

# 1/2 Hotel Pans:	Portion by Age Group			Monday	Tuesday	Wednesday	Thursday	Friday
<b>5 LUNCH</b>	<b>1-2</b>	<b>3-5</b>	<b>6-12</b>	6/3/2024	6/4/2024	6/5/2024	6/6/2024	6/7/2024
Components				<b>Veggie Alfredo</b>	<b>Beef Tacos</b>	<b>Honey Garlic Chicken</b>	<b>Dirty Rice</b>	<b>Goulash</b>
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Whole Grain Penne	Tortillas	Whole Grain Noodles	Whole Grain Rice	Whole Grain Noodles
Meat/Meat Alternate	1oz	1.5oz	2oz	Mozz, Parm	Beef, Black beans	Chicken	Turkey	Ground Beef
Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli, Cauliflower	Lettuce,Corn, Salsa	Mixed Veg	Onion , peppers, Beans	Tomatoes, Mixed veg
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Mandarin Oranges	Diced Pears	Diced Peaches	Tropical Fruit
<b>5 Dinner</b>								
Components				<b>Broccoli Cheddar Casserole</b>	<b>Mexican Lasagna</b>	<b>Dirty Rice</b>	<b>Goulash</b>	<b>Honey Garlic Chicken</b>
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Whole Grain Rice	Whole Grain Tortilla	Whole Grain Rice	Whole Grain Noodles	Whole Grain Noodles
Meat/Meat Alternate	1oz	1.5oz	2oz	Cheddar, Mozz	beef	Turkey	Ground Beef	Chicken
Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Corn, Black Beans	Onion , peppers, Beans	Tomatoes, Mixed veg	Mixed Veg
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Diced Pears	Diced Peaches	Tropical Fruit	Oranges
<b>5 LUNCH</b>	<b>1-2</b>	<b>3-5</b>	<b>6-12</b>	6/10/2024	6/11/2024	6/12/2024	6/13/2024	6/14/2024
Components				<b>Mac and Cheese</b>	<b>Taco Salad</b>	<b>Chicken Stoganooff</b>	<b>Beef Fried Rice</b>	<b>Sloppy Joes</b>
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Whole Grain Noodles	Whole Grain Chips	Whole Grain Pasta	Whole Grain Rice	Whole Grain Bun
Meat/Meat Alternate	1oz	1.5oz	2oz	Cheddar	Beef	Chicken	Beef	Turkey
Vegetable	1/8 cup	1/4 cup	1/2 cup	Mixed Vegetable	Salsa, Lettuce, Beans	Mixed vegetables	Mixed Veg	Mixed Veg
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Apple Sauce	Tropical Fruit	Diced Pears	Peaches
<b>5 Dinner</b>								
Components				<b>Red Beans &amp; rice</b>	<b>Taco Bake</b>	<b>Beef Fried Rice</b>	<b>Sloppy Joes</b>	<b>Chicken Stoganooff</b>
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Whole Grain Rice	Whole Grain Rice	Whole Grain Rice	Whole Grain Bun	Whole Grain Pasta
Meat/Meat Alternate	1oz	1.5oz	2oz	Red Beans	Turkey	Beef	Turkey	Chicken
Vegetable	1/8 cup	1/4 cup	1/2 cup	Tomatos, Onions & Pepper	Tomatos,Onions, Peppers	Mixed Veg	Mixed Veg	Mixed vegetables
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Apple Sauce	Diced Pears	Peaches	Tropical Fruit
<b>5 LUNCH</b>	<b>1-2</b>	<b>3-5</b>	<b>6-12</b>	6/17/2024	6/18/2024	6/19/2024	6/20/2024	6/21/2024
Components				<b>Veggie Goulash</b>	<b>Beef Nachos</b>	<b>Jamaican Rice &amp; Peas</b>	<b>Beef Stir Fry</b>	<b>Chicken &amp; Gravy</b>
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Whole Grain Pasta	Whole Grain Tortilla Chips	Whole Grain Rice	Whole Grain Noodle	Roll
Meat/Meat Alternate	1oz	1.5oz	2oz	Red Beans, Cheese	Beef	Turkey	beef	Chicken
