

# The Little Peoples Workplace Cycle Menus

Menu Subject to Change

We Participate in the USDA Child and Adult Care Food Program

## Week 1

www.thelittlepeoplesworkplace.com

Meal Component	Min. Serving Size			Day of Week				
	Ages 1-2	Ages 3-5	Ages 6-12	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>								
Fluid Milk*	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)					
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked					
Fruit/Vegetable	¼ c.	½ c.	½ c.					
Other (optional)								
<b>Lunch/Supper</b>								
Fluid Milk*	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)	Milk	Milk	Milk	Milk	Milk
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Bread	Hamburger Bun	Bread	Roll	Hot dog Bun
Meat/Alternate	1 oz.**	1-½ oz. **	2 oz. **	Turkey Lunch Meat	Ground Beef	Chicken Strips	Fish Fillet	Chicken Franks
Fruit/Vegetable	¼ c. total	½ c. total	¾ c. total	Lettuce & Tomato	Tossed Salad	Steamed Vegetables	Green Beans	Baked Beans
Fruit/Vegetable				Orange Smiles	Mixed Fruit	Fruit Cocktail	Sweet Corn	Pineapple
Other (optional)								
<b>Snack – Must contain 2 of the 4 components</b>								
Fluid Milk*	½ c. (4 fl. oz.)	½ c. (4 fl. oz.)	1 c. (8 fl. oz.)		Milk			Milk
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Unsalted Crackers	Toast	Graham Crackers	Saltine Crackers	Oatmeal Cookies
Meat/Alternate	½ oz. **	½ oz. **	1 oz. **	Cheese			Tuna	
Fruit/Vegetable	¼ c.	½ c.	¾ c.	Apple Juice		Fresh Banana	Pineapple	
Other (optional)						Water	Water	

\* Specify the type(s) of milk served. Serve only whole milk to children between the ages of 1 and 2. Serve only low-fat or fat-free milk to children ages 2 and older.

\*\* Ounce equivalents for meats/alternates: meat and cheese, 1 oz = 1 oz; eggs, ½ egg = 1 oz (except for snack, when all ages should get ½ egg); cooked beans/peas, ¼ cup = 1 oz; peanut/nut/seed butters, 2 tbsp = 1 oz; nuts/seeds, 1 oz = 1 oz (nuts/seeds may provide no more than half of the requirement at lunch/supper); yogurt, 4 oz (1/2 cup) = 1 oz

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## Week 2

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Meal Component	Min. Serving Size			Day of Week				
	Ages 1-2	Ages 3-5	Ages 6-12	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>								
Fluid Milk*	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)					
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked					
Fruit/Vegetable	¼ c.	½ c.	½ c.					
Other (optional)								
<b>Lunch/Supper</b>								
Fluid Milk*	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)	Milk	Milk	Milk	Milk	Milk
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Bread	Pasta	Bread	Noodles	Roll
Meat/Alternate	1 oz.**	1-½ oz. **	2 oz. **	Tuna Fish	Ground Turkey	Turkey Franks	Ground Beef	Chicken Strips
Fruit/Vegetable	¼ c. total	½ c. total	¾ c. total	Fresh Grapes	Tomato Sauce	Pork N Beans	Sweet Corn	Tossed Salad
Fruit/Vegetable				Sliced Tomato	Pears	Fresh Strawberries	Apple Sauce	Peaches
Other (optional)								
<b>Snack – Must contain 2 of the 4 components</b>								
Fluid Milk*	½ c. (4 fl. oz.)	½ c. (4 fl. oz.)	1 c. (8 fl. oz.)			Milk		
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Animal Crackers	Unsalted Crackers	Graham Crackers	Toast	Unsalted Crackers
Meat/Alternate	½ oz. **	½ oz. **	1 oz. **	Apple Juice	Cheese			Cheese
Fruit/Vegetable	¼ c.	½ c.	¾ c.		Apple Juice		Crushed Pineapple	Mixed Juice
Other (optional)							Water	

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## Week 3

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Meal Component	Min. Serving Size			Day of Week				
	Ages 1-2	Ages 3-5	Ages 6-12	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>								
Fluid Milk*	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)					
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked					
Fruit/Vegetable	¼ c.	½ c.	½ c.					
Other (optional)								
<b>Lunch/Supper</b>								
Fluid Milk*	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)	Milk	Milk	Milk	Milk	Milk
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Spaghetti	Pita Bread	Rolls	Bread	Corn Muffin
Meat/Alternate	1 oz.**	1-½ oz. **	2 oz. **	Ground Turkey	Cheese Pizza	Hot Dogs	Chicken Strips	Fish Fillets
Fruit/Vegetable	¼ c. total	½ c. total	¾ c. total	Pasta Sauce	Tomato Sauce	Apple Slices	Sweet Corn	Steamed Peas
Fruit/Vegetable				Apple Slices	Peaches	Steamed Vegetables	Orange Smiles	Seasoned Carrots
Other (optional)								
<b>Snack – Must contain 2 of the 4 components</b>								
Fluid Milk*	½ c. (4 fl. oz.)	½ c. (4 fl. oz.)	1 c. (8 fl. oz.)	Milk				
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Cereal Bar	Raisin Mini Bagels	Teddy Grahams	Wheat Crackers	Soft Pretzel
Meat/Alternate	½ oz. **	½ oz. **	1 oz. **		Apple Juice	Apple Juice	Cheese	
Fruit/Vegetable	¼ c.	½ c.	¾ c.					Mixed Juice
Other (optional)							Water	

