



South Jamaica Center For
Children and Parents, Inc.






SPRING MENU 2019



Age Group

Week 1

BREAKFAST		(1-2)	(3-5)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beverage	1/2 cup			1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*
Grains or Meat/Meat Alternate	1/2 oz eq			W.G Cream of Wheat	Corn Muffin 	W. W. Mini Bagel	W. G. Golden Waffle	Wheaties Cereal
Vegetable and/or Fruit	1/4 cup	1/2 cup		Fresh Honeydew	Cantaloupe Slices 	Fresh Banana	Unsweetened Applesauce	Mandarin Oranges
Optional						L. F. Cream Cheese		W. W. Tortilla
LUNCH				Spinach Quiche	Turkey Meatloaf w/ Egg Noodle	Beef Stew w/ Shell Pasta	BBQ Chicken w/ Rice	Tuna Bake
Beverage	1/2 cup	3/4 cup		1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*
Meat/Meat Alternate	1 oz	1.5 oz		L.F. Cheese Quiche	Turkey Meatloaf	Beef Stew	BBQ Chicken	Baked Tuna
Breads/Grains	1/2 oz eq			Pie Shells	Egg Noodle	W.G. Shell Pasta	Yellow Rice	W.G Roll
Vegetable	1/8 cup	1/4 cup		Spinach in Quiche	Garlicy String Beans	Mixed Vegetables	Oriental Vegetable Blend	Confettii Salad
Vegetable or Fruit	1/8 cup	1/4 cup		Mixed Fruits	Fresh Orange Slices	Fresh Pear Slices	Sliced Peaches	Fresh Honeyew Melon
SNACK				Watermelon & W.G. Pretzel	Cool Cucumbers & String Cheese	Fruit Tortilla	Fresh Strawberry Yogurt Parfait	Fruit & Crackers
Beverage	1/2 cup			Water	Water	Water	Water	Water
Meat/Meat Alternate	1/2 oz				L. F. Mozzarella String Cheese		L. F. Greek Yogurt Dip	
Breads/Grains	1/2 oz eq			W.G Soft Pretzel		W. W. Tortilla Triangles		W. G. Cracker
Vegetable	1/2 cup				Cucumber Wedges			
Fruit	1/2 cup			Juicy Watermelon		Diced Peaches	Strawberries	Mixed Fruit Cup

* H.M - Home Made
* W.G. - Whole Grain
* W.W. - Whole Wheat
* L.F. - Low Fat
* L.S. - Low Sodium

* Oriental Vegetable Blend - Broccoli Florets, Green Beans, Diced Onions, Sliced Mushrooms, and Diced Red Peppers.
* Sunbutter - Sunflower Seed Butter
* Quinoa - A grain high in nutrients traditionally grown as a staple food high in the Andes.
* Unflavored whole milk must be served to 1 year olds. Unflavored 1% Milk are served for children aged 2 years and above.
* Water is to be served throughout the day
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Week 2

BREAKFAST	(1-2)	(3-5)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Beverage	1/2 cup		1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	
Grains or Meat/Meat Alternate	1/2 oz eq		W.G Farina	Cinnamon Raisin Bread	W. W. Biscuits	W. G. Bran Flake Cereal	W.G Blueberry Muffin	
Vegetable and/or Fruit	1/4 cup	1/2 cup	Red Apple Diced	Fresh Banana Slices	Fresh Pear Slices	Strawberries Slices	Diced Peaches	
Optional								
LUNCH <i>Around the World</i>			<i>South America</i> Rice & Beans	<i>Africa</i> Chicken Couscous	<i>Asia & Oceania</i> Veg Stir-Fry & Fish	<i>Europe</i> Beefy Rotini Bake	<i>North America</i> Turkey Dinner	
Beverage	1/2 cup	3/4 cup	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	
Meat/Meat Alternate	1 oz	1.5 oz	Black Beans	Seasoned Chicken	Salmon Teriyaki	Lean Ground Beef	L.S Turkey	
Breads/Grains	1/2 oz eq		Brown Rice	W.G Couscous	Stir-Fried Rice	W.G Rotini Pasta	W.W Roll	
Vegetable	1/8 cup	1/4 cup	Plantains	Mixed Vegetables	Oriental Vegetable Medley	Green Peas	Mashed Sweet Potatoes	
Vegetable or Fruit	1/8 cup	1/4 cup	Fresh Orange Slices	Apricot Halves	Mandarin Oranges	Fresh Blueberries	Mixed Fruit Cocktail	
SNACK			Corn Muffins	Cottage Cheese Dip	Pineapple & Crackers	Mixed Berries Yogurt Parfait	Fruit & Crackers	
Beverage	1/2 cup		Water 	Water	Water	Water	Water 	
Meat/Meat Alternate	1/2 oz			Cottage Cheese Dip		L. F. Greek Vanilla Yogurt		
Breads/Grains	1/2 oz eq		Corn Muffin		Animal Cracker		W. G. Triscuit Cracker	
Vegetable	1/2 cup							
Fruit	1/2 cup		Cantaloupe Slices	Carrot Sticks	Pineapple Slice	Mixed Berries	Fresh Banana	
			<ul style="list-style-type: none"> * H.M - Home Made * W.G. - Whole Grain * W.W. - Whole Wheat * L.F. - Low Fat * L.S. - Low Sodium 				<ul style="list-style-type: none"> * Oriental Vegetable Blend - Broccoli Florets, Green Beans, Diced Onions, Sliced Mushrooms, and Diced Red Peppers. * Sunbutter - Sunflower Seed Butter * Quinoa - A grain high in nutrients traditionally grown as a staple food high in the Andes. * Unflavored whole milk must be served to 1 year olds. Unflavored 1% Milk are served for children aged 2 years and above. * Water is to be served throughout the day * Please note: Foods will be served as family style. * Substitutions are made for those who have allergies, dietary restrictions or religious exemptions. 	



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Week 3

BREAKFAST		(1-2)	(3-5)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beverage	1/2 cup			1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*
Grains or Meat/Meat Alternate	1/2 oz eq			Cinnamon Oatmeal	French Toast Sticks	Wheatena Cereal	W. G. Cheerios	L.S Turkey Sausage Pattie
Vegetable and/or Fruit	1/4 cup	1/2 cup	Bananas		Unsweetened Applesauce	Pineapple Chunks	Mixed Berries	Freshy Watermelon
Optional								W. W. English Muffin
LUNCH				Cheese Pizza	Stewed Chicken	Fish Pita Pocket	Herb Baked Chicken	Cheesy Rotini Pasta
Beverage	1/2 cup	3/4 cup	1% Lowfat Milk*		1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*
Meat/Meat Alternate	1 oz	1.5 oz	L..S Mozzarella Cheese		Tomato Stewed Chicken	Fish Nuggets	Herb Baked Chicken	Baked Rotini with Cheese
Breads/Grains	1/2 oz eq		W.W Crust		Brown Rice	W. W. Pita	W.W Roll	W.G. Tricolor Rotini Pasta
Vegetable	1/8 cup	1/4 cup	Yellow Corn & Diced Avocado		Peas & Carrots	Fresh Salad	Mashed Potatoes and Broccoli	Vegetable Blend
Vegetable or Fruit	1/8 cup	1/4 cup	Strawberries		Green Apple Slices	Apricot Halves	Orange Wedges	Diced Pears
SNACK				Honeydew & Crackers	W.G. Soft Pretzel w/ Cantaloupe	Hummus Dip	Apple & Cheese Cubes	Apples and Sunbutter
Beverage	1/2 cup			Water 	Water	Water	Water	Water
Meat/Meat Alternate	1/2 oz					Hummus Dip	L.F. Cheddar Cheese Cubes	Smooth Sunbutter
Breads/Grains	1/2 oz eq			W. G. Wheat Thins	W. G. Soft Pretzel			
Vegetable	1/2 cup					Fresh Red Pepper Slices		
Fruit	1/2 cup			Happy Honeydew	Fresh Cantaloupe		Mixed Fruit	Apple Slices

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Week 4

BREAKFAST		(1-2)	(3-5)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beverage	1/2 cup			1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*
Grains or Meat/Meat Alternate	1/2 oz eq			W. G. Kix Cereal	W.W Mini Bagel	Blueberry Muffin	Cinnamon Raisin Bread	W. G. Golden Pancake
Vegetable and/or Fruit	1/4 cup	1/2 cup		Fresh Apple Slices	Peach Slices	Fresh Pear Slices	Fresh Diced Cantaloupe	Warmed Mixed Berries
Optional					Strawberry Jelly			Scrambled Eggs
Lunch				Vegetable Lasag 	Curry Chicken	Beef Sketti	Baked Fish	Stir Fried Noodles
Beverage	1/2 cup	3/4 cup		1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*
Meat/Meat Alternate	1 oz	1.5 oz		L..S Cheese in Lasagna	Curry Chicken	Ground Beef with Tomato Sauce	Baked Salmon	Diced Chicken
Breads/Grains	1/2 oz eq			W.G Lasagna Noodles	Quinoa Pilaf	W. W. Spaghetti	W G. Flat Bread	W.G Noodles
Vegetable	1/8 cup	1/4 cup		Lettuce & Tomato Salad	Carrots and Potatoes	Green Beans	Seasoned Squash	Confetti Salad
Vegetable or Fruit	1/8 cup	1/4 cup		Pineapple Slices	Juicy Watermelon	Golden Apple Slices	Fresh Orange Slices	Fresh Strawberries
SNACK				Cheese and Celery	Fruit & Rice Cake	Banana & Crackers	Strawberry Yogurt Parfait	Blueberries & Crackers
Beverage	1/2 cup			Water	Water	Water	Water	Water
Meat/Meat Alternate	1/2 oz			L.F Cheese Cubes			L. F. Greek Vanilla Yogurt	
Breads/Grains	1/2 oz eq				W.G Rice Cakes	Animal Crackers		Triscuit Crackers
Vegetable	1/2 cup			Celery Sticks				
Fruit	1/2 cup				Fresh Pears	Fresh Banana	Strawberries	Fresh Blueberries

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