

# 1/2 Hotel Pans:		Portion by Age Group			Monday	Tuesday	Wednesday	Thursday	Friday
5	LUNCH	1-2	3-5	6-12	7/29/2024	7/30/2024	7/31/2024	8/1/2024	8/2/2024
	Components				Veggie Goulash	Arroz con Pavo	Sloppy Joes	Curry Chicken	Rotini & Meat Sauce
	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 Bun	WG Rice	Pasta
	Meat/Meat Alternate	1oz	1.5oz	2oz	Red Beans, Cheese	Turkey	Turkey	Chicken	beef
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Tomato, Onion, Pepper	Peppers, Onions, Corn	Mixed Veg	Chickpeas, potato	Vegeable Salad
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Mandarin Oranges	Peaches	Oranges	Tropical Fruit
5	Dinner								
	Components				Red Beans & Rice	Mexican Lasagna	Curry Chicken	Rotini & Meat Sauce	Sloppy Joes
	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 Rice	Pasta	Wg Bun
	Meat/Meat Alternate	1oz	1.5oz	2oz	Beans	beef	Chicken	beef	Turkey
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Onions & Peppers	Corn, Black Beans	Chickpeas, potato	Vegeable Salad	Mixed Veg
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Diced Pears	Oranges	Tropical Fruit	Peaches
5	LUNCH	1-2	3-5	6-12	8/5/2024	8/6/2024	8/7/2024	8/8/2024	8/9/2024
	Components				Roasted Veg salad	Burrito Bowls	Soup and Sandwich	Chili Mac	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 Roll	Wg Rice	WG bread	WG Noodle	Wg Rice
	Meat/Meat Alternate	1oz	1.5oz	2oz	Garbanzo Beans, Cheese	Chicken	Cheese	turkey	Chicken
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Sweet potato, Turnip	Lettuce, Salsa,cheese	Tomato Soup	onions, peppers	Peppers, Onions, Broc
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Peaches	Peaches	Diced Pears	Tropical Fruit
5	Dinner								
	Components				Veggie Alfredo	Beef Nachos	Chili Mac	Chicken Fried Rice	Soup and Sandwich
	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 Noodle	Wg Rice	WG bread
	Meat/Meat Alternate	1oz	1.5oz	2oz	Mozz, Parm	Beef	turkey	Chicken	Cheese
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli, Cauliflower	Salsa, Lettuce, Tomato	onions, peppers	Peppers, Onions, Broc	Tomato Soup
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Pineapple	Peaches	Tropical Fruit	Apple Sauce
5	LUNCH	1-2	3-5	6-12	8/12/2024	8/13/2024	8/14/2024	8/15/2024	8/16/2024
	Components				Brocoli Cheddar Casserole	Taco Pasta	Honey Garlic Chicken	Salad	Salsbury Steak
	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 Penne	Wg Noodles	WG bread	WG Roll
	Meat/Meat Alternate	1oz	1.5oz	2oz	Cheddar, Mozz	Ground Turkey	Chicken	Cheese, Egg	Turkey
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Onions, Peppers	Mixed Veg	Tomato, lettuce	Mash potatoes
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Diced Pears	Oranges	Apple Sauce	Oranges
5	Dinner								
	Components				Tomato Basil pasta	Tacos	Salad	Salsbury Steak	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 Pasta	chicken	WG bread	WG Roll	Wg Noodles
	Meat/Meat Alternate	1oz	1.5oz	2oz	Mozz, Parm	ground beef	Cheese, Egg	Turkey	Chicken
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broc, Cauliflower mix	Salsa , Lettuce	Tomato, lettuce	Mash potatoes	Mixed Veg
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Peaches	Apple Sauce	Oranges	Oranges
5	LUNCH	1-2	3-5	6-12	8/19/2024	8/20/2024	8/21/2024	8/22/2024	8/23/2024
	Components				Egg Salad Sammies	Taco Salad	Dirty Rice	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 Roll	WG Chips	WG Rice	Wg Roll	WG Pene
	Meat/Meat Alternate	1oz	1.5oz	2oz	Egg salad	Chicken	Turkey	Beef	Turkey
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Lettuce, Tomatoes	Salsa, Lettuce, Beans	Onion , peppers, Beans	Mashed Potatoes	Tomato Sauce, Mixed Veg
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Mandarin Oranges	Diced Peaches	apple sauce	Peaches
5	Dinner								
	Components				Mac and Cheese	Tacos	Meatloaf/tomato gravy	Baked Ziti	Dirty 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 Noodles	Tortilla	Wg Roll	WG Pene	WG Rice
	Meat/Meat Alternate	1oz	1.5oz	2oz	Cheddar Cheese	ground beef	Beef	Turkey	Turkey
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Mixed Vegetables	Salsa , Lettuce	Mashed Potatoes	Tomato Sauce, Mixed Veg	Onion , peppers, Beans
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Peaches	apple sauce	Peaches	Diced Peaches
5	LUNCH	1-2	3-5	6-12	8/26/2024	8/27/2024	8/28/2024	8/29/2024	8/30/2024
	Components				Red Beans & Rice	Southwest Pasta	Chicken Pasta salad	BBQ Chicken	Rotini & Meat Sauce
	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	Tortilla	WG Noodles	WG Rolls	Pasta
	Meat/Meat Alternate	1oz	1.5oz	2oz	Beans	turkey	Chicken	Chicken	beef
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Onions & Peppers	Salsa , onion	Onions, Tomato	Sweet Potatoes	Vegeable Salad
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Peaches		Pineapples	Tropical Fruit
5	Dinner								
	Components				Tomato Basil pasta	Mexican Lasagna	BBQ Chicken	Rotini & Meat Sauce	Chicken Pasta 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 Pasta	Wg Tortilla	WG Rolls	Pasta	WG Noodles
	Meat/Meat Alternate	1oz	1.5oz	2oz	Mozz, Parm	beef	Chicken	beef	Chicken
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broc, Cauliflower mix	Corn, Black Beans	Sweet Potatoes	Vegeable Salad	Onions, Tomato
	Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Diced Pears	Pineapples	Tropical Fruit	

