

SECOND HOME CHILD DEVELOPMENT CENTER
Child and Adult Care Food Program

Menu Cycle 2

Site:

Week Of 9/13/21

Weekly Menu Record							
Breakfast (Use all 3 Categories)	Portion Size	Early Portion	Monday -	Tuesday-	Wednesday-	Thursday-	Friday-
1. 1.Fluid Milk*	¾ c	½ c	1%/Whole/Skim	1%/Whole/Skim	1%/Whole/Skim	1%/Whole/Skim	
2. Fruit, Veg, Juice	½ c	1/4 c	Fruit Cocktail	Diced Peaches	Apple Juice	Bananas	
3. Grain **	½ oz. eq.	½ oz. eq.	KIX- WG	Blueberry Muffin-WG	Multi Gr Cherrios-WG	Cherrios-WG	
4. Other							
Substitutions							
Lunch (Use all 5 Categories)							
1. Fluid Milk	¾ c	½ c	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	
2. Meat/Meat Alternate	1 ½ oz.	1 oz.	Sloppy Joe w/Gr Beef	Soup & Sandwich w/Deli Turkey Sliders	Chicken Jambalaya	Beef Pasta	
3. Fruit or Veg.	¼ c	1/8 c	Tropical Fruit	Cantaloupe	Diced Pears	Apple Slices	
4. Fruit or Veg.	¼ c	1/8 c	Cucumber Slices	HM-Broccoli Soup	Sweet Peas	Sliced Carrots	
5. Grains	½ oz. eq.	½ oz. eq.	Burger Bun WG	Slider Bun WG	Brown Rice WG	Rotini Pasta	
Combination Foods						Shredded Cheddar	
Other							
Substitutions							
PM Snack (Use 2 of 5 categories)							
1. 1. Fluid Milk	½ c	½ c	1%/Whole/Skim Milk	1%/Whole/Skim/Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	
2. 2. Fruit, Veg, Juice	½ c	½ c			Mandarin Oranges	Fruit Cocktail	
3. 3. Grain/Bread	½ oz. eq.	½ oz. eq.	Chex Snack Mix-WG	Animal Crackers – WG		Teddy Grahams-WG	
4. Meat/Meat Alternate	½ oz.	½ oz.			Go-Gurt Strawberry		
Substitutions							

*Unflavored Whole Milk, Skim Milk, 1% Milk. ** Meat or Meat Alt. may be used to substitute the entire grains component a max. of 3 times per week. (HM-Home Made)

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SECOND HOME CHILD DEVELOPMENT CENTER
Child and Adult Care Food Program

Menu Cycle 3
Site:
Week Of 9/20/21

Weekly Menu Record							
Breakfast (Use all 3 Categories)	Portion Size	Early Portion	Monday -	Tuesday-	Wednesday-	Thursday-	Friday-
5. 1.Fluid Milk*	¾ c	½ c	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	
6. Fruit, Veg, Juice	½ c	1/4 c	Orange Juice	Whole Apples	Sliced Pears	Mandarin Oranges	
7. Grain **	½ oz. eq.	½ oz. eq.	Cinnamon Bread	Special K-WG	Wheat Bagel-WG	Corn Flakes	
8. Other					Cream Cheese		
Substitutions							
Lunch (Use all 5 Categories)							
6. Fluid Milk	¾ c	½ c	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	
7. Meat/Meat Alternate	1 ½ oz.	1 oz.	Chicken Pasta Salad	Macaroni & Cheese	Garden Style Chili	Mesquite Chicken	
8. Fruit or Veg.	¼ c	1/8 c	Pineapple Tidbits	Diced Peaches	Apple sauce	Watermelon	
9. Fruit or Veg.	¼ c	1/8 c	Broccoli/Tomatoes/ Carrots/Squash	Broccoli	Peas & Carrots/ Tomatoes	Green Beans	
10. Grains	½ oz. eq.	½ oz. eq.	Breadstick	Macaroni Pasta	Crackers WG	Rice Pilaf WG	
Combination Foods							
Other							
Substitutions							
PM Snack (Use 2 of 5 categories)							
5. 1. Fluid Milk	½ c	½ c	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	
6. 2. Fruit, Veg, Juice	½ c	½ c		Celery Sticks w/Ranch Dressing	Apple Slices		
7. 3. Grain/Bread	½ oz. eq.	½ oz. eq.	Banana Muffin-WG		Cheddar Goldfish-WG	Graham Crackers-WG	
8. Meat/Meat Alternate	½ oz.	½ oz.					
Substitutions							
*Unflavored Whole Milk, Skim Milk, 1% Milk. ** Meat or Meat Alt. may be used to substitute the entire grains component a max. of 3 times per week. (HM-Home Made)							
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SECOND HOME CHILD DEVELOPMENT CENTER

