

Miami Dade Community Action & Human Services Department Summer Food Service Program
Cold Menu- 2024

CYCLE 1 2024 - CAHSD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST: Milk	White Milk 1% (8fl.oz)	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)	100% Grape Juice (1/2 cup or 4 oz.)	Fruit Cup or Fresh Fruit (1/2 cup)	Fresh Banana (1/2 cup)	Fresh Apple (1/2 cup)
Grain/Fruit	Whole Wheat Bread w/Jelly (0.9 oz./25 g)	Cinnamon Raisin Bread w/Butter (1 oz)	Banana Bread (1.8 oz./50 g)	Enriched Cold Cereal (1 cup)	English Muffin (1oz) w/Jelly
LUNCH/ SUPPER: Milk	Chocolate Milk Skim (8fl.oz)	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 2M/MA, Cheese 0.5oz)	Deli Turkey Wrap (2.5 oz. Turkey Ham & ½ oz. Amer. White Cheese)
1st 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.)	Fresh Baby Carrots (1/2 cup)
2nd 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)	Fruit Cup or Fresh Fruit or Veg. (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)	10" Flour Tortilla (1.8oz/50g)
Other/Condiments	Ranch Dressing (1 pkg)	Ranch Dressing (1 pkg)	Mustard/ Ranch (1 pkg. ea.)	Ketchup (1 pkg. ea.)	Ranch Dressing (1 pkg)
SNACK: Milk				White Milk 1% (8fl.oz)	
Vegetable/Fruit	100% Fruit Juice Blend (3/4 cup or 6 oz.)	Fresh Apple (3/4 cup)	Fruit Cup or Fresh Fruit (3/4 cup)		100% Fruit Juice Blend (3/4 cup or 6 oz.)
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)	Assort. Cookie (2.2 oz./63 g)

*This institution is an equal opportunity provider

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

Miami Dade Community Action & Human Services Department Summer Food Service Program

Cold Menu- 2024

CYCLE 2 2024 - CAHSD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST: Milk	White Milk 1% (8fl.oz)	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	100% Grape Juice (1/2 cup or 4 oz)	Fruit Cup or Fresh Fruit (1/2 cup)	Unsweetened Applesauce Cup (1/2 cup)	Fresh Apple (1/2 cup)	100% Orange Juice (1/2 cup or 4 oz.)
Grain/Fruit	Whole Wheat Bread w/Jelly (0.9 oz./25 g)	Enriched Cold Cereal (1 cup)	English Muffin (1 oz) w/Jelly	Enriched Cold Cereal (1 cup)	Assort. Muffin (1.8 oz.)
LUNCH/ SUPPER: Milk	Chocolate Milk Skim (8fl.oz)	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 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