

## 219-Menininho Menininha Childcare & Preschool

### Attachment 2 Cycle Menu A No Pork No Peanut 2018-2019

Refer to the Child Care Food Program Meal Pattern for Children (Attachment 1) when planning portion sizes for age groups specified in this contract. Milk must be served with every breakfast, lunch and supper meal. Milk must be served with snack when indicated. Children one year of age must be served unflavored whole milk. Children two through five years old must be served either unflavored lowfat (1 percent) or unflavored fat-free (skim) milk. Children six years old and older must be served unflavored or flavored lowfat (1 percent) or fat-free (skim) milk.

Week One		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate			Colby Cheese Slice (1 oz)		Yogurt 4 oz cup
	Vegetable/Fruit/Juice Ages 1-18: ½ c	100% Apple Juice	Pears	Raisins (1/4 cup)	Cinnamon Apples	Banana (1 whole)
	Grains/Breads Ages 1-5: ½ slice/serving, ½ c Ages 6-18: 1 slice/serving, ¾ c	Cinnamon Raisin Bagel <i>Cream Cheese</i>	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread (1 slice) <i>Butter or Marg.</i>	Life Original Cereal	Wheat Chex Cereal (100% whole grain)
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Baked Sliced Chicken (2 oz)	*Beefaroni	*Picadillo	*Breaded Fish <i>Ketchup</i>	*Arroz Con Pollo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Roasted Sweet Potato	Corn	Sliced Tomatoes	Mixed Vegetables	Green Beans (fresh/frozen, not canned)
	Fruit or Vegetable Ages: 1-18: ¼ c	Crisp Steamed Broccoli (fresh/frozen, not canned)	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Lowfat Ranch Dressing</i>
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Grain Bread <i>Butter or Marg.</i>	(Beefaroni) Macaroni Garlic Bread	*Congri; Cuban Bread	Soft Roll	Rice (in entrée)
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz		Milk			
	Meat/Meat Alternate Ages 1-5: ½ oz Ages 6-18: 1 oz	Yogurt 4 oz cup			Sliced Turkey (1 ½ oz)	
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c	Tropical Mixed Fruit		Peaches		Fresh Orange Wedges
	Grains/Breads Ages 1-5: ½ slice/serving, ½ c Ages 6-18: 1 slice/serving, ¾ c		Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread (1 slice) <i>Mayo &amp; Mustard</i>	Animal Crackers

**IMPORTANT: Ages 1-5 based on meal pattern portion sizes for ages 3-5.** \*Requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. Caterer must supply this documentation to institution/facility. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item). **All food must be peanut and tree nut free.**

10/1/18-10/5/18	11/26/18-11/30/18	1/21/19-1/25/19	3/18/19-3/22/19	5/13/19-5/17/19	7/8/19-7/12/19	9/2/19-9/6/19
10/8/18-10/12/18	12/3/18-12/7/18	1/28/19-2/1/19	3/25/19-3/29/19	5/20/19-5/24/19	7/15/19-7/19/19	9/9/19-9/13/19
10/15/18-10/19/18	12/10/18-12/14/18	2/4/19-2/8/19	4/1/19-4/5/19	5/27/19-5/31/19	7/22/19-7/26/19	9/16/19-9/20/19
10/22/18-10/26/18	12/17/18-12/21/18	2/11/19-2/15/19	4/8/19-4/12/19	6/3/19-6/7/19	7/29/19-8/2/19	9/23/19-9/27/19
10/29/18-11/2/18	12/24/18-12/28/18	2/18/19-2/22/19	4/15/19-4/19/19	6/10/19-6/14/19	8/5/19-8/9/19	9/30/2019
11/5/18-11/9/18	12/31/18-1/4/19	2/25/19-3/1/19	4/22/19-4/26/19	6/17/19-6/21/19	8/12/19-8/16/19	
11/12/18-11/16/18	1/7/19-1/11/19	3/4/19-3/8/19	4/29/19-5/3/19	6/24/19-6/28/19	8/19/19-8/23/19	
11/19/18-11/23/18	1/14/19-1/18/19	3/11/19-3/15/19	5/6/19-5/10/19	7/1/19-7/5/19	8/26/19-8/30/19	

