

MASTER MENU

STANDARD MENU

4 - WEEK ROTATING MENU

MONTH: MARCH  
YEAR: 2023

CENTER:



ACA W Enterprise  
Childcare Food Service & Manufacturing

MENU KEY:	
(D)	= Dairy
(B)	= Beef
(E)	= Egg
(C)	= Citrus
(W)	= Wheat

JUICE DELIVERY		CANNED FRUIT DELIVERY		PAPER GOODS DELIVERY		MILK DELIVERY		INFANT SUPPLY DELIVERY	
30	<b>MONDAY</b>	31	<b>TUESDAY</b>	1	<b>WEDNESDAY</b>	2	<b>THURSDAY</b>	3	<b>FRIDAY</b>
Grains / Meat / Alt	(W) Cereal, Strawberry Shredded Wheat	Grains / Meat / Alt	(E) Egg & Cheese Bagel	Grains / Meat / Alt	(W) French Toast Sticks	Grains / Meat / Alt	(W) WG Apple Cinnamon Muffin	Grains / Meat / Alt	(W) Chicken Fries & Waffles
Veg/ Fruit	Banana	Veg/ Fruit	Canteloupe Melon	Veg/ Fruit	Apple Slices	Veg/ Fruit	(C) Grapefruit Slices	Veg/ Fruit	(C) Orange Slices
B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk
Meat / Alt	(B) Salisbury Steak	Meat / Alt	(W) General Tso Chicken Sandwich Chicken Patty	Meat / Alt	Turkey & Gravy	Meat / Alt	(D) (W) Mozzarella Pizza Stix Mozzarella Cheese	Meat / Alt	(B) Sloppy Joe Ground Beef
Grain	WG Dinner Roll	Grain	(W) WG Hamburger Roll	Grain	WG Brown Rice	Grain	WG Breading	Grain	(W) WG Hamburger Roll
Veg	Mix Veg / Mashed Potato	Veg	String Beans	Veg	Broccoli / Cauliflower / Carrot	Veg	Broccoli / Cauliflower / Carrot	Veg	Cob Corn
Fruit	Pears	Fruit	(C) Mandarin Oranges	Fruit	Fruit Cocktail	Fruit	Pineapple	Fruit	Peaches
L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk
Grain	(D) Flavored Yogurt	Grain	(W) Soft Pretzel w/ Mustard	Grain	(W) Vanilla Crackers	Grain	(W) Original Animal Cracker	Grain	(W) (D) Crackers w/ Cheese Cubes
P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch

JUICE DELIVERY		CANNED FRUIT DELIVERY		PAPER GOODS DELIVERY		MILK DELIVERY		INFANT SUPPLY DELIVERY	
6	<b>MONDAY</b>	7	<b>TUESDAY</b>	8	<b>WEDNESDAY</b>	9	<b>THURSDAY</b>	10	<b>FRIDAY</b>
Meat / Meat alt.	(W) Cereal, Cheerio's	Grains / Meat / Alt	(E) Egg Scramble	Grains / Meat / Alt	(W) Maple Waffle	Grains / Meat / Alt	(W) WG Blueberry Muffin	Grains / Meat / Alt	(W) WG Bagel w/ Cream Cheese
Veg/ Fruit	Banana	Veg/ Fruit	Spinach, Turkey Sausage, Cheddar Cheese	Veg/ Fruit	Apple Slices	Veg/ Fruit	(C) Grapefruit Slices	Veg/ Fruit	(C) Orange Slices
B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk
Meat / Alt	(B) Cowboy Beans Ground Beef / Veg Baked Beans	Meat / Alt	(W) Chicken Noodle Soup Chicken Breast	Meat / Alt	Turkey Burger w/ Cheese Option	Meat / Alt	(D) (W) Macaroni & Cheese	Meat / Alt	(D) (W) Grill Cheese
Grain	(W) WG Dinner Roll	Grain	(W) WG Rotini Noodle	Grain	(W) WG Hamburger Roll	Grain	(W) WG Rotini Noodles	Grain	(W) WG Sliced Bread
Veg	Mixed Vegetable	Veg	String Beans	Veg	Sweet Potato Mash	Veg	Vegetable Medley	Veg	Tomato Basil Soup
Fruit	Pears	Fruit	(C) Mandarin Oranges	Fruit	Fruit Cocktail	Fruit	Pineapple	Fruit	Peaches
L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk
Grain	(D) Mozz String Cheese	Grain	(W) Sun Chips	Grain	(W) Goldfish Crackers	Grain	(W) Plain Graham Crackers	Grain	(W) Cheese on Cheese Crackers
P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch

JUICE DELIVERY		CANNED FRUIT DELIVERY		PAPER GOODS DELIVERY		MILK DELIVERY		INFANT SUPPLY DELIVERY	
13	<b>MONDAY</b>	14	<b>TUESDAY</b>	15	<b>WEDNESDAY</b>	16	<b>THURSDAY</b>	17	<b>FRIDAY</b>
Grains / Meat / Alt	(W) Cereal, Corn Flakes	Grains / Meat / Alt	(E) Egg & Cheese Bagel	Grains / Meat / Alt	(W) French Toast Sticks	Grains / Meat / Alt	(W) Corn Muffin	Grains / Meat / Alt	(W) Chicken Fries & Waffles
Veg/ Fruit	Banana	Veg/ Fruit	Canteloupe Melon	Veg/ Fruit	Apple Slices	Veg/ Fruit	(C) Grapefruit Slices	Veg/ Fruit	(C) Orange Slices
B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk
Meat / Alt	(D) (W) (B) Baked Ziti	Meat / Alt	(D) Pulled BBQ Chicken w/ Cheddar Cheese	Meat / Alt	(D) Walking Taco Seasoned Turkey, Cheddar, Lettuce & Salsa	Meat / Alt	(D) (W) Mozzarella Pizza Stix Mozzarella Cheese	Meat / Alt	(D) Turkey & Cheese Sliders Turkey Breast / Cheddar Cheese
Grain	(W) WG Noodle	Grain	(W) WG Corn Bread Poppers	Grain	(W) Corn Chips	Grain	WG Breading	Grain	WG Slider Roll
Veg	Mixed Vegetable	Veg	String Beans	Veg	Baby Carrots w/ Ranch Dip	Veg	Broccoli / Cauliflower / Carrot	Veg	Tossed Salad w/ Dressing
Fruit	Pears	Fruit	(C) Mandarin Oranges	Fruit	Fruit Cocktail	Fruit	Pineapple	Fruit	Peaches
L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk
Grain	(D) Flavored Yogurt	Grain	(W) Soft Pretzel w/ Mustard	Grain	(W) Vanilla Crackers	Grain	(W) Original Animal Cracker	Grain	(W) (D) Crackers w/ Cheese Cubes
P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch

JUICE DELIVERY		CANNED FRUIT DELIVERY		PAPER GOODS DELIVERY		MILK DELIVERY		INFANT SUPPLY DELIVERY	
20	<b>MONDAY</b>	21	<b>TUESDAY</b>	22	<b>WEDNESDAY</b>	23	<b>THURSDAY</b>	24	<b>FRIDAY</b>
Grains / Meat / Alt	(W) Cereal, Honey Bunches Vanilla	Grains / Meat / Alt	(E) Egg Scramble	Grains / Meat / Alt	(W) Maple Waffle	Grains / Meat / Alt	(W) WG Blueberry Muffin	Grains / Meat / Alt	(W) WG Bagel w/ Cream Cheese
Veg/ Fruit	Banana	Veg/ Fruit	Spinach, Turkey Sausage, Cheddar Cheese	Veg/ Fruit	Apple Slices	Veg/ Fruit	(C) Grapefruit Slices	Veg/ Fruit	(C) Orange Slices
B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk
Meat / Alt	(B) Meatball w/ Gravy	Meat / Alt	(W) Chicken Tenders w/ Honey Mustard	Meat / Alt	Turkey Burger w/ Cheese Option	Meat / Alt	(D) (W) Macaroni & Cheese	Meat / Alt	(D) Pizza Bagel Turk. Pepperoni / Mozzarella
Grain	(W) WG Rotini Noodle	Grain	(W) WG Roll	Grain	(W) WG Hamburger Roll	Grain	(W) WG Rotini Noodles	Grain	WG Bagel
Veg	Mixed Vegetable	Veg	String Beans	Veg	Sweet Potato Mash	Veg	Vegetable Medley	Veg	Tossed Salad
Fruit	Pears	Fruit	(C) Mandarin Oranges	Fruit	Fruit Cocktail	Fruit	Pineapple	Fruit	Peaches
L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk
Grain	(D) Mozz String Cheese	Grain	(W) Sun Chips	Grain	(W) Goldfish Crackers	Grain	(W) Plain Graham Crackers	Grain	(W) Cheese on Cheese Crackers
P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch

