

# 1/2 Hotel Pans:		Portion by Age Group			Monday	Tuesday	Wednesday	Thursday	Friday
5	LUNCH	1-2	3-5	6-12	9/30/2024	10/1/2024	10/2/2024	10/3/2024	10/4/2024
	Components				Roasted Veg salad	Southwest Pasta	Chili	Broc cheddar Cass	Mongolian Beef
	Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
	Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	WG Roll	wg pasta	Cornbread	Wg Rice	Wg Pasta
	Meat/Meat Alternate	1oz	1.5oz	2oz	Garbanzo Beans, Cheese	turkey	turkey	Chicken	Beef
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Chicpeas, Squash	Salsa , onion	Mixed Vegetables	Broccoli, peppers	Mixed Vegetables
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Peaches	Applesauce	Mix Fruit	oranges	aplesauce
5	Dinner								
	Components				Red Beans & Rice	Tamale Pie	Broc cheddar Cass	Mongolian Beef	Chili
	Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
	Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	WG Rice	WG Cornbread	Wg Rice	Wg pasta	Cornbread
	Meat/Meat Alternate	1oz	1.5oz	2oz	Beans	Beef	Chicken	Beef	turkey
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Onions & Peppers	Salsa, Black Bean, tomato	Broccoli, peppers	Mixed Vegetables	Mixed Vegetables
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Peaches	Applesauce	Mix Fruit	Oranges	applesauce
5	LUNCH	1-2	3-5	6-12	10/7/2024	10/8/2024	10/9/2024	10/10/2024	10/11/2024
	Components				Curried Veggie Stir Fry	Arroz Con Pollo	Turk Stroganoff	Sweet & Sour Chicken	Salad
	Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
	Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	WG Rice	WG Rice	Wg Noodles	WG Rice	WG bread
	Meat/Meat Alternate	1oz	1.5oz	2oz	Chickpeas	Chicken, Cheese	Turkey	Chicken	Cheese, Egg
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Peas/Carrots/Potatoes	Onion , peppers, Beans	Green Beans	Green Beans	Tomato, lettuce
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Diced Peaches	Pineapples	Diced Pears	Applesauce	Oranges
5	Dinner								
	Components				Tomato Basil pasta	Chorizo Potato tacos	Sweet & Sour Chicken	Salad	Turk Stroganoff
	Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
	Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Wg Pasta	WG tortillas	WG Rice	WG bread	Wg Noodles
	Meat/Meat Alternate	1oz	1.5oz	2oz	Mozz, Parm	Beef	Chicken	Cheese, Egg	Turkey
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broc, Cauliflower mix	Lettuce , Salsa, Potato	Green Beans	Tomato, lettuce	Green Beans
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Peaches	Pineapples	Diced Pears	Apple Sauce	Oranges
5	LUNCH	1-2	3-5	6-12	10/14/2024	10/15/2024	10/16/2024	10/17/2024	10/18/2024
	Components				Fall Salad	Taco Bake	Honey Garlic Chicken	Dirty Rice	Chili Mac
	Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
	Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	WG Roll	WG Rice	Wg Noodles	WG Rice	WG Noodle
	Meat/Meat Alternate	1oz	1.5oz	2oz	Cheddar	Ground Turkey	Chicken	Turkey	Beef
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Sweet Potato, Apples	Salsa , Corn, Peppers	Mixed Veg	Onion , peppers, Beans	onions, peppers
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Mandarin Oranges	Mix fruit	Applesauce	Diced Pears
5	Dinner								
	Components				Veggie Alfredo	Beef Nachos	Dirty Rice	Chili Mac	Honey Garlic Chicken
	Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
	Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Wg Penne	WG Tortilla Chips	WG Rice	WG Noodle	Wg Noodles
	Meat/Meat Alternate	1oz	1.5oz	2oz	Mozz, Parm	Beef	Turkey	Beef	Chicken
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli, Cauliflower	Salsa, Lettuce, Tomato	Onion , peppers, Beans	onions, peppers	Mixed Veg
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Oranges	Mix Fruit	Applesauce	Diced Pears
5	LUNCH	1-2	3-5	6-12	10/21/2024	10/22/2024	10/23/2024	10/24/2024	10/25/2024
	Components				Mac and Cheese	Taco Soup	Chicken Fried Rice	Tomato Basil pasta	Fall Harvest Salad
	Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
	Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Wg Noodles	Tortilla Chips	WG Rice	Wg Pasta	WG bread
	Meat/Meat Alternate	1oz	1.5oz	2oz	Cheddar, Mozzarella	Beef	Chicken	Turkey	Cheese, Chicken
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Mixed Veg	Salsa , corn, beef	Mixed Veg	Garden salad	Tomato, lettuce
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Pears	Mix Fruit	Apple Sauce	Pineapple
5	Dinner								
	Components				Garden Rice Pilaf	Mexican Lasagna	Tomato Basil pasta	Fall Harvest Salad	Chicken Fried Rice
	Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
	Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	WG Rice	WG Tortilla	Wg Pasta	WG bread	WG Rice
	Meat/Meat Alternate	1oz	1.5oz	2oz	Black Beans	turkey	Turkey	Cheese, Chicken	Chicken
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Brocoli/Cauliflower	Corn, Black Beans	Garden salad	Tomato, lettuce	Mixed Veg
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Diced Pears	Mixed fruit	Apple Sauce	Pineapple
5	LUNCH	1-2	3-5	6-12	10/28/2024	10/29/2024	10/30/2024	10/31/2024	11/1/2024
	Components				Veggie Chili	Chorizo Potato tacos	Teriyaki Chicken	Meatloaf/tomato gravy	Baked Ziti
	Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
	Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	WG Cornbread	WG tortillas	Wg Rice	Wg Roll	WG Pene
	Meat/Meat Alternate	1oz	1.5oz	2oz	Red Beans	Beef	Chicken	Beef	Turkey
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Mixed Vegetables	Lettuce , Salsa, Potato	Broccoli, Peppers	Mashed Potatoes	Tomato Sauce, Mixed Veg
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Tropical Fruit	Apple Sauce	Pineapple	Peaches
5	Dinner								
	Components				Broccoli Cheddar Casserole	Taco Pie	Meatloaf/tomato gravy	Baked Ziti	Teriyaki Chicken
	Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
	Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Wg Rice	WG Tortilla Chips	Wg Roll	WG Pene	Wg Rice
	Meat/Meat Alternate	1oz	1.5oz	2oz	Cheddar, Mozz	turkey/ Cheese	Beef	Turkey	Chicken
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Beans, Tomato	Mashed Potatoes	Tomato Sauce, Mixed Veg	Broccoli, Peppers
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Tropical Fruit	apple sauce	Pineapple	Peaches

