

Center: **Play Academy** Month: **March** Date: **1** to **31**

<b>Week 3</b>		AGES	AGES	AGES	Monday	Tuesday	Wednesday	Thursday	Friday
<b>COMPONENT</b>		1-2	3-5	6-18	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Breakfast</b>	Milk	1/2 cup	3/4 cup	1 cup	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK
	Meat&Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Life cereal (WG)	Waffles	Special-K cereal (WG)	Bagel	Oatmeal (WG)
	Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Fruit	1/4 cup	1/2 cup	1/2 cup	Applesauce	Oranges	Bananas	Strawberries	Blueberries
	Extras					Syrup		Cream cheese	
	Notes								
<b>AM Snack**</b>	Milk	1/2 cup	1/2 cup	1 cup					
	Meat&Alternates	1/2 oz	1/2 oz	1 oz				String cheese	
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Animal crackers	Goldfish crackers	Frosted mini wheat (WG)	Ritz crackers	Graham crackers (WG)
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	Bananas	Apples	Grapes		Apples
<b>Lunch</b>	Milk	1/2 cup	3/4 cup	1 cup	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Chicken Alfredo	Beef Barley Soup, Cheese	Creamy cheese	Cheese Quesadilla	Scrambled eggs
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Rotini (WG)	Wheat bread (WG)	Macaroni	Wheat tortilla	Pancakes
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli & Califlower	Garden salad	Baked beans	Pea soup with oats (WG)	Tater tots
	Fruit	1/8 cup	1/4 cup	1/4 cup	Peaches	Bananas	Pears	Melon	Mixed Fruit w/Peach
	Extras					Ranch			Syrup, Ketchup
	Notes								
<b>Supper</b>	Milk	1/2 cup	3/4 cup	1 cup	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Turkey & Cheese Sub	Cheese, Beef, Refried beans	Chicken Mozzarella Wraps	Grilled Turkey & Cheese	Chicken Cheese Quesadilla
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	White bun	Taco shell (WG)	Wheat tortilla	Wheat bread (WG)	Wheat tortilla
	Vegetable	1/8 cup	1/4 cup	1/2 cup	French fries	Lettuce	Corn	Cucumbers	Salsa
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit w/Guava	Grapes	Mixed Fruit w/Pear	Apples	Mandarines
	Extras					Sour cream			Sour cream
	Notes								

This institution is an equal opportunity provider.

1 Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.

2 oz eq = ounce equivalents

\*\* Select 2 of the 5 components for snack.

<b>Week 4</b>		AGES	AGES	AGES	<b>March</b>				
<b>COMPONENT</b>		1-2	3-5	6-18	<b>MONDAY</b> 9	<b>TUESDAY</b> 10	<b>WEDNESDAY</b> 11	<b>THURSDAY</b> 12	<b>Friday</b> 13
<b>Breakfast</b>	Milk	1/2 cup	3/4 cup	1 cup	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK
	Meat&Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cheerios cereal (WG)	Bagel	Rice Krispies cereal (WG)	Waffles	Life cereal (WG)
	Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Fruit	1/4 cup	1/2 cup	1/2 cup	Applesauce	Peaches	Bananas	Strawberries	Blueberries
	Extras					Cream cheese		Syrup	
	Notes								
<b>AM Snack**</b>	Milk	1/2 cup	1/2 cup	1 cup					
	Meat&Alternates	1/2 oz	1/2 oz	1 oz	String cheese			Cheese cubes	
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Graham crackers (WG)	Animal crackers	Goldfish crackers		Cheez it crackers
	Vegetable	1/2 cup	1/2 cup	3/4 cup				Carrots	
	Fruit	1/2 cup	1/2 cup	3/4 cup		Apples	Grapes		Bananas
<b>Lunch</b>	Milk	1/2 cup	3/4 cup	1 cup	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Chicken Stir fry	Chicken Noodle soup, Egg	Beef	Grilled Cheese	Beef Meatloaf
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	White Rice	Wheat crackers (WG)	Whole Grain Penne (WG)	Wheat bread (WG)	Wheat bread (WG)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Vegetables w/mushroom	Garden salad	Marinara sauce	Lentil Vegetable Soup	Mashed Potato
	Fruit	1/8 cup	1/4 cup	1/4 cup	Peaches	Bananas	Pears	Melon	Mixed Fruit w/Pear
	Extras					Ranch			Pickles
	Notes								
<b>Supper</b>	Milk	1/2 cup	3/4 cup	1 cup	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Cheese, Beef, Refried beans	Turkey & Cheese Wrap	Creamy cheese	Beef Sloppy Joe	Mozzarella cheese
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Tortilla chips (WG)	Wheat tortilla	Macaroni	Hamburger buns	Pizza
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Lettuce	Cucumbers	Baked beans	Grape tomatoes	Baked beans
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit w/Papaya	Oranges	Bananas	Apples	Mandarines
	Extras				Sour cream				
	Notes								

