



THE CHILDREN'S CENTER

JULY 2019

Meals & Snacks:
Breakfast 9:00
Lunch 12:00
Afternoon Snack 3:30

Menu

Milk is served with all meals and snacks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
~ ~ ~ The Children's Center is closed for a two week Summer Recess ~ ~ ~				
8	9		11	12
15 Rice Krispies Bananas Mac & Cheese Carrots Apples Goldfish	16 Waffles Blueberries Chicken Quesadillas Mixed Veggies Pineapple Saltines & Cheese	17 Bagels & Cream Cheese OJ Sloppy Joes Green Beans Peaches Fruit Salad	18 Yogurt Strawberries Cheese Pizza Mixed Green Salad Watermelon Banana Bread	19 Cinnamon Toast Oranges Pork Loin Egg Noodles, Peas Applesauce Hummus & Pita
22 French Toast Sticks Grape Juice Cheese Ravioli Broccoli Peaches Graham Crackers	23 Oatmeal Apples Meatloaf, Mixed Veggies Mashed Potatoes Fruit Cocktail Watermelon	24 Scrambled Eggs WW Toast, OJ Baked Ham Egg Noodles, Peas Pears Chex Mix	25 Kix Cereal Bananas Cheeseburgers Macaroni Salad Melon Icebox Cake	26 English Muffins Oranges Beef Tacos, Cheddar Cheese Lettuce, Tomatoes Apples Carrots & Dip
29 Pancakes Blueberries Chicken Enchiladas Spanish Rice, Carrots Cantaloupe Yogurt	30 Cheerios Pears Pulled Pork, Baked Beans Coleslaw Pineapple Granola Bars	31 Cinnamon Muffins with Chunks of Apple Baked Ziti Green Beans Peaches Oranges	We Support New Milford Hospital's <i>Plow to Plate</i> ® healthy food initiative which reflects our collective commitment to community health and healthy food choices	 PLOW TO PLATE® <small>A COMMUNITY HEALTH AND WELLNESS INITIATIVE SPONSORED BY NEW MILFORD HOSPITAL</small>

CACFP Portions: (Child and Adult Care Food Program)

Fluids:	Grains:	Veggies/Fruits:	Meat/Meat Alternative
Ages 1-2: 1/2 cup whole milk	Ages 1-5: 1/2 slice/serving or 1/4 cup	Ages 1-2: 1/4 cup	Ages 1-2: 1 oz. - 4 oz.
Ages 2-5: 3/4 cup 1% milk	Ages 6-12: 1 slice/serving or 1/2 cup	Ages 3-5: 1/2 cup (or 1/4 + 1/4)	Ages 3-5: 1.5 oz. - 6 oz.
Ages 6-12: 1 cup 1% milk		Ages 6-12: 1/2 cup (or 1/4 + 1/4)	Ages 6-12: 2 oz. - 8 oz.

All Items are subject to change