Child and Adult Care Food Program

Menu Cycle 4

Site:

Week Of 9/27/21

Weekly Menu Record							
Breakfast (Use all 3 Categories)	Portion Size	Early Portion	Monday -	Tuesday-	Wednesday-	Thursday-	Friday-
9. 1.Fluid Milk*	¾ c	½ c	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	
10. Fruit, Veg, Juice	½ c	1/4 c	Applesauce	Apple Juice	Pineapple Tidbits	Sliced Peaches	
11. Grain **	½ oz. eq.	½ oz. eq.	Cherrios-WG	Banana Bread	Rice Chex-WG	Apple Muffin-WG	
12. Other							
Substitutions							
Lunch (Use all 5 Categories)							
11. Fluid Milk	¾ c	½ c	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	
12. Meat/Meat Alternate	1 ½ oz.	1 oz.	Turkey & Swiss Sub	Burrito Bowl w/Gr Turkey	Swedish Meatballs	Oriental Mandarin Chicken	
13. Fruit or Veg.	¼ c	1/8 c	Watermelon	Bananas	Tropical Fruit	Mandarin Oranges	
14. Fruit or Veg.	¼ c	1/8 c	Mixed Vegetables	Black Beans	Mashed Potatoes	Broccoli	
15. Grains	½ oz. eq.	½ oz. eq.	Sub Bun WG	Cilantro Lime Rice WG	Dinner Roll WG	Fried Rice WG	
Combination Foods				Salsa/Shrd Cheese			
Other							
Substitutions							
PM Snack (Use 2 of 5 categories)							
9. 1. Fluid Milk	½ c	½ c	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	
10. 2. Fruit, Veg, Juice	½ c	½ c		Pears		Pineapples	
11. 3. Grain/Bread	½ oz. eq.	½ oz. eq.	Animal Crackers-WG	Tortilla Chips w/Salsa- WG	Wheat Crackers- WG		
12. Meat/Meat Alternate	½ oz.	½ oz.			Cheese Cubes	Go-Gurt Strawberry	
Substitutions							
*Unflavored Whole Milk, Skim Milk, 1% Milk. ** Meat or Meat Alt. may be used to substitute the entire grains component a max. of 3 times per week. (HM-Home Made)							
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SECOND HOME CHILD DEVELOPMENT CENTER
Child and Adult Care Food Program