Vegetable	1/8 cup	1/4 cup	1/2 cup	Tomato, Onion, Pepper	Salsa, Lettuce, Tomato	Peas and Carrots	Mixed Veggies	Mashed Potatoes
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Diced Peaches	Mixed Fruit	Mixed Fruit	Diced Peaches
<b>5 Dinner</b>								
Components				<b>Veggie Shephards pie</b>	<b>Taco Pasta</b>	<b>Beef Stir Fry</b>	<b>Chicken &amp; Gravy</b>	<b>Jamaican Rice &amp; Peas</b>
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Whole Grain Roll	Whole Grain Penne	Whole Grain Noodle	Roll	Whole Grain Rice
Meat/Meat Alternate	1oz	1.5oz	2oz	Navy Beans	Ground Turkey	beef	Chicken	Turkey
Vegetable	1/8 cup	1/4 cup	1/2 cup	Sweet potatoes	Onions, Peppers	Mixed Veggies	Mashed Potatoes	Peas and Carrots
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Diced Pears	Mixed Fruit	Diced Peaches	Mixed Fruit
<b>5 LUNCH</b>	<b>1-2</b>	<b>3-5</b>	<b>6-12</b>	6/24/2024	6/25/2024	6/26/2024	6/27/2024	6/28/2024
Components				<b>Garden Rice Pilaf</b>	<b>Mexican Rice</b>	<b>Chili</b>	<b>Tomato Basil pasta</b>	<b>Chicken Fried Rice</b>
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Whole Grain Rice	Whole Grain Rice	Cornbread	Whole Grain Pasta	Whole Grain Rice
Meat/Meat Alternate	1oz	1.5oz	2oz	Black Beans	Chicken	Turkey	Turkey	Chicken
Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli/Cauliflower	Beans, Tomatoes, corn	Mixed Vegetables	Garden salad	Mixed Veg
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Diced Peaches	Apple Sauce	Diced Pears	Apple Sauce	Diced Pears
<b>5 Dinner</b>								
Components				<b>Mac and Cheese</b>	<b>Taco Pie</b>	<b>Tomato Basil pasta</b>	<b>Chicken Fried Rice</b>	<b>Chili</b>
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Whole Grain Noodles	Whole Grain Chips	Whole Grain Pasta	Whole Grain Rice	Cornbread
Meat/Meat Alternate	1oz	1.5oz	2oz	Cheddar	Turkey	Turkey	Chicken	Turkey
Vegetable	1/8 cup	1/4 cup	1/2 cup	Mixed Vegetable	Salsa, Black Bean, tomato	Garden salad	Mixed Veg	Mixed Vegetables
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Apple Sauce	Apple Sauce	Diced Pears	Diced Pears
<b>5 LUNCH</b>	<b>1-2</b>	<b>3-5</b>	<b>6-12</b>	7/1/2024	7/2/2024	7/3/2024	7/4/2024	7/5/2024
Components				<b>Curried Veggie Stew</b>	<b>Turkey Fajitas</b>	<b>Curry Chicken</b>	<b>Chicken Drumsticks</b>	<b>Beef Stroganoff</b>
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Whole Grain Pita	Whole Grain Tortillas	Whole Grain Rice	Whole Grain Roll	Whole Grain Noodles
Meat/Meat Alternate	1oz	1.5oz	2oz	Chickpeas	Turkey	Chicken	Chicken	Beef
Vegetable	1/8 cup	1/4 cup	1/2 cup	Peas/Carrots/Potatoes	Onion , Peppers, Potato	Chickpeas, carrots	Mashed potatoes	Green Beans
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	<b>Diced Peaches</b>	Diced Peaches	Oranges	Tropical Fruit	Diced Pears
<b>5 Dinner</b>								
Components				<b>Veggie Alfredo</b>	<b>Beef Tacos</b>	<b>Chicken Drumsticks</b>	<b>Beef Stroganoff</b>	<b>Curry Chicken</b>
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Whole Grain Penne	Tortillas	Whole Grain Roll	Whole Grain Noodles	Whole Grain Rice
Meat/Meat Alternate	1oz	1.5oz	2oz	Mozz, Parm	Beef, Black beans	Chicken	Beef	Chicken
Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli, Cauliflower	Lettuce,Corn, Salsa	Mashed potatoes	Green Beans	Chickpeas, carrots
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Mandarin Oranges	Tropical Fruit	Diced Pears	Oranges

# Snacks

				Monday	Tuesday	Wednesday	Thursday	Friday
<b>5 Snacks</b>	<b>1-2</b>	<b>3-5</b>	<b>6-12</b>	6/3/2024	6/4/2024	6/5/2024	6/6/2024	6/7/2024
Components				<b>Oranges and Crackers</b>	<b>Banana oat Muffins</b>	<b>Chips and Salsa</b>	<b>Blueberry Bars</b>	<b>Apple Spice Bread</b>
Fluid Milk	4 oz	6 oz	8 oz					
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	WG Crackers	rolled oats	Tortilla Chips	Granola	Whole Wheat Flour
Meat/Meat Alternate	1oz	1.5oz	2oz					
Vegetable	1/8 cup	1/4 cup	1/2 cup			Salsa	Blueberries	
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Oranges	bananas			Apples
<b>5 Snacks</b>	<b>1-2</b>	<b>3-5</b>	<b>6-12</b>	6/10/2024	6/11/2024	6/12/2024	6/13/2024	6/14/2024
Components				<b>Apple Chips</b>	<b>Cheese and Crackers</b>	<b>Chocolate Chip Muffins</b>	<b>Cherry Bars</b>	<b>Nana Pudding cups</b>
Fluid Milk	4 oz	6 oz	8 oz					Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz		Cheddar	Rolled Oats	Rolled Oats	Bananas
Meat/Meat Alternate	1oz	1.5oz	2oz					
Vegetable	1/8 cup	1/4 cup	1/2 cup			Bananas		
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apples			Cherry	
<b>5 Snacks</b>	<b>1-2</b>	<b>3-5</b>	<b>6-12</b>	6/17/2024	6/18/2024	6/19/2024	6/20/2024	6/21/2024
Components				<b>Banana oat Muffins</b>	<b>Apple Bars</b>	<b>Turkey &amp; Cheese Sammies</b>	<b>Strawberry Parfaits</b>	<b>Cherry Granola bake</b>
Fluid Milk	4 oz	6 oz	8 oz				Yogurt	
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	rolled oats	rolled oats	Wg Tortilla	Granola	Rolled Oats
Meat/Meat Alternate	1oz	1.5oz	2oz			Turkey, Cheddar	Strawberries	
Vegetable	1/8 cup	1/4 cup	1/2 cup					
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	bananas	apples			Dried Cherries
<b>5 Snacks</b>	<b>1-2</b>	<b>3-5</b>	<b>6-12</b>	6/24/2024	6/25/2024	6/26/2024	6/27/2024	6/28/2024
Components				<b>Nana Pudding cups</b>	<b>Pita and Hummus</b>	<b>Chicken Salad</b>	<b>Mixed Berry Bars</b>	<b>Choc chunk muffins</b>
Fluid Milk	4 oz	6 oz	8 oz	Milk	Pita pockets			
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Bananas		WG Crackers	rolled oats	rolled oats
Meat/Meat Alternate	1oz	1.5oz	2oz	Nana Pudding cups	Hummus	Chicken		
Vegetable	1/8 cup	1/4 cup	1/2 cup	Milk				
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Bananas			Blueberries, Raspberries	bananas
<b>5 Snacks</b>	<b>1-2</b>	<b>3-5</b>	<b>6-12</b>	7/1/2024	7/2/2024	7/3/2024	7/4/2024	7/5/2024
Components				<b>Chocolate chip Granola</b>	<b>Chip &amp; Salsa</b>	<b>Blueberry Bars</b>	<b>Fruit &amp; Cheese</b>	<b>Cran/Orange Bread</b>
Fluid Milk	4 oz	6 oz	8 oz	Vanilla Yogurt				
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Rolled Oats		<b>Rolled Oats</b>		Whole Wheat Flour
Meat/Meat Alternate	1oz	1.5oz	2oz				Assorted Cheese	
Vegetable	1/8 cup	1/4 cup	1/2 cup					
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup			Blueberry Preserves	Mixed Fruit	Cranberries