

Summer Menu

Hurlburt Field CDC

Week 1

BREAKFAST	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk/Beverage	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk
	Vegetable/Fruit	Canned Mandarin Oranges	Apple Sauce	Cantaloupe	Apple Slices	Canned Pears*
	Bread/Cereal	Special K Cereal	Ham & Cheese Breakfast Burrito	Bagel with Cream Cheese	Rice Krispies	Muffins
LUNCH	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk/Beverage	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk
	Meat/Meat Alternate	Turkey Lasagna	Chicken Teriyaki	Ham & Cheese Sandwich	Stir Beef Veggie	Grilled Chicken Sandwich
	Vegetable/Fruit	Green/Canned Peaches	Mixed Vegetable/ Strawberries	Steamed Carrots/ Canned Apricots	Cabbage, Peas, Carrots, Celery/Canned Pears	Green Beans/ Cantaloupe & Honeydew
	Bread/Bread Alternate	Lasagna Noodles	Dinner Rolls	Wheat Bread	Rice	Hamburger Buns
SNACK	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk/Beverage	Water	Milk	White Grape Juice	Milk	Peach Smoothes
	Meat/Meat Alternate	Cheese		Bean & Cheese Quesadilla		
	Vegetable/Fruit	Cauliflower	Bananas		Watermelon	
	Bread/Bread Alternate			Soft Tortillas		Saltines

USDA Approved Recipe (Child Care recipes food for health and fun)  
 USDA Requirement: Milk must be served with breakfast and lunch. Milk is optional for snack.  
 \*Pre Toddlers: Canned Pears



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Week 2

BREAKFAST	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk/Beverage	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk
	Vegetable/Fruit	Canned Pears	Bananas	Canned Peaches	Applesauce	Canned Apricots
	Bread/Cereal	Waffles	Corn Flakes	Apple Muffins	Wheat Toast with margarine	Rice Krispies
	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
Milk/Beverage	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk	
Meat/Meat Alternate	Turkey Cheese Pizza	BAKED CHICKEN	Macaroni & Cheese with Tuna	Spanish Beef Rice	Oriental Chicken Stir Fry	
Vegetable/Fruit	Broccoli/Honeydew	Italian Vegetable Mix/ Watermelon	Fresh Garden Salad/ Strawberries	Green Beans/ Fruit Cocktail (No grapes)	Carrots, GRN Pepper, Onion, Celery/ Fresh Pears	
Bread/Bread Alternate	Pizza Crust	Brown Rice	Elbow Macaroni	Rice	Noodles	
SNACK	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk/Beverage	Water	Milk	Orange Juice	Polar Bear Milk	Yogurt
	Meat/Meat Alternate					
	Vegetable/Fruit	Marinara Sauce	Fresh Apples		Baby Carrots with Ranch Dressing	
	Bread/Bread Alternate	Garlic Bread		Whol Grain Crackers		Graham Crackers

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Week 3

BREAKFAST	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk/Beverage	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk
	Vegetable/Fruit	Canned Pears	Canned Pears	Cantaloupe	Applesauce	Fresh Pears
	Bread/Cereal	Boiled Eggs/Toast	Cheerios	English Muffin	Pancakes	Kashi Whole Grain Cereal
	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
Milk/Beverage	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk	
Meat/Meat Alternate	Fish Nuggets	Creole Rice with Beans & Sausage	Grilled Cheese Sandwich	Beef Stew	3 Cheese Pizza	
Vegetable/Fruit	Steamed Cole Slaw/ Fruit Cocktail (No grapes)	Green Peas/ Watermelon	Carrots/ Apples	Peas, Carrots, Potatoes/ Cantaloupe	Garden Salad/ Canned Mandarin Oranges	
Bread/Bread Alternate	Macaroni & Cheese	Steam Rice	Whole Wheat Bread	Dinner Rolls	Pizza Crust	
SNACK	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk/Beverage	Milk	Milk	Milk	Water	Grape Juice
	Meat/Meat Alternate				Yogurt	
	Vegetable/Fruit	Fresh Strawberries		Bananas	Canned Peaches	Marinara Sauce
	Bread/Bread Alternate		Bagel	Whole Grain Crackers		Garlic Toast

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Week 4

BREAKFAST	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk/Beverage	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk
	Vegetable/Fruit	Fresh Oranges*	Bananas	Applesauce	Canned Pears	Canned Peaches
	Bread/Cereal	Cinnamon Toast	Special K Cereal	Corn Muffins	Blueberry Waffles	Cheerios
LUNCH	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk/Beverage	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk	Whole Milk or 1% Milk
	Meat/Meat Alternate	Stir Fry Chicken & Rice	Beef & Spaghetti Casserole	Fish Nuggets	Baked Pork Tenderloin	Turkey Patties with Cheese
	Vegetable/Fruit	Summer Squash/ Fresh Apples	Garden Salad/ Honeydew Melon	Steam Broccoli/ Canned Peaches	Sweet Potatoes/ Green Beans	Baked Beans/ Canned Mandarin Oranges
	Bread/Bread Alternate	Rice	Dinner Rolls	Macaroni & Cheese	Wheat Bread	Hamburger Bun
SNACK	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk/Beverage	Milk	Milk	Milk	Water	Milk
	Meat/Meat Alternate				Strawberry Banana Yogurt	
	Vegetable/Fruit	Fresh Pears		Watermelon		Baked Apples
	Bread/Bread Alternate		Oatmeal Cookies		Pita Bread	
	Substitutions/ Extras		Lima Beans			

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