Menu Cycle 5
Site:
Week Of 10/4/21

Weekly Menu Record							
Breakfast (Use all 3 Categories)	Portion Size	Early Portion	Monday -	Tuesday-	Wednesday-	Thursday-	Friday-
13. 1.Fluid Milk*	¾ c	½ c	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	
14. Fruit, Veg, Juice	½ c	1/4 c	Fruit Cocktail	Diced Pears		Bananas	
15. Grain **	½ oz. eq.	½ oz. eq.	Blueberry Bagel-WG	Multi Gr Cherrios-WG	Mini Bagel Sandwich	KIX-WG	
16. Other			Cream Cheese		Deli Turkey/Cheese		
Substitutions							
Lunch (Use all 5 Categories)							
16. Fluid Milk	¾ c	½ c	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	
17. Meat/Meat Alternate	1 ½ oz.	1 oz.	Grill Chicken Sandwich	Grill Cheese Sandwich	Jamaican Jerk Chicken	Southern Pinto Beans	
18. Fruit or Veg.	¼ c	1/8 c	Diced Peaches	Corn	Pineapple Tidbits	Orange Wedge	
19. Fruit or Veg.	¼ c	1/8 c	Broccoli Florets	HM-Tomato Soup	Sweet Potatoes	Collard Greens	
20. Grains	½ oz. eq.	½ oz. eq.	Burger Bun WG	Wheat Bread WG	Curry Rice WG	Corn Muffin WG	
Combination Foods			Mayo PC				
Other							
Substitutions							
PM Snack (Use 2 of 5 categories)							
13. 1. Fluid Milk	½ c	½ c	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	
14. 2. Fruit, Veg, Juice	½ c	½ c		Applesauce			
15. 3. Grain/Bread	½ oz. eq.	½ oz. eq.	Cheddar Goldfish-WG	Teddy Grahams-WG	Graham Crackers-WG	Banana Muffin-WG	
16. Meat/Meat Alternate	½ oz.	½ oz.					
Substitutions							
*Unflavored Whole Milk, Skim Milk, 1% Milk. ** Meat or Meat Alt. may be used to substitute the entire grains component a max. of 3 times per week. (HM-Home Made)							
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SECOND HOME CHILD DEVELOPMENT CENTER
Child and Adult Care Food Program

Menu Cycle 6

Site:

Week Of 10/11/21

Weekly Menu Record							
Breakfast (Use all 3 Categories)	Portion Size	Early Portion	Monday -	Tuesday-	Wednesday-	Thursday-	Friday-
17. 1.Fluid Milk*	¾ c	½ c	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	
18. Fruit, Veg, Juice	½ c	1/4 c	Mandarin Oranges	Pineapple Slices	Apple Juice	Sliced Pears	
19. Grain **	½ oz. eq.	½ oz. eq.	Corn Flakes	Raisin Bread	Special K	Blueberry Muffin-WG	
20. Other							
Substitutions							
Lunch (Use all 5 Categories)							
21. Fluid Milk	¾ c	½ c	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	
22. Meat/Meat Alternate	1 ½ oz.	1 oz.	Chili Con Carne	Chicken Shawarma	Irish Chicken Stew	Macaroni & Cheese	
23. Fruit or Veg.	¼ c	1/8 c	Diced Pears	Applesauce	Mandarin Oranges	Tropical Fruit	
24. Fruit or Veg.	¼ c	1/8 c	Sliced Carrots	Tomato/Cucumber Slices	Mixed Vegetables/ Potatoes/Tomatoes	Green Beans	
25. Grains	½ oz. eq.	½ oz. eq.	Crackers WG	Pita Bread	Biscuit	Dinner Roll WG	
Combination Foods				Garlic Sauce			
Other							
Substitutions							
PM Snack (Use 2 of 5 categories)							
17. 1. Fluid Milk	½ c	½ c	1% & Whole Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	1%/Whole/Skim Milk	
18. 2. Fruit, Veg, Juice	½ c	½ c	Pears			Celery Sticks w/Ranch Dressing	
19. 3. Grain/Bread	½ oz. eq.	½ oz. eq.		Chex Snack Mix-WG	Harvest SunChips-WG		
20. Meat/Meat Alternate	½ oz.	½ oz.	Go-Gurt Strawberry		String Cheese		
Substitutions							
*Unflavored Whole Milk, Skim Milk, 1% Milk. ** Meat or Meat Alt. may be used to substitute the entire grains component a max. of 3 times per week. (HM-Home Made)							
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