Snacks

5 Snacks

Components

Fluid Milk

Grain/Bread Alternate

Meat/Meat Alternate

Vegetable

Vegetable or Fruit

				Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-12	7/29/2024	7/30/2024	7/31/2024	8/1/2024	8/2/2024
				Chips and Salsa	Banana Bread	Fruit & Crackers	Turkey & Cheese Sammies	Veggie sticks
4 oz	6 oz	8 oz						Ranch
1/2 oz	1/2 oz	1 oz		Tortilla Chips	rolled oats	WG Crackers	Wg Hoagie Roll	
1oz	1.5oz	2oz					Turkey, Cheddar	Carrots
1/8 cup	1/4 cup	1/2 cup		Salsa				Celery
1/8 cup	1/4 cup	1/4 cup			bananas	Peaches		

5 Snacks

Components

Fluid Milk

Grain/Bread Alternate

Meat/Meat Alternate

Vegetable

Vegetable or Fruit

				8/5/2024	8/6/2024	8/7/2024	8/8/2024	8/9/2024
	1-2	3-5	6-12	Fruit & Crackers	Choc Chip Granola Bars	Chips and Salsa	Apple Spice Bread	Chicken Salad
4 oz	6 oz	8 oz						
1/2 oz	1/2 oz	1 oz		WG Crackers	Granola	Tortilla Chips	WG Bread	WG Pitas
1oz	1.5oz	2oz						Chicken
1/8 cup	1/4 cup	1/2 cup			Salsa			
1/8 cup	1/4 cup	1/4 cup		Oranges			Apples	

5 Snacks

Components

Fluid Milk

Grain/Bread Alternate

Meat/Meat Alternate

Vegetable

Vegetable or Fruit

				8/12/2024	8/13/2024	8/14/2024	8/15/2024	8/16/2024
	1-2	3-5	6-12	Apple bars	Trail Mix	Turkey & Cheese Sammies	Strawberry Parfaits	Banana Bread
4 oz	6 oz	8 oz					Yogurt	
1/2 oz	1/2 oz	1 oz		Granola	Popcorn	Wg Hoagie Roll	Granola	Banana bread
1oz	1.5oz	2oz				Turkey, Cheddar	Strawberries	Banana
1/8 cup	1/4 cup	1/2 cup		Apples				
1/8 cup	1/4 cup	1/4 cup			Raisins			

5 Snacks

Components

Fluid Milk

Grain/Bread Alternate

Meat/Meat Alternate

Vegetable

Vegetable or Fruit

				8/19/2024	8/20/2024	8/21/2024	8/22/2024	8/23/2024
	1-2	3-5	6-12	Chips & Salsa	Choc chip and Oat muffin	Lemon berry Parfaits	Mango Bread	Apple bars
4 oz	6 oz	8 oz				Lemon pudding		
1/2 oz	1/2 oz	1 oz		WG Chips	Whole Wheat Flour	Granola	WG Flour	Granola
1oz	1.5oz	2oz						
1/8 cup	1/4 cup	1/2 cup		Salsa				Apples
1/8 cup	1/4 cup	1/4 cup			Apples	Blueberries	Mango/Pear	

5 Snacks

Components

Fluid Milk

Grain/Bread Alternate

Meat/Meat Alternate

Vegetable

Vegetable or Fruit

				8/26/2024	8/27/2024	8/28/2024	8/29/2024	8/30/2024
	1-2	3-5	6-12	Chicken Salad	Cranberry Granola bake	Fruit & Crackers	Choco Chip bars	Nana Pudding
4 oz	6 oz	8 oz						Milk
1/2 oz	1/2 oz	1 oz		WG Pitas	Granola	WG Crackers	Rolled Oats	Bananas
1oz	1.5oz	2oz		Chicken				
1/8 cup	1/4 cup	1/2 cup						
1/8 cup	1/4 cup	1/4 cup			Cranberries	Oranges		