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2 oz eq = ounce equivalents

\*\* Select 2 of the 5 components for snack.

<b>Week 1</b>		<b>AGES</b>	<b>AGES</b>	<b>AGES</b>	<b>March</b>				
<b>COMPONENT</b>		<b>1-2</b>	<b>3-5</b>	<b>6-18</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
					<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Breakfast</b>	Milk	1/2 cup	3/4 cup	1 cup	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK
	Meat&Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Special-K cereal (WG)	Oatmeal (WG)	Pancakes	Animal crackers	Life cereal (WG)
	Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Fruit	1/4 cup	1/2 cup	1/2 cup	Peaches	Applesauce	Bananas	Strawberries	Blueberries
	Extras						Syrup	Syrup	
	Notes								
<b>AM Snack**</b>	Milk	1/2 cup	1/2 cup	1 cup					
	Meat&Alternates	1/2 oz	1/2 oz	1 oz		American cheese		American cheese	Cheese cubes
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Tortilla chips (WG)	Club crackers	Frosted mini wheat (WG)	Goldfish crackers	
	Vegetable	1/2 cup	1/2 cup	3/4 cup	Salsa				
	Fruit	1/2 cup	1/2 cup	3/4 cup			Oranges	Bananas	Grapes
<b>Lunch</b>	Milk	1/2 cup	3/4 cup	1 cup	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Turkey & Egg	Creamy cheese	Cheese Quesadilla	Beef	Grilled Turkey & Cheese
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Fried Rice	Macaroni	Wheat tortilla	Spaghetti	Wheat bread (WG)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Garden salad	Baked beans	Garbanzo Vegetable Soup	Marinara sauce	Corn
	Fruit	1/8 cup	1/4 cup	1/4 cup	Pears	Bananas	Apples	Melon	Mixed Fruit w/Peach
	Extras				Ranch				Tomato soup
	Notes								
<b>Supper</b>	Milk	1/2 cup	3/4 cup	1 cup	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Chicken Mozzarella Wraps	Cheese, Beef, Refried beans	Turkey&cheese	Mozzarella cheese	Beef Sloppy Joe
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Wheat tortilla	Taco shell (WG)	Ritz crackers	Pizza	White bun
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Cucumbers	Salsa	French fries	Baked beans	Carrots
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit w/Papaya	Oranges	Grapes	Apples	Oranges
	Extras					Sour cream	Ketchup		Ranch
	Notes								