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		Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz		Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate				Cheddar Cheese Slice (1 oz)	Hard Boiled Egg (1/2 egg)	
	Vegetable/Fruit/Juice Ages 1-18: ½ c		Pineapple	Tropical Mixed Fruit	Fresh Orange Wedges	Peaches	Banana (1 whole)
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¾ c		Wheat Chex Cereal (100% whole grain)	Plain Bagel <i>Cream Cheese</i>	100% Whole Grain Bread (1 slice) <i>Butter or Marg.</i>	English Muffin <i>Butter or Marg. &amp; Jelly</i>	Rice Chex Cereal
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz		Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz		Roast Turkey Slices	*Chicken Nuggets <i>Ketchup</i>	*Salisbury Steak <i>Gravy</i>	*Fricassee de Pollo	Cuban Sandwich (Turkey ham, Swiss Cheese, Pickles)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)		Peas and Carrots (frozen, not canned)	Crisp Steamed Broccoli (fresh/frozen, not canned)	Green Beans	Mangu	Roasted New Potatoes
	Fruit or Vegetable Ages: 1-18: ¼ c		Pears	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Red Beans	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>French Dressing</i>
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c		*Moros	100% Whole Grain Bread	Roll	Brown Rice (100% whole grain)	Cuban Bread <i>Mayo &amp; Mustard</i>
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz		Milk				
	Meat/Meat Alternate Ages 1-5: ½ oz Ages 6-18: 1 oz				Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Yogurt 4 oz cup	
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c						Applesauce
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c			100% Orange Juice	Fresh Apple Slices		
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¾ c		Cuban Crackers	Corn Muffin		Graham Crackers (plain)	100% Whole Grain Crackers

**IMPORTANT: Ages 1-5 based on meal pattern portion sizes for ages 3-5.** \*Requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. Caterer must supply this documentation to institution/facility. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item). **All food must be peanut and tree nut free.**

10/1/18-10/5/18	11/26/18-11/30/18	1/21/19-1/25/19	3/18/19-3/22/19	5/13/19-5/17/19	7/8/19-7/12/19	9/2/19-9/6/19
10/8/18-10/12/18	12/3/18-12/7/18	1/28/19-2/1/19	3/25/19-3/29/19	5/20/19-5/24/19	7/15/19-7/19/19	9/9/19-9/13/19
10/15/18-10/19/18	12/10/18-12/14/18	2/4/19-2/8/19	4/1/19-4/5/19	5/27/19-5/31/19	7/22/19-7/26/19	9/16/19-9/20/19
10/22/18-10/26/18	12/17/18-12/21/18	2/11/19-2/15/19	4/8/19-4/12/19	6/3/19-6/7/19	7/29/19-8/2/19	9/23/19-9/27/19
10/29/18-11/2/18	12/24/18-12/28/18	2/18/19-2/22/19	4/15/19-4/19/19	6/10/19-6/14/19	8/5/19-8/9/19	9/30/2019
11/5/18-11/9/18	12/31/18-1/4/19	2/25/19-3/1/19	4/22/19-4/26/19	6/17/19-6/21/19	8/12/19-8/16/19	
11/12/18-11/16/18	1/7/19-1/11/19	3/4/19-3/8/19	4/29/19-5/3/19	6/24/19-6/28/19	8/19/19-8/23/19	
11/19/18-11/23/18	1/14/19-1/18/19	3/11/19-3/15/19	5/6/19-5/10/19	7/1/19-7/5/19	8/26/19-8/30/19	

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Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Mozzarella Cheese Slice (1 oz)		Yogurt 4 oz cup		Hard Boiled Egg (1/2 egg)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Peaches	Mandarin Oranges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Cinnamon Apples	Banana (1 whole)
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¾ c	Original Cheerios (100% whole grain)	Raisin Bread (1 slice; plain, no icing) <i>Butter or Marg.</i>	Blueberry Muffin	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	100% Whole Grain English Muffin <i>Butter or Marg. &amp; Jelly</i>
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Ropa Vieja	*Breaded Chicken Pattie	*Meatloaf (beef or turkey) <i>Ketchup</i>	*Spaghetti & Meat Sauce with Ground Turkey or Beef	*Pizza
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Black Beans	Green Peas	Fresh Mashed Potato (not instant)	Steamed Baby Carrots (fresh/frozen, not canned)	Mixed Vegetables
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Fresh Apple Slices	Fruit Cocktail	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Lowfat Ranch Dressing</i>	Pears
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Rice	Roll	100% Whole Grain Bread	(Spaghetti), Garlic Bread	Pizza Crust
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz		Milk		Milk	
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz	Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp <i>Jelly</i>	Provolone Cheese Slice	Sliced Turkey (1 ½ oz)		Cheese Stick
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c			100% Red Grape Juice		Fresh Orange Slices
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¾ c	100% Whole Grain Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	100% Whole Wheat Tortilla	Assorted Crackers	Animal Crackers	