JUICE DELIVERY		CANNED FRUIT DELIVERY		PAPER GOODS DELIVERY		MILK DELIVERY		INFANT SUPPLY DELIVERY	
27	<b>MONDAY</b>	28	<b>TUESDAY</b>	29	<b>WEDNESDAY</b>	30	<b>THURSDAY</b>	31	<b>FRIDAY</b>
Grains / Meat / Alt	(W) Strawberry Shredded Wheat Cereal	Grains / Meat / Alt	(E) Egg & Cheese Bagel	Grains / Meat / Alt	(W) French Toast Sticks	Grains / Meat / Alt	(W) WG Apple Cinnamon Muffin	Grains / Meat / Alt	(W) Chicken Fries & Waffles
Veg/ Fruit	Banana	Veg/ Fruit	Canteloupe Melon	Veg/ Fruit	Apple Slices	Veg/ Fruit	(C) Grapefruit Slices	Veg/ Fruit	(C) Orange Slices
B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk	B	Milk Whole Milk or 1 % Milk
Meat / Alt	(B) Salisbury Steak	Meat / Alt	(W) General Tso Chicken Sandwich Chicken Patty	Meat / Alt	Turkey & Gravy	Meat / Alt	(D) (W) Mozzarella Pizza Stix Mozzarella Cheese	Meat / Alt	(B) Sloppy Joe Ground Beef
Grain	WG Dinner Roll	Grain	(W) WG Hamburger Roll	Grain	WG Brown Rice	Grain	WG Breading	Grain	(W) WG Hamburger Roll
Veg	Mix Veg / Mashed Potato	Veg	String Beans	Veg	Broccoli / Cauliflower / Carrot	Veg	Broccoli / Cauliflower / Carrot	Veg	Cob Corn
Fruit	Pears	Fruit	(C) Mandarin Oranges	Fruit	Fruit Cocktail	Fruit	Pineapple	Fruit	Peaches
L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk	L / D	Milk 1% or Whole Milk
Grain	(D) Flavored Yogurt	Grain	(W) Soft Pretzel w/ Mustard	Grain	(W) Vanilla Crackers	Grain	(W) Original Animal Cracker	Grain	(W) (D) Crackers w/ Cheese Cubes
P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch	P	Fruit 100% Fruit Punch