Snacks

				Monday	Tuesday	Wednesday	Thursday	Friday
5 Snacks				9/30/2024	10/1/2024	10/2/2024	10/3/2024	10/4/2024
Components	1-2	3-5	6-12		Chips and Salsa	Chocolate Chip Oat Bars	Peach Parfait	Chicken Salad
Fluid Milk	4 oz	6 oz	8 oz				Yogurt	
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz		Tortilla Chips	Oats	Granola	WG Pita
Meat/Meat Alternate	1oz	1.5oz	2oz					Chicken
Vegetable	1/8 cup	1/4 cup	1/2 cup		Salsa			
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup			Dried Fruit	Peaches	

				10/7/2024	10/8/2024	10/9/2024	10/10/2024	10/11/2024
5 Snacks								
Components	1-2	3-5	6-12	Chocolate Hummus	Banana Bread	Pasta Salad	Baked B.Berry Oatmeal	
Fluid Milk	4 oz	6 oz	8 oz					
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	WG Graham Crackers	Oats	WG Pasta	Oats	
Meat/Meat Alternate	1oz	1.5oz	2oz					
Vegetable	1/8 cup	1/4 cup	1/2 cup	Chickpeas				
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apples	Banana	Tomato/Cucumber	Blueberries	

				10/14/2024	10/15/2024	10/16/2024	10/17/2024	10/18/2024
5 Snacks								
Components	1-2	3-5	6-12		Harvest Mix	Yogurt Dip and Veg Sticks	Fruit Crisp	
Fluid Milk	4 oz	6 oz	8 oz					
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz		Granola	Yogurt	WG Flour	
Meat/Meat Alternate	1oz	1.5oz	2oz					
Vegetable	1/8 cup	1/4 cup	1/2 cup		Sweet Potato	Cucumber		
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup		Apples/Crasins	Carrots/Celery	Fruit	

				10/21/2024	10/22/2024	10/23/2024	10/24/2024	10/25/2024
5 Snacks								
Components	1-2	3-5	6-12	Pasta Salad	Dried Fruit and Cereal Mix	Chicken Salad RollUps	Chocolate Hummus	
Fluid Milk	4 oz	6 oz	8 oz					
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	WG Pasta	WG Cereak	WG Tortilla	WG Graham Crackers	
Meat/Meat Alternate	1oz	1.5oz	2oz			Chicken		
Vegetable	1/8 cup	1/4 cup	1/2 cup	Tomato				
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Cucumber	Raisins/Cranberries	Apples		

				10/28/2024	10/29/2024	10/30/2024	10/31/2024	11/1/2024
5 Snacks								
Components	1-2	3-5	6-12	Fruit & Chz crackers	Yogurt Dip/Veg Sticks	Fruit & Crackers	Baked Peach Oatmeal	
Fluid Milk	4 oz	6 oz	8 oz		Yogurt			
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz			WG Crackers	WG Cereal	
Meat/Meat Alternate	1oz	1.5oz	2oz					
Vegetable	1/8 cup	1/4 cup	1/2 cup	Apple Slices	Carrots			
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Carrot Sticks	Cucumber/Celery	Oranges	Dried Fruit	

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