

		Center: Play Academy Month: July Date: 1 to 31								
	Week 4	AGES	AGES	AGES	Monday	July	Tuesday	Tuesday	Thursday	Friday
	COMPONENT	1-2	3-5	6-12		Tuesday				
Breakfast	Milk	1/2 cup	3/4 cup	1 cup			UNFLAVORED MILK	UNFLAVORED MILK	HOLIDAY: Independence Day (Substitute)	
	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)	Waffles		
	Vegetable	1/4 cup	1/2 cup	1/2 cup						
	Fruit	1/4 cup	1/2 cup	1/2 cup			Bananas	Strawberries		
	Extras							Syrup		
	Notes									
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup						
	Meat&Alternates	1/2 oz	1/2 oz	1 oz				Cheese cubes		
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2			Goldfish crackers			
	Vegetable	1/2 cup	1/2 cup	3/4 cup				Carrots		
	Fruit	1/2 cup	1/2 cup	3/4 cup			Grapes			
Lunch	Milk	1/2 cup	3/4 cup	1 cup			UNFLAVORED MILK	UNFLAVORED MILK		
	Meat&Alternates	1 oz	1 1/2 oz	2 oz			Beef	Grilled Cheese		
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2			Whole Grain Penne (WG)	Wheat bread (WG)		
	Vegetable	1/8 cup	1/4 cup	1/2 cup			Marinara sauce	Lentil Vegetable Soup		
	Fruit	1/8 cup	1/4 cup	1/4 cup			Pears	Melon		
	Extras									
	Notes									
Supper	Milk	1/2 cup	3/4 cup	1 cup			UNFLAVORED MILK	UNFLAVORED MILK		
	Meat&Alternates	1 oz	1 1/2 oz	2 oz			Creamy cheese	Beef Sloppy Joe		
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2			Macaroni	Hamburger buns		
	Vegetable	1/8 cup	1/4 cup	1/2 cup			Baked beans	Grape tomatoes		
	Fruit	1/8 cup	1/4 cup	1/4 cup			Bananas	Apples		
	Extras									
	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.

Week 1		AGES 1-2	AGES 3-5	AGES 6-12	MONDAY 6	July TUESDAY 7	WEDNESDAY 8	THURSDAY 9	Friday 10
COMPONENT									
Breakfast	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	Waffles	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								
AM Snack**	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
Lunch	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								
Supper	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	Watermelon
	Extras					Sour cream	Ketchup		Ranch
	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.

Week 2		AGES 1-2	AGES 3-5	AGES 6-12	July				
COMPONENT					MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Breakfast	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								
AM Snack**	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	Pineapple	Oranges		Bananas	
Lunch	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								
Supper	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	Watermelon
	Extras				Sour cream		Sour cream	Ranch	
	Notes						Salsa		

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.

Week 3		AGES 1-2	AGES 3-5	AGES 6-12	Monday 20	July Tuesday 21	Wednesday 22	Thursday 23	Friday 24
COMPONENT									
Breakfast	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								
AM Snack**	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	Pineapple	Apples	Grapes		Apples
Lunch	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								
Supper	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	Watermelon
	Extras					Sour cream			Sour cream
	Notes					Salsa			

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.

Week 4		AGES 1-2	AGES 3-5	AGES 6-12	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
COMPONENT									
Breakfast	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								
AM Snack**	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
Lunch	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								
Supper	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 Wrap	Cheese, Beef, Refried beans	Creamy cheese	Beef Sloppy Joe	Mozzarella cheese
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Wheat tortilla	Tortilla chips (WG)	Macaroni	Hamburger buns	Pizza
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Cucumbers	Lettuce	Baked beans	Grape tomatoes	Baked beans
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit w/Papaya	Oranges	Bananas	Apples	Watermelon
	Extras				Sour cream				
	Notes				Salsa				

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.