**IMPORTANT: Ages 1-5 based on meal pattern portion sizes for ages 3-5.** \*Requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. Caterer must supply this documentation to institution/facility. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item). **All food must be peanut and tree nut free.**

10/1/18-10/5/18	11/26/18-11/30/18	1/21/19-1/25/19	3/18/19-3/22/19	5/13/19-5/17/19	7/8/19-7/12/19	9/2/19-9/6/19
10/8/18-10/12/18	12/3/18-12/7/18	1/28/19-2/1/19	3/25/19-3/29/19	5/20/19-5/24/19	7/15/19-7/19/19	9/9/19-9/13/19
10/15/18-10/19/18	12/10/18-12/14/18	2/4/19-2/8/19	4/1/19-4/5/19	5/27/19-5/31/19	7/22/19-7/26/19	9/16/19-9/20/19
10/22/18-10/26/18	12/17/18-12/21/18	2/11/19-2/15/19	4/8/19-4/12/19	6/3/19-6/7/19	7/29/19-8/2/19	9/23/19-9/27/19
10/29/18-11/2/18	12/24/18-12/28/18	2/18/19-2/22/19	4/15/19-4/19/19	6/10/19-6/14/19	8/5/19-8/9/19	9/30/2019
11/5/18-11/9/18	12/31/18-1/4/19	2/25/19-3/1/19	4/22/19-4/26/19	6/17/19-6/21/19	8/12/19-8/16/19	
11/12/18-11/16/18	1/7/19-1/11/19	3/4/19-3/8/19	4/29/19-5/3/19	6/24/19-6/28/19	8/19/19-8/23/19	
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	Week Four	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Yogurt 4 oz cup		Cheddar Cheese Slice (1 oz)		
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Fruit Cocktail	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	100% Apple Juice	Banana (1 whole)
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¾ c	Blueberry Muffin	Life Original Cereal	100% Whole Grain English Muffin	100% Whole Grain Bread <i>Butter or Marg.</i>	Multi Grain Cheerios (100% whole grain)
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Beef (sliced or pulled)	*Breaded Fish <i>Ketchup</i>	*Picadillo	Baked Chicken	Hamburger (Lettuce and Tomato)
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Steamed Baby Carrots	Yucca	Butternut Squash	Oven Fried Potatoes
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pineapple	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Lowfat Italian Dressing</i>	Mixed Vegetables	Fresh Broccoli Florets <i>Lowfat Ranch Dip</i>	Pears
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	White Rice	Soft Roll	*Congri	Cuban Bread	Bun <i>Mustard, Mayo, Ketchup</i>
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz	Milk	Milk			
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages 6-18: 1 oz	Sliced Turkey (1 ½ oz)	Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp <i>Jelly</i>		Yogurt 4 oz cup	Shredded Mozzarella Cheese Ages 1-5: ½ oz Ages 6 and up: 1 oz
	<b>Vegetable</b> Ages 1-5: ½ c Ages 6-18: ¾ c					Tomato Sauce Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp
	<b>Fruit/Juice</b> Ages 1-5: ½ c Ages 6-18: ¾ c			Banana (1 whole)	Peaches	(children assemble own personal pizzas)
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¾ c	100% Whole Grain Crackers	100% Whole Grain Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	Crackers (savory)		English Muffin Ages 1-5: ½ muffin Ages 6 and up: 1 whole

**IMPORTANT: Ages 1-5 based on meal pattern portion sizes for ages 3-5.** \*Requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. Caterer must supply this documentation to institution/facility. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item). **All food must be peanut and tree nut free.**