SERVING GUIDE



ACAW Enterprise  
Childcare Food Service & Manufacturing

Last Update: \_\_\_\_\_ March / 2023

		AGE GROUP			
	ITEM NAME	1 - 2 Years	3 - 5 Years	6- 12 Years	13 - 18 Years
<b>LUNCH</b>					
RECIPE	Grilled Cheese Sandwich	1/2 cup	1/2 cup	3/4 cup	2 cup
RECIPE	Sloppy Joe	1/2 cup	1/2 cup	3/4 cup	1 cup
RECIPE	Chicken Noodle Soup	1/2 cup	1/2 cup	3/4 cup	0 cup
RECIPE	Baked Ziti	1/2 cup	1/2 cup	3/4 cup	1 cup
CN	Chicken Patty (2.54 oz)	1 piece	1 piece	1 piece	2 piece
N/A	WG Rotini Noodles	1/4 cup	1/4 cup	1/2 cup	1/2 cup
CN	Turkey Burger Patty (2.5 oz)	1 piece	1 piece	1 piece	1 piece
RECIPE	Macaroni & Cheese	1/2 cup	1/2 cup	3/4 cup	1 cup
CN	Beef Franks (2 oz.)	1 piece	1 piece	1 piece	1 piece
NUTRITION	Veggie Baked Beans	1/4 cup	1/4 cup	1/2 cup	1/2 cup
RECIPE	Turkey & Gravy	1/4 cup	1/4 cup	1/2 cup	1/2 cup
N/A	Brown Rice	1/4 cup	1/4 cup	1/2 cup	1 cup
CN	Mozzarella Max Stix (1 oz.)	2 piece	2 piece	3 piece	3 piece
CN	Turkey & Cheese Sandwich	1 piece	1 piece	1 piece	1 piece
CN	Salisbury Steak (2.6 oz)	1 piece	1 piece	1 piece	2 piece
CN	Chicken Tenders (1 oz.)	3 piece	3 piece	4 piece	4 piece
CN	Taco - Seasoned Taco Meat	1/4 cup	1/4 cup	1/4 cup	1/2 cup
N/A	Taco- Lettuce / Tomato Salsa	1/4 cup	1/4 cup	1/2 cup	1/2 cup
N/A	Taco - Cheddar Only	1/8 cup	1/8 cup	1/8 cup	1/4 cup
RECIPE	Pulled BBQ Chicken	1/4 cup	1/4 cup	1/4 cup	1/2 cup
CN	WG Cornbread Poppers	3 pieces	3 pieces	4 pieces	5 pieces
CN	Beef Meatloaf	1 piece	1 piece	1 piece	1 piece
CN	Turkey Meatloaf (2.6 oz.)	1 piece	1 piece	1 piece	1 piece
CN	Beef Meatballs (1 oz.)	3 piece	3 piece	4 piece	4 piece
RECIPE	Pizza Bagel - Mozzarella / Pepperoni Mix	1/4 cup	1/4 cup	1/4 cup	1/2 cup
NUTRITION	Pizza Bagel - WG Bagel	1/2 bagel	1/2 bagel	1/2 bagel	1 bagel
NUTRITION	WG Hamburger Roll	1 roll	1 roll	1 roll	1 roll
NUTRITION	WG Hotdog Roll	1 roll	1 roll	1 roll	1 roll
NUTRITION	WG Dinner Roll (1.1 oz)	1 roll	1 roll	1 roll	1 roll
N/A	All Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup
N/A	All Fruit, Canned	1/8 cup	1/4 cup	1/4 cup	1/4 cup
<b>BEVERAGES</b>					
NUTRITION	100 % Juice	4 oz.	4 oz.	6 oz.	6 oz.
N/A	Milk , Whole	4 oz.	N/A	N/A	N/A
N/A	Milk 1%	4 oz.	6 oz.	8 oz.	8 oz.
<b>SNACKS</b>					
NUTRITION	Individually Packaged Snacks	1 pack	1 pack	1 pack	1 pack
NUTRITION	Soft Pretzel Sticks	2 piece	2 piece	3 piece	3 piece
<b>BREAKFAST</b>					
	Cantelope Melon, Fresh	2 piece	2 piece	2 piece	2 piece
	Orange Slices, Fresh	2 piece	2 piece	2 piece	2 piece
	Watermelon, Fresh	1 piece	1 piece	1 piece	1 piece
	Cantelope Melon, Fresh	1 piece	2 piece	2 piece	2 piece
	Banana , Fresh	1/2 piece	1 piece	1 piece	1 piece
NUTRITION	Individually Packaged Breakfast	1 pack	1 pack	1 pack	1 pack
NUTRITION	Turkey Sausage (1.25 oz)	1 piece	1 piece	1 piece	1 piece
NUTRITION	WG Biscuit (2.2 oz.)	1 piece	1 piece	1 piece	1 piece
N/A	Scrambled Egg Patty	1 piece	1 piece	1 piece	1 piece
NUTRITION	WG Croissant (2.2 oz.)	1 piece	1 piece	1 piece	1 piece
NUTRITION	Cinnamon French Toast (2.25 oz.)	1 piece	2 piece	3 piece	3 piece
NUTRITION	Waffle	1 piece	1 piece	2 piece	2 piece
NUTRITION	WG Waffle Sticks (.77 oz.)	1 piece	2 piece	3 piece	3 piece
CN	Chicken Nugget ( Breakfast )	2 piece	3 piece	4 piece	4 piece
CN	Chicken Fries (.86 oz.)	2 piece	2 piece	3 piece	4 piece
NUTRITION	Mini Pancakes	3 piece	4 piece	4 piece	5 piece

SERVING SPOON KEY		
RED SPOON	1/4 Cup	2 oz.
GREEN SPOON	1/2 Cup	4 oz.
BLACK SPOON	3/4 cup	6 oz.
BLUE SPOON	1 cup	8 oz.

WHOLE GRAINS SERVING REQUIREMENT	
AGES 1 - 5	at least 1/2 oz. eq. per serving
AGES 6 +	at least 1 oz. eq. per serving

WHOLE MILK IS TO BE SERVED TO 1 YEAR OLD CHILDREN ONLY



# FOOD TEMPERATURE LOG

**HOT FOODS** SHOULD BE KEPT AT A TEMPERATURE OF **140 DEGREES OR ABOVE**

**COLD FOODS** SHOULD BE KEPT AT A TEMPERATURE OF **40 DEGREES OR BELOW**.

Month / Year : MARCH / 2022

Center Name :

Date	FOOD ITEM # 1	TEMPERATURE	FOOD ITEM # 2	TEMPERATURE	FOOD ITEM # 3	TEMPERATURE	STAFF SIGNATURE
3 / 1	TURKEY & GRAVY	At Serving	RICE	At Serving	VEGETABLE MEDLEY	At Serving	
3 / 2	MOZZARELLA PIZZA STIX	At Serving	VEGETABLE MEDLEY	At Serving		At Serving	
3 / 3	SLOPPY JOE	At Serving	COB CORN	At Serving		At Serving	
3 / 6	COWBOY BEANS	At Serving	MIXED VEGETABLE	At Serving		At Serving	
3 / 7	CHICKEN NOODLE SOUP	At Serving	STRING BEANS	At Serving		At Serving	
3 / 8	MEATLOAF W/ GRAVY	At Serving	RICE	At Serving	MIXED VEGETABLE	At Serving	
3 / 9	MACARONI & CHEESE	At Serving	VEGETABLE MEDLEY	At Serving		At Serving	
3 / 10	GRILL CHEESE SANDWICH	At Serving	TOMATO BASIL SOUP	At Serving		At Serving	
3 / 13	SALISBURY STEAK	At Serving	MASHED POTATO OR RICE	At Serving	MIXED VEGETABLE	At Serving	
3 / 14	PULLED BBQ CHICKEN	At Serving	CORNBREAD POPPERS	At Serving	STRING BEANS	At Serving	
3 / 15	TACO TOPPING - CHEESE	At Serving	TACO TOPPING - LETTUCE	At Serving	SEASONED TACO MEAT	At Serving	
3 / 16	MOZZARELLA PIZZA STIX	At Serving	VEGETABLE MEDLEY	At Serving		At Serving	
3 / 17	TURKEY & CHEESE SLIDERS	At Serving	TOSSED SALAD	At Serving		At Serving	
3 / 20	MEATBALLS W/ GRAVY	At Serving	WG NOODLES	At Serving	MIXED VEGETABLES	At Serving	
3 / 21	CHICKEN TENDERS	At Serving	STRING BEANS	At Serving		At Serving	
3 / 22	TURKEY BURGER	At Serving	SWEET POTATO MASH	At Serving		At Serving	
3 / 23	MACARONI & CHEESE	At Serving	VEGETABLE MEDLEY	At Serving		At Serving	
3 / 24	PIZZA BAGEL ( CHEESE / PEPPERONI )	At Serving	TOSSED SALAD	At Serving		At Serving	
3 / 27	BAKED ZITI	At Serving	MIXED VEGETABLES	At Serving		At Serving	
3 / 28	GENERAL TSO CHICKEN PATTY	At Serving	STRING BEANS	At Serving		At Serving	
3 / 29	TURKEY & GRAVY	At Serving	RICE	At Serving	VEGETABLE MEDLEY	At Serving	
3 / 30	MOZZARELLA PIZZA STIX	At Serving	VEGETABLE MEDLEY	At Serving		At Serving	
3 / 31	SLOPPY JOE	At Serving	COB CORN	At Serving		At Serving	

**SUBSTITUTION LEDGER**

\*\*KEEP IN FILE FOR INSPECTIONS BY MONITORS



Month / Year : MARCH / 2022

Center Name:

**EXAMPLE**

DATE	SCHEDULED MENU ITEM	SUBSTITUTE MENU ITEM	TEMPERATURE		MEAL			CHILDS NAME or ALL CHILDREN	STAFF INITIAL	
			At Serving	160	B	L	S			P
08 / 10 / 2022	Chicken Tenders	Spaghetti w/ Meatsauce	At Serving	160	B	L	S	P	All Children	AW
			At Serving		B	L	S	P		
			At Serving		B	L	S	P		
			At Serving		B	L	S	P		
			At Serving		B	L	S	P		
			At Serving		B	L	S	P		
			At Serving		B	L	S	P		
			At Serving		B	L	S	P		
			At Serving		B	L	S	P		
			At Serving		B	L	S	P		
			At Serving		B	L	S	P		
			At Serving		B	L	S	P		
			At Serving		B	L	S	P		
			At Serving		B	L	S	P		
			At Serving		B	L	S	P		
			At Serving		B	L	S	P		
			At Serving		B	L	S	P		
			At Serving		B	L	S	P		
			At Serving		B	L	S	P		
			At Serving		B	L	S	P		