

CYCLE 1 2024 - CAHSD BREAKFAST: Milk Meat/Meat Alternative (Optional) Vegetable/Fruit Grain/Fruit	White Milk 1% (8fl.oz) Unsweetened Applesauce Cup (1/2 cup) Whole Wheat Bread w/Jelly (0.9 oz./25 g)	TUESDAY White Milk 1% (8fl.oz) 100% Grape Juice (1/2 cup or 4 oz.) Cinnamon Raisin Bread w/Butter (1 oz)	White M White M Fruit Cup (1 Bana (1.8	WEDNESDAY White Milk 1% (8fl.oz) White Milk 1% (8fl.oz) Fruit Cup or Fresh Fruit (1/2 cup) Banana Bread (1.8 oz./50 g)	IIIK 1% (8fl.oz) White Milk 1% (8fl.oz) or Fresh Fruit /2 cup) Ana Bread oz./50 g) THURSDAY White Milk 1% (8fl.oz) Fresh Banana (1/2 cup) Enriched Cold Cereal (1 cup)
Vegetable/Fruit Grain/Fruit	Unsweetened Applesauce Cup (1/2 cup) Whole Wheat Bread	100% Grape Juice (1/2 cup or 4 oz.) Cinnamon Raisin Bread	Fruit Cup or Fresh Fruit (1/2 cup) Banana Bread (1 8 oz /50 g)	1 1	Fresh Banana (1/2 cup) Enriched Cold Cereal
Grain/Fruit LUNCH/ SUPPER: Milk	Whole Wheat Bread w/Jelly (0.9 oz./25 g) Chocolate Milk Skim (8fl.oz)	Cinnamon Raisin Bread w/Butter (1 oz) Chocolate Milk Skim (8fl.oz)	Banana Bread (1.8 oz./50 g) Chocolate Milk Skim (8fl.oz)		Enriched Cold Cereal (1 cup) Chocolate Milk Skim (8fl.oz)
Meat/Meat Alternative	Deli Turkey & Cheese Cuban Sandwich (2.5 oz. Deli Turkey & ½ oz. Amer. Yellow Cheese)	Seasoned Grilled Chicken Breast (3 oz.) Sandwich	Deli Turkey & Cheese Sandwich (2 oz. Deli Turkey & ½ oz. Amer. Yellow Cheese)	<u>∞</u> ∞	Chicken Tenders & American Cheese Bun (3 oz. Tender 2M/MA, Cheese 0.5oz)
1 st Vegetable/Fruit	Fruit Cup or Fresh Fruit or Veg. (1/2 cup)	Indiv. Baby Carrots (1/2 cup)	100% Fruit Juice Blend (1/2 cup or 4 oz.)		100% Grape Juice (1/2 cup or 4 oz.)
2 nd Vegetable/Fruit	Indiv. Baby Carrots (1/2 cup)	Fruit Cup or Fresh Fruit or Veg. (1/2 cup)	Fresh Baby Carrots (1/2 cup)		Unsweetened Applesauce Cup (1/2 cup)
Grain/Bread	Hoagie Roll (1.8 oz./ 50 g)	Whole Grain Bun (1.8 oz./50 g)	WG Bread (1.8 oz./ 50 g)		Whole Grain Bun (1.8 oz./50 g)
Other/Condiments	Ranch Dressing (1 pkg)	Ranch Dressing (1 pkg)	Mustard/ Ranch (1 pkg. ea.)	ت	Keto
SNACK: Milk					\N/hite Milk 10% (8fl 07)
Vegetable/Fruit	100% Fruit Juice Blend	Fresh Apple (3/4 cup)	Fruit Cup or Fresh Fruit (3/4 cup)		
Grain/Bread	Choc. Chip Banana Bread (1.8 oz./50 g)	Goldfish Snack Crackers (0.75 oz)	Assort. Muffin (1.8 oz.)		Honey Oat Goldfish (26 g)