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10/8/18-10/12/18	12/3/18-12/7/18	1/28/19-2/1/19	3/25/19-3/29/19	5/20/19-5/24/19	7/15/19-7/19/19	9/9/19-9/13/19
10/15/18-10/19/18	12/10/18-12/14/18	2/4/19-2/8/19	4/1/19-4/5/19	5/27/19-5/31/19	7/22/19-7/26/19	9/16/19-9/20/19
10/22/18-10/26/18	12/17/18-12/21/18	2/11/19-2/15/19	4/8/19-4/12/19	6/3/19-6/7/19	7/29/19-8/2/19	9/23/19-9/27/19
10/29/18-11/2/18	12/24/18-12/28/18	2/18/19-2/22/19	4/15/19-4/19/19	6/10/19-6/14/19	8/5/19-8/9/19	9/30/2019
11/5/18-11/9/18	12/31/18-1/4/19	2/25/19-3/1/19	4/22/19-4/26/19	6/17/19-6/21/19	8/12/19-8/16/19	
11/12/18-11/16/18	1/7/19-1/11/19	3/4/19-3/8/19	4/29/19-5/3/19	6/24/19-6/28/19	8/19/19-8/23/19	
11/19/18-11/23/18	1/14/19-1/18/19	3/11/19-3/15/19	5/6/19-5/10/19	7/1/19-7/5/19	8/26/19-8/30/19	

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	Week Five	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>			Cheddar Cheese Slice (1 oz)		Hard Boiled Egg (1/2 egg)
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Fruit Cocktail	Pineapple	Pears	Banana (1 whole)	Applesauce
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¾ c	Total Whole Grain Cereal (100% whole grain)	100% Whole Grain Bagel <i>Cream Cheese</i>	Blueberry Muffin	Original Cheerios (100% whole grain)	100% Whole Grain Bread <i>Butter or Marg.</i>
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Pulled Chicken <i>Gravy or Sauce</i>	*Beef Empanada	*Ravioli	*Cuban Stew (with beef)	*Chicken Nuggets <i>Honey Mustard</i>
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Plantains	Broccoli, Cauliflower, Carrots	Mixed Vegetables	Fresh Mashed Potato (not instant)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Peaches	Fresh Tomato, Corn & Avocado Salad <i>Light Ranch Dressing</i>	Fresh Clementine Wedges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Italian Dressing</i>
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	*Macaroni and Cheese	*Congri	100% Whole Grain Roll	*Moros	Soft Roll
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz					
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz	Sliced Turkey (1 ½ oz)		Bean Dip (bean salsa or hummus)	Mozzarella Stick	Yogurt 4 oz cup
	<b>Vegetable</b> Ages 1-5: ½ c Ages 6-18: ¾ c					
	<b>Fruit/Juice</b> Ages 1-5: ½ c Ages 6-18: ¾ c	100% Orange Juice	Fresh Apple Slices			
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¾ c	Saltine Crackers	Cheese Crackers	Soft Tortilla	Plain Arepa	Graham Crackers (plain)

**IMPORTANT: Ages 1-5 based on meal pattern portion sizes for ages 3-5. \*Requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. Caterer must supply this documentation to institution/facility. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item). All food must be peanut and tree nut free.**

10/1/18-10/5/18	11/26/18-11/30/18	1/21/19-1/25/19	3/18/19-3/22/19	5/13/19-5/17/19	7/8/19-7/12/19	9/2/19-9/6/19
10/8/18-10/12/18	12/3/18-12/7/18	1/28/19-2/1/19	3/25/19-3/29/19	5/20/19-5/24/19	7/15/19-7/19/19	9/9/19-9/13/19
10/15/18-10/19/18	12/10/18-12/14/18	2/4/19-2/8/19	4/1/19-4/5/19	5/27/19-5/31/19	7/22/19-7/26/19	9/16/19-9/20/19
10/22/18-10/26/18	12/17/18-12/21/18	2/11/19-2/15/19	4/8/19-4/12/19	6/3/19-6/7/19	7/29/19-8/2/19	9/23/19-9/27/19
10/29/18-11/2/18	12/24/18-12/28/18	2/18/19-2/22/19	4/15/19-4/19/19	6/10/19-6/14/19	8/5/19-8/9/19	9/30/2019
11/5/18-11/9/18	12/31/18-1/4/19	2/25/19-3/1/19	4/22/19-4/26/19	6/17/19-6/21/19	8/12/19-8/16/19	
11/12/18-11/16/18	1/7/19-1/11/19	3/4/19-3/8/19	4/29/19-5/3/19	6/24/19-6/28/19	8/19/19-8/23/19	
11/19/18-11/23/18	1/14/19-1/18/19	3/11/19-3/15/19	5/6/19-5/10/19	7/1/19-7/5/19	8/26/19-8/30/19	