oz.) Pre-portioned	Grape Juice (4 oz.) Pre-portioned	Orange Juice (4 oz.) Pre-portioned	Applesauce Cup (½ c.) Pre-portioned
MEAT OR MEAT ALTERNATE			1 Cheese Slice		
GRAINS/ BREADS	1 sl. Whole Wheat Bread (0.9 oz.) 1 slice each - Tongs	Raisin Bran Muffin (1.8 oz.) 1 each - Tongs	1 Biscuit (1 oz.) 1 each - Tongs	½ Whole Wheat Bagel (1.5 oz.) ½ each - Tongs	Honey Nut Scooters (¾ c.) Pre-portioned
	Margarine, Jelly			Margarine, Jelly	
MILK – 6 fluid oz. (¾cup)	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk
	15876	15880	15882	15884	15886

LUNCH MEAT OR MEAT ALTERNATE 1 ½ oz.	3 oz. Breaded Pork Patty (2 M/MA) CN 1 each - Tongs	Hamburger Patty 1.75 M/MA CN 1 each - Tongs	Whole Grain Pizza Pocket 2 M/MA 2G/B CN 1 each - Tongs	4 oz. Bolognese Meat Sauce (1.5 M/MA) Level #8 Scoop	Turkey (2.6 oz.) & Cheese (0.5 oz.) Sandwich on Whole Wheat Bread W961 1 each
VEGETABLE OR FRUIT Minimum ½ cup Total	Yellow Corn (1/4 c.) Level #16 Scoop	Mixed Fruit (1/4 c.) Level #16 Scoop	Lettuce w/Carrot & Tomato (1/2 c.)	Italian Vegetable Medley (1/4 c.) Level #16 Scoop	Bell Pepper Strips (1/4 c.) Level #16 Scoop
	Pears (1/4 c.) Level #16 Scoop	Baked Beans (1/4 c.) Level #16 Scoop	Marinated Broccoli Salad (1/4 c.) Level #16 Scoop	Fruit Cocktail (1/4 c.) Level #16 Scoop	Applesauce (1/4 c.) Level #16 Scoop
GRAINS/ BREADS ½ slice or ¼ cup	½ sl. Whole Grain Bread (0.9 oz.) ½ sl. each - Tongs	½ Hamburger Bun (.9 oz.) 1 each - Tongs	Pizza Pocket (from above) (2.75 oz.)	Penne Pasta ½ c. Level #8 Scoop	2 sl. Whole Wheat Bread (2 oz.) 2 sl. each - Tongs
OTHER		Mustard, Ketchup	Ranch Dressing		Mustard
MILK – 6 fluid oz. (¾cup)	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk
	28221	28223	28225	37906	28227
SNACK (Includes 2 of the following groups: ½ c. Fruit, 2 oz. Yogurt, 4 oz. Milk, ½ oz. Meat/Meat Alt., ½ Grain/Bread)	String Cheese (1 oz.) 1 each - Pre-portioned	½ sl. Cinnamon Bread (0.5 oz.) ½ slice each - Tongs	Whole Grain Pizza Bites (1 oz.) 1 each -	Whole Grain Crackers (½ oz.) 2 pkg. each	Cheese Crackers (.7 oz.) ½ pkg. each
	Peach Cup (½ c.) Pre-portioned	Yogurt, Flavored (4 oz.) Pre-portioned	1% Low Fat Milk ½ of ½ pint	Fruit Cocktail Cup (½ c.) Pre-portioned	1% Low Fat Milk ½ of ½ pint
	15924	37918	37920	37922	15934

10/24-10/28, 1/16-1/20,	11/21-11/25, 2/13-2/17,	12/19-12/23 3/13-3/17
----------------------------	----------------------------	--------------------------

2016-2017 MID FLORIDA CHILD NUTRITION

Pre-K / Headstart (8.11.16)
Traditional Meal Pattern Menu – Cycle II
Effective: October 2016 - March 2017

WEEK 4					
PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Apple Juice (4 oz.)	Fresh Orange (½ c.)	Fruit Salad (½ c.)	Pineapple Orange Juice (4 oz.)	Blended Juice (4 oz.)
FRUIT	Pre-portioned	Cut on site	Pre-portioned	Pre-portioned	Pre-portioned
MEAT OR MEAT ALTERNATE		Turkey Ham (1 oz.)			
GRAINS/ BREADS	Raisin Bran Muffin (1.8 oz.)	1 sl. Whole Wheat Bread (0.9 oz.)	Crispix Cereal (¾ c.)	1 sl. Whole Wheat Bread (0.9 oz.)	½ Whole Wheat Bagel (1.5 oz.)
	1 each - Tongs	1 slice each - Tongs Margarine, Jelly	Pre-portioned	1 slice each - Tongs Margarine, Jelly	½ each - Tongs Margarine, Jelly
MILK – 6 fluid oz. (¾cup)	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk
	15888	15890	15892	15894	15896
LUNCH	2 oz. Sliced Turkey w/ Gravy	NY Strip Steak Patty (3 oz.) w/ Gravy 2 M/MA CN	Mojo Chicken Thigh (2 oz.) or Drumstick (1.5 oz.)	3 oz. Breaded Pork Patty (2 M/MA) CN	Whole Grain Pizza Pocket 2 M/MA 2G/B CN
MEAT OR MEAT ALTERNATE 1 ½ oz.	1 each - Tongs		1 each - Tongs	1 each - Tongs	1 each - Tongs
VEGETABLE OR FRUIT Minimum ½ cup Total	Mashed Potatoes (1/4 c.)	Peas & Carrots (1/4 c.)	Mixed Vegetables (1/4 c.)	Collard Greens (1/4 c.)	Carrot Salad w/ Pineapple (1/4 c.)
	Level #16 Scoop	Level #16 Scoop	Level #16 Scoop	Level #16 Scoop	Level #16 Scoop
	Succotash (1/4 c.) Level #16 Scoop	Potato Au Gratin (1/4 c.) Level #16 Scoop	Peaches (1/4 c.) Level #16 Scoop	Fruit Cocktail (1/4 c.) Level #16 Scoop	Mandarin Oranges (1/4 c.) Cut on site
GRAINS/ BREADS ½ slice or ¼ cup	½ sl. Wheat Bread (0.9 oz.) 1 slice each - Tongs	½ sl. Whole Grain Bread (0.9 oz.) ½ sl. each - Tongs	Spanish Rice (1/4 c.) Level #16 Scoop	½ sl. Whole Wheat Bread (0.9 oz.) ½ sl. each - Tongs	Pizza Pocket (from above) (2.75 oz.)
OTHER	Margarine	Margarine			
MILK – 6 fluid oz. (¾cup)	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk	1% Low Fat Milk
	37908	37910	37912	37916	37914
SNACK (Includes 2 of the following groups: ½ c. Fruit, 2 oz. Yogurt, 4 oz. Milk, ½ oz. Meat/Meat Alt., ½ Grain/Bread)	Fish-Shaped Crackers (1 oz.) 1 pkg. each 1% Low Fat Milk ½ of ½ pint	Pineapple Cup (½ c.) Pre-portioned Yogurt, Flavored (4 oz.) Pre-portioned	Peach Cup (½ c.) Pre-portioned 1% Low Fat Milk ½ of ½ pint	Pretzels (1 oz.) 1 pkg. each Pear Cup (½ c.) Pre-portioned	½ sl. Raisin Bread (0.5 oz.) ½ slice each - Tongs Fruit Cocktail (½ c.) Pre-portioned
	15936	37924	15940	15944	15946