


**HEALTHY START - CACFP  
CYCLE 1 MENU  
OCTOBER 1, 2020 - DECEMBER 31, 2020**

**SITE NAME: FAIRYLAND NURSERY SCHOOL**

**WEEK ONE**


Meal Type	MONDAY 10/26 11/23 12/21	TUESDAY 10/27 11/24 12/22	WEDNESDAY 10/28 11/25 12/23	THURSDAY 10/01 10/29 11/26 12/24	FRIDAY 10/02 10/30 11/27 12/25
<b>BREAKFAST</b>	1% Milk Mixed Fruit Rice Krispie	1% Milk Pineapple Tidbits WG English Muffin	1% Milk Applesauce Shredded Wheat	1% Milk Mandarin Orange French Toast Sticks Lite Maple Syrup	1% Milk Banana Slices Corn Flakes
<b>LUNCH/SUPPER</b>	<i>Roast Beef &amp; Swiss Cheese</i>  1% Milk Sliced Roast Beef Swiss Cheese Sliced Carrots Sticks Apple Slices WG Hamburger Bun	<i>Chicken Marinara &amp; Pasta</i>  1% Milk Chicken Strips French Style String Beans Chilled Pears WG Rotini Pasta	<i>Meatloaf &amp; Gravy</i>  1% Milk Ground Turkey/Beef Mashed Potatoes California Blend Vegetables WG Wheat Bread Savory Gravy	<i>Cheese Quesadilla</i>  1% Milk Cheese Shredded Refried Beans Celery Sticks Peaches Spanish Rice WG Soft Tortilla	<i>Turkey Ham &amp; Cheese Sub</i>  1% Milk Turkey Ham Slices Provolone Cheese Shredded Lettuce Tomato Slices Seedless Grapes WG Hot Dog Bun
<b>SNACK/ EVE. SNACK</b>	Apple Sauce Mini Corn Dog	<i>Cheese Nacho</i>  Cheese Sauce Banana Slices Tortilla Chips	<i>Ham &amp; Cheese Kabob</i>  Orange Slices Turkey Ham Cubes Cheese Cubes	Mixed Berries Bagel Bites	Slice Apples Toasted Sesame Crackers
<b>REQUIREMENTS</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK</b>	 *Fruit should be water packed or packed in light syrup *Water should be made available at every meal but does not replace milk	
	Milk Fruit or Vegetable Grain/Bread Cold Cereal - flakes/rounds Cold Cereal - puffed Hot Cereal	Milk Meat/Meat Alternate Fruit and/or Vegetable Grain/Bread	Milk Meat/Meat Alternate Juice/Fruit/Vegetable Grain/Bread  (Select 2 of 4 )		
	Reimbursable Cereal	Reimbursable Meat/Meat Alt.	Reimbursable Grains	Site Representative	<b>EWA JELESNIANSKI</b>
	Cold/Hot Cereals Oats, Bran, Wheat, Rice Corn, Grits, Barley, Granola No Presweetened Cereals	Beans, Beef, Cheese Chicken, Eggs, Fish, Nuts, Peanut Butter, Pork, Turkey, Yogurt	Grain based desserts are not creditable Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.  <b>WG = Whole Grain</b>	Approved By	<b>HEALTHY START APPROVED MENU</b>

**1. Refer to Meal Patter Requirements for 1 -2 year, 3 - 5 year and 6 - 12 year serving size.**

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CYCLE 1 MENU  
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**SITE NAME: FAIRYLAND NURSERY SCHOOL**

**WEEK TWO**


Meal Type	MONDAY 10/05 11/02 11/30 12/28	TUESDAY 10/06 11/03 12/01 12/29	WEDNESDAY 10/07 11/04 12/02 12/30	THURSDAY 10/08 11/05 12/03 12/31	FRIDAY 10/09 11/06 12/04
<b>BREAKFAST</b>	1% Milk Orange Slices Buttered Grits	<i>Breakfast Chicken Sausage</i> 1% Milk Sliced Peaches Buttered Biscuit Chicken Sausage Patty	1% Milk Apple Slices Hot Oatmeal	1% Milk Diced Pears Waffles Turkey Bacon Lite Maple Syrup	1% Milk Honey Dew Melon WG Wheat Toast Jelly
<b>LUNCH/SUPPER</b>	<i>Chicken Tenders</i> 1% Milk Chicken Tenders Spinach Mixed Fruit WG Wheat Bread	<i>Tuesday Taco</i> 1% Milk Ground Beef/Turkey Shredded Mexican Cheese Black Beans Sliced Strawberries WG Soft Tortilla Salsa	<i>Chicken Alfredo</i> 1% Milk Chicken Diced Garden Salad Green Peas Bow Tie Pasta WG Wheat Bread	<i>Turkey/Beef Patty</i> 1% Milk Turkey/Beef Patty California Blend Vegetable Seedless Grapes Rice Pilaf WG Wheat Bread	<i>Lasagna w/Meat Sauce</i> 1% Milk Ground Beef/Turkey Sauce Garden Salad Applesauce WG Wheat Bread Lasagna Pasta
<b>SNACK/ EVE. SNACK</b>	Soft Bread Sticks Slice Cheese	Chilled Pears Mini Bagel Veggie Cream Cheese	Cucumber Coins WG Snack Cracker	Mandarin Orange String Cheese	<i>Warm Slice Peach Wrap</i> Diced Peaches Raisin Bread Butter
<b>REQUIREMENTS</b>	<b>BREAKFAST</b> Milk Fruit or Vegetable Grain/Bread Cold Cereal - flakes/rounds Cold Cereal - puffed Hot Cereal	<b>LUNCH</b> Milk Meat/Meat Alternate Fruit and/or Vegetable Grain/Bread	<b>SNACK</b> Milk Meat/Meat Alternate Juice/Fruit/Vegetable Grain/Bread  (Select 2 of 4)	 *Fruit should be water packed or packed in light syrup *Water should be made available at every meal but does not replace milk	
	Reimbursable Cereal	Reimbursable Meat/Meat Alt.	Reimbursable Grains	Site Representative <b>EWA JELESNIANSKI</b>	
	Cold/Hot Cereals Oats, Bran, Wheat, Rice Corn, Grits, Barley, Granola No Presweetened Cereals	Beans, Beef, Cheese Chicken, Eggs, Fish, Nuts, Peanut Butter, Pork, Turkey, Yogurt	Grain based desserts are not creditable Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.  <b>WG = Whole Grain</b>	Approved By <b>HEALTHY START APPROVED MENU</b>	

**1. Refer to Meal Patter Requirements for 1 -2 year, 3 - 5 year and 6 - 12 year serving size.**

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**WEEK THREE**


Meal Type	MONDAY 10/12 11/09 12/07	TUESDAY 10/13 11/10 12/08	WEDNESDAY 10/14 11/11 12/09	THURSDAY 10/15 11/12 12/10	FRIDAY 10/16 11/13 12/11
<b>BREAKFAST</b>	1% Milk Sliced Strawberries Life Cereal	1% Milk Apple Slices Pancakes Lite Maple Syrup	1% Milk Sliced Seedless Grapes Raisin Toast	1% Milk Applesauce French Toast Sticks Lite Maple Syrup	1% Milk Diced Pineapples Honey Bunches of Oats
<b>LUNCH/SUPPER</b>	<i>Spaghetti &amp; Meat Sauce</i>  1% Milk Ground Beef/Turkey Green Beans Pineapples Slices WG Wheat Bread	<i>Chicken Patty</i>  1% Milk Chicken Patty Cauliflower Diced Cook Carrots Rice Pilaf WG Wheat Bread	<i>Mid-Week Mini Pizza</i>  1% Milk Sliced Pepperoni Shredded Cheese Cucumber Coins Celery Sticks WG Pita Bread	<i>Vegetarian Three Bean Chili</i>  1% Milk Black, Pinto & Red Beans Cole Slaw Chilled Peaches WG Oyster Crackers	<i>Chicken Tender Wrap</i>  1% Milk Chicken Tenders Shredded Cheddar Cheese Carrots Sticks Banana Slices WG Soft Tortilla
<b>SNACK/ EVE. SNACK</b>	Baby Carrots Ritz Crackers Ranch Dressing	<i>Trail Mix</i>  Raisins, Mini Pretzel Fruit Cocktail	Orange Juice WG Wheat Bread	<i>Ants On A Log</i>  Celery, Raisins Soynut Butter/Sun Butter Wheat Thins	Strawberry Slices Soft Bread Stick
<b>REQUIREMENTS</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK</b>	 *Fruit should be water packed or packed in light syrup *Water should be made available at every meal but does not replace milk	
	Milk Fruit or Vegetable Grain/Bread Cold Cereal - flakes/rounds Cold Cereal - puffed Hot Cereal	Milk Meat/Meat Alternate Fruit and/or Vegetable Grain/Bread	Milk Meat/Meat Alternate Juice/Fruit/Vegetable Grain/Bread  (Select 2 of 4 )		
	Reimbursable Cereal	Reimbursable Meat/Meat Alt.	Reimbursable Grains	Site Representative	<b>EWA JELESNIANSKI</b>
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**1. Refer to Meal Pattern Requirements for 1 -2 year, 3 - 5 year and 6 - 12 year serving size.**

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**WEEK FOUR**

Meal Type	MONDAY 10/19 11/16 12/14	TUESDAY 10/20 11/17 12/15	WEDNESDAY 10/21 11/18 12/16	THURSDAY 10/22 11/19 12/17	FRIDAY 10/23 11/20 12/18
<b>BREAKFAST</b>	1% Milk Honey Dew Melon Kix	<i>Toasted Cheese</i> 1% Milk Mandarin Orange WG Wheat Bread American Cheese Slice	1% Milk Applesauce Mini Bagel	1% Milk Banana Slices Rice Chex	1% Milk Sliced Apples WG English Muffin
<b>LUNCH/SUPPER</b>	<i>BBQ Chicken Nuggets</i>  1% Milk Chicken Nuggets CN Label Green Beans Oven Baked Fries WG Wheat Bread B B Q Sauce	<i>Baked Mostaccioli</i>  1% Milk Ground Beef/Turkey Tossed Salad Chilled Pears WG Wheat Bread WG Mostaccioli Pasta	<i>Supper Sloppy Joe</i>  1% Milk Ground Beef/Turkey w /Manwich Sauce Broccoli Florets Mixed Fruit WG Hamburger Bun	<i>Herb Roasted Turkey</i>  1% Milk Roasted Turkey Slices Zucchini Mashed Potatoes WG Wheat Bread Cranberry Sauce Brown Gravy	<i>Turkey/Beef Burger</i>  1% Milk Ground Turkey/Beef Cole Slaw Chilled Peaches WG Hamburger Bun
<b>SNACK/ EVE. SNACK</b>	Small Plum Warm Butter Biscuit Jelly	100% Apple Juice Goldfish	<i>Cheese Toast</i>  American Cheese Slice WG Wheat Bread	Carrot & Celery Sticks Cheese It Crackers Ranch Dip	Plain Yogurt Graham Crackers
<b>REQUIREMENTS</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK</b>	 <p>*Fruit should be water packed or packed in light syrup *Water should be made available at every meal but does not replace milk</p>	
	Milk Fruit or Vegetable Grain/Bread Cold Cereal - flakes/rounds Cold Cereal - puffed Hot Cereal	Milk Meat/Meat Alternate Fruit and/or Vegetable Grain/Bread	Milk Meat/Meat Alternate Juice/Fruit/Vegetable Grain/Bread  (Select 2 of 4 )		
	Reimbursable Cereal	Reimbursable Meat/Meat Alt.	Reimbursable Grains	Site Representative <b>EWA JELESNIANSKI</b>	
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