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## Week 4

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Meal Component	Min. Serving Size			Day of Week				
	Ages 1-2	Ages 3-5	Ages 6-12	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>								
Fluid Milk*	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)					
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked					
Fruit/Vegetable	¼ c.	½ c.	½ c.					
Other (optional)								
<b>Lunch/Supper</b>								
Fluid Milk*	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)	Milk	Milk	Milk	Milk	Milk
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Bread	Bread	Pasta	Macaroni	Bread
Meat/Alternate	1 oz.**	1-½ oz. **	2 oz. **	Deli Chicken Slices	Turkey	Chicken Pattie	Ground Beef	Cheese
Fruit/Vegetable	¼ c. total	½ c. total	¾ c. total	Lettuce & Tomato	Steamed Peas	Sliced Tomato	Steamed Spinach	Celery & Carrot Sticks
Fruit/Vegetable				Orange Smiles	Peaches	Mixed Fruit	Peaches	Apple slices
Other (optional)								
<b>Snack – Must contain 2 of the 4 components</b>								
Fluid Milk*	½ c. (4 fl. oz.)	½ c. (4 fl. oz.)	1 c. (8 fl. oz.)		Milk	Milk	Milk	
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked		Oatmeal Cookies	Graham Crackers	Cheerios	Mini Bagels
Meat/Alternate	½ oz. **	½ oz. **	1 oz. **	Yogurt Cup				
Fruit/Vegetable	¼ c.	½ c.	¾ c.	Apple Juice				Orange Juice
Other (optional)								

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## Week 5

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Meal Component	Min. Serving Size			Day of Week				
	Ages 1-2	Ages 3-5	Ages 6-12	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>								
Fluid Milk*	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)					
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked					
Fruit/Vegetable	¼ c.	½ c.	½ c.					
Other (optional)								
<b>Lunch/Supper</b>								
Fluid Milk*	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)	Milk	Milk	Milk	Milk	Milk
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Rice	Pita Bread	Blueberry Muffins	Rice	Noodles
Meat/Alternate	1 oz.**	1-½ oz. **	2 oz. **	Sliced Turkey	Cheese Pizza	Chicken	Beef	Fish Fillets
Fruit/Vegetable	¼ c. total	½ c. total	¾ c. total	Steamed Vegetables	Tomato Sauce	Potatoes	Steamed Peas	Steamed Corn
Fruit/Vegetable				Apple Sauce	Peaches	Mixed Fruit	Pears	Steamed Broccoli
Other (optional)								
<b>Snack – Must contain 2 of the 4 components</b>								
Fluid Milk*	½ c. (4 fl. oz.)	½ c. (4 fl. oz.)	1 c. (8 fl. oz.)	Milk				
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Goldfish		Bagels	Oatmeal Cookies	Graham Crackers
Meat/Alternate	½ oz. **	½ oz. **	1 oz. **		Yogurt Cup			
Fruit/Vegetable	¼ c.	½ c.	¾ c.		Apple Juice	Grape Juice	Pineapple Juice	Apple Juice
Other (optional)								

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## Week 6

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Meal Component	Min. Serving Size			Day of Week				
	Ages 1-2	Ages 3-5	Ages 6-12	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>								
Fluid Milk*	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)					
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked					
Fruit/Vegetable	¼ c.	½ c.	½ c.					
Other (optional)								
<b>Lunch/Supper</b>								
Fluid Milk*	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)	Milk	Milk	Milk	Milk	Milk
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Bread	Crackers	Bread	Rolls	Macaroni
Meat/Alternate	1 oz.**	1-½ oz. **	2 oz. **	Cheese	Tuna Fish	Chicken	Sliced Turkey	Ground Beef
Fruit/Vegetable	¼ c. total	½ c. total	¾ c. total	Apples	Lettuce & Tomato	Steamed Peas	Tossed Salad	Tomato Sauce
Fruit/Vegetable				Carrots	Celery Sticks	Orange Smiles	Apple Sauce	Peaches
Other (optional)								
<b>Snack – Must contain 2 of the 4 components</b>								
Fluid Milk*	½ c. (4 fl. oz.)	½ c. (4 fl. oz.)	1 c. (8 fl. oz.)	Milk				
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Animal Crackers		Raisin Mini Bagels	Cereal Bar	Oatmeal Cookies
Meat/Alternate	½ oz. **	½ oz. **	1 oz. **		Yogurt Cup			
Fruit/Vegetable	¼ c.	½ c.	¾ c.		Peaches	Apple Juice	Grape Juice	Pineapple Juice
Other (optional)					Water			

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\*\* Ounce equivalents for meats/alternates: meat and cheese, 1 oz = 1 oz; eggs, ½ egg = 1 oz (except for snack, when all ages should get ½ egg); cooked beans/peas, ¼ cup = 1 oz; peanut/nut/seed butters, 2 tbsp = 1 oz; nuts/seeds, 1 oz = 1 oz (nuts/seeds may provide no more than half of the requirement at lunch/supper); yogurt, 4 oz (1/2 cup) = 1 oz