*This institution is an equal opportunity provider

Menu Done By: Rani Panchanathan, RDN. LDN., Date: 4/15/2024



CYCLE 2 2024 - CAHSD BREAKFAST: Milk Meat/Meat Alternative (Optional) Vegetable/Fruit	MONDAY White Milk 1% (8fl.oz)	TUESDAY White Milk 1% (8fl.oz)	WEDNESDAY White Milk 1% (8fl.oz)	THURSDAY White Milk 1% (8fl.oz)	
White Milk 19	% (8fl.oz)	White Milk 1% (8fl.oz) Fruit Cup or Fresh Fruit (1/2 cup)	White Milk 1% (8fl.oz) Unsweetened Applesauce	White Milk 1% (8 Fresh Apple	fl.oz)
100% ((1/2 ci Whole \ w/Jelly (100% Grape Juice (1/2 cup or 4 oz) Whole Wheat Bread w/Jelly (0.9 oz./25 g)	Fruit Cup or Fresh Fruit (1/2 cup) Enriched Cold Cereal (1 cup)	Unsweetened Applesauce Cup (1/2 cup) English Muffin (1oz) w/Jelly	Fresh Apple (1/2 cup) Enriched Cold Cereal (1 cup)	e Sereal
Choco	Chocolate Milk Skim (8fl.oz)	(1 cup) Chocolate Milk Skim (8fl.oz)	Chocolate Milk Skim (8fl.oz)	(1 cup) Chocolate Milk Skim (8fl.oz)	Skim
Deli Ti Sandi Turke Yel	Deli Turkey & Cheese Sandwich (2 oz. Deli Turkey & ½ oz. Amer. Yellow Cheese)	Turkey & Cheese Wrap (2.5 oz. Deli Turkey & ½ oz. Amer. Yellow Cheese)	Turkey & Cheese Sub Sandwich (2.5 oz. Deli Turkey & ½ oz. Amer. Yellow Cheese)	Chicken Tenders & American Cheese Wrap (2 M/MA, Cheese 0.5 oz.)	ers & e Wrap 0.5 oz.)
Frui	Fruit Cup or Fresh Fruit or Veg. (1/2 cup)	Fruit Cup or Fresh Fruit or Veg. (1/2 cup)	100% Berry Juice Blend (1/2 cup or 4 oz.)	Fruit Cup or Fresh Fruit or Veg. (1/2 cup)	sh Fruit cup)
Fres	Fresh Baby Carrots (1/2 cup)	Fresh Baby Carrots (1/2 cup)	Fruit Cup or Fresh Fruit or Veg. (1/2 cup)	Unsweetened Applesauce Cup	ed Cup
<u>~</u> }	Whole Grain Bread (1.8 oz./ 50 g)	10" Flour Tortilla (1.8oz/ 50g)	WW Sub Roll (1.8 oz./ 50 g)	10" Flour Tortilla (1.8oz/ 50g)	(1.8oz/
, גע	Ranch Dressing (1 pkg)	Mayonnaise/Ranch (1 pkg. ea.)	Mayonnaise (1 pkg. ea.)	Italian Dressing (1 pkg. ea.)	sing a.)
Whit	White Milk 1% (8 fl.oz)		White Milk 1% (8 fl.oz.)		
		100% Fruit Juice Blend (3/4 cup or 6 oz.)		100% Berry Juice Blend (3/4 cup or 6 oz.)	ce Blend 3 oz.)
5	Assort. Muffin (1.8 oz.)	Graham Crackers (1oz.)	Goldfish Snack Crackers (0.75 oz)	Assort. Cookie (2.2 oz./63 g)	
ž	*This institution is an equal opportunity provider		Menu Done By: Rani Panchanathan, RDN. LDN. Date:	than, RDN. LDN.	Date:4/15/2024



CYCLE 3 2024 - CAHSD BREAKFAST: Milk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST: Milk	White Milk 1% (8fl.oz)	White Milk 1% (8fl.oz)	White Milk 1% (8fl.oz)	White Milk 1% (8fl.oz)
Meat/Meat Alternative (Optional)				
Vegetable/Fruit	Unsweetened Applesauce Cup (1/2 cup)	Fresh Orange (1/2 cup)	Fruit Cup or Fresh Fruit (1/2 cup)	100% Apple Juice (1/2 cup or 4 oz.)
Grain/Fruit	English Muffin (1oz) w/Jelly	Banana Bread (1.8 oz./50 g)	Enriched Cold Cereal (1 cup)	Assort. Muffin (1.8 oz.)
LUNCH: Milk	Chocolate Milk Skim (8fl.oz)	Chocolate Milk Skim (8fl.oz)	Chocolate Milk Skim (8fl.oz)	Chocolate Milk Skim (8fl.oz)
Meat/Meat Alternative	Deli Turkey & Cheese Cuban Sandwich (2.5 oz. Deli Turkey & ½ oz. Amer. Yellow Cheese)	Seasoned Grilled Chicken Breast (3 oz.) Sandwich	Deli Turkey & Cheese Sandwich (2 oz. Deli Turkey & ½ oz. Amer. Yellow Cheese)	Chicken Tenders & American Cheese Bun (3 oz. Tender 2 M/MA, Cheese 0.5oz)
1 st Vegetable/Fruit	Fruit Cup or Fresh Fruit or Veg. (1/2 cup)	Fruit Cup or Fresh Fruit or Veg. (1/2 cup)	100% Berry Juice Blend (1/2 cup or 4 oz.)	100% Grape Juice (1/2 cup or 4 oz.)
2 nd Vegetable/Fruit	Unsweetened Applesauce Cup (1/2 cup)	Fruit Cup or Fresh Fruit or Veg. (1/2 cup)	Fresh Baby Carrots (1/2 cup)	Unsweetened Applesauce Cup (1/2 cup)
Grain/Bread	Hoagie Roll (1.8 oz./ 50 g)	Whole Grain Bun	WG Bread	Whole Grain Bun
Other/Condiments		Mustard (1 pkg. ea.)	Ranch (1 pkg. ea.)	
SNACK: Milk				White Milk 1% (8fl.oz)
Vegetable/Fruit	100% Fruit Juice Blend	100% Berry Juice Blend (3/4 cup or 6 oz.)	Fresh Apple (3/4 cup)	
	Assort. Muffin (1.8	Graham Crackers	President Crackers	Assort Cookie