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<b>Week 2</b>		<b>AGES</b>	<b>AGES</b>	<b>AGES</b>	<b>March</b>				
<b>COMPONENT</b>		<b>1-2</b>	<b>3-5</b>	<b>6-18</b>	<b>Monday 23</b>	<b>Tuesday 24</b>	<b>Wednesday 25</b>	<b>Thursday 26</b>	<b>Friday 27</b>
<b>Breakfast</b>	Milk	1/2 cup	3/4 cup	1 cup	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK
	Meat&Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Rice Krispies Cereal (WG)	Bagel	Pancakes	Cheerios cereal (WG)	Special-K cereal (WG)
	Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Fruit	1/4 cup	1/2 cup	1/2 cup	Applesauce	Pears	Blueberries	Strawberries	Mandarines
	Extras					Cream cheese	Syrup		
	Notes								
<b>AM Snack**</b>	Milk	1/2 cup	1/2 cup	1 cup					
	Meat&Alternates	1/2 oz	1/2 oz	1 oz			String cheese		
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cheez it crackers	Frosted mini wheat (WG)	Graham crackers (WG)	Club crackers	Animal crackers
	Vegetable	1/2 cup	1/2 cup	3/4 cup					Carrots
	Fruit	1/2 cup	1/2 cup	3/4 cup	Bananas	Oranges		Bananas	
<b>Lunch</b>	Milk	1/2 cup	3/4 cup	1 cup	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Baked chicken	Chicken Noodle soup, Egg	Cheese cubes	Chicken Stir fry	Beef Meatloaf
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	White Rice	Wheat crackers (WG)	Garlic Bread sticks	White Rice	Wheat bread (WG)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green beans	Garden salad	Beet Vegetable soup	Vegetables w/mushroom	Mashed potato
	Fruit	1/8 cup	1/4 cup	1/4 cup	Peaches	Grapes	Bananas	Melon	Mixed Fruit w/Peach
	Extras					Ranch	Sour cream		Pickles
	Notes								
<b>Supper</b>	Milk	1/2 cup	3/4 cup	1 cup	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK	UNFLAVORED MILK
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Cheese, Beef, Refried beans	Beef Sloppy Joe	Beef & Cheese Quesadilla	Turkey & Cheese	Mozzarella cheese
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Tortilla chips (WG)	Hamburger buns	Wheat tortilla	Ritz crackers	Pizza
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Salsa	Grape tomatoes	Corn	Garden salad	Baked beans
	Fruit	1/8 cup	1/4 cup	1/4 cup	Apples	Bananas	Apples	Tropical Fruit w/pineapple	Grapes
	Extras				Sour cream		Sour cream	Ranch	
	Notes						Salsa		

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		<b>Week 3</b>							
<b>COMPONENT</b>		<b>AGES 1-2</b>	<b>AGES 3-5</b>	<b>AGES 6-18</b>	<b>MONDAY 30</b>	<b>TUESDAY 31</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b>	Milk	1/2 cup	3/4 cup	1 cup	UNFLAVORED MILK	UNFLAVORED MILK			
	Meat&Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Life cereal (WG)	Waffles			
	Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Fruit	1/4 cup	1/2 cup	1/2 cup	Applesauce	Oranges			
	Extras					Syrup			
	Notes								
<b>AM Snack**</b>	Milk	1/2 cup	1/2 cup	1 cup					
	Meat&Alternates	1/2 oz	1/2 oz	1 oz					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Animal crackers	Goldfish crackers			
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	Bananas	Apples			
<b>Lunch</b>	Milk	1/2 cup	3/4 cup	1 cup	UNFLAVORED MILK	UNFLAVORED MILK			
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Chicken Alfredo	Beef Barley Soup, Cheese			
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Rotini (WG)	Wheat bread (WG)			
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli & Califlower	Garden salad			
	Fruit	1/8 cup	1/4 cup	1/4 cup	Peaches	Bananas			
	Extras					Ranch			
	Notes								
<b>Supper</b>	Milk	1/2 cup	3/4 cup	1 cup	UNFLAVORED MILK	UNFLAVORED MILK			
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Turkey & Cheese Sub	Cheese, Beef, Refried beans			
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	White bun	Taco shell (WG)			
	Vegetable	1/8 cup	1/4 cup	1/2 cup	French fries	Lettuce			
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit w/Guava	Grapes			
	Extras					Sour cream			
	Notes					Salsa			

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