*This institution is an equal opportunity provider Grain/Bread Vegetable/Fruit SNACK: Milk Other/Condiments Grain/Bread 2nd Vegetable/Fruit 1st Vegetable/Fruit **Alternative** Meat/Meat Grain/Fruit Vegetable/Fruit Meat/Meat Alte BREAKFAST: Milk LUNCH: Milk (Optional) 2024 - CAHSD CYCLE 4 Blueberry Vanilla Bread Fruit Cup or Fresh Fruit 100% Fruit Juice Blend White Milk 1% (8fl.oz) Deli Turkey & Cheese Sandwich (2 oz. Deli 6' Flour Tortilla (28g) Turkey & ½ oz. Amer Chocolate Milk Skim Fresh Baby Carrots Cheese Slice 0.5 oz Whole Grain Bread (3/4 cup or 6 oz.) or Veg. (1/2 cup) Ranch Dressing (1.8 oz./ 50 g) Yellow Cheese) (1.8 oz./50 g MONDAY Fruit Cup (1/2 cup) (1 pkg) (1/2 cup) (8fl.oz) 10" Flour Tortilla (1.8oz) Fruit Cup or Fresh Fruit oz. Amer. Yellow Cheese) Turkey & Cheese Wrap (2.5 oz. Deli Turkey & ½ Assort. Muffin (1.8 oz.) White Milk 1% (8fl.oz) White Milk 1% (8fl.oz) Chocolate Milk Skim Honey Oat Goldfish Fresh Baby Carrots 100% Grape Juice or Veg. (1/2 cup) (1/2 cup or 4 oz.) Mustard/ Ranch (1 pkg. ea.) TUESDAY (1/2 cup) (8fl.oz) Menu Done By: Rani Panchanathan, RDN. LDN., Date: ___4/15/2024 & 1/2 oz. Amer. Yellow Cheese) Chocolate Milk Skim (8fl.oz) Turkey & Cheese Sub Sandwich (2.5 oz. Deli Turkey President Crackers (1 oz) Whole Wheat Sub Roll Fresh Orange (1/2 cup) Fruit Cup or Fresh Fruit Cinnamon Raisin Bread Fruit Cup or Fresh Fruit White Milk 1% (8fl.oz) 100% Indiv. Juice or Veg. (1/2 cup) (3/4 cup or 6 oz.) WEDNESDAY w/Butter (1 oz) (1.8 oz./ 50 g) Mayonnaise (1 pkg. ea.) (1/2 cup) (2 M/MA, Cheese 0.5 oz.) 10" Flour Tortilla (1.8oz/ American Cheese Wrap Fruit Cup or Fresh Fruit Assort. Muffin (1.8 oz.) White Milk 1% (8fl.oz) Enriched Cold Cerea Applesauce Cup (1/2 Chocolate Milk Skim Chicken Tenders & 100% Grape Juice (1/2 cup or 4 oz. Italian Dressing Unsweetened Fresh Banana THURSDAY (1 pkg. ea.) (3/4 cup) (1/2 cup) 50g) (1 cup) (8fl.oz) Seasoned Grilled Chicken Breast (3 oz.) Sandwich 100% Fruit Juice Blend White Milk 1% (8fl.oz) Chocolate Milk Skim Fresh Baby Carrots Ranch Dressing Applesauce Cup Whole Grain Bun Assort. Cookie Banana Bread (1.8 oz./50 g) Unsweetened (1.8 oz./50 g) (2.2 oz./63 g) Fresh Apple (3/4 cup) (1/2 cup) (1 pkg) (1/2 cup) FRIDAY (1/2 cup) (8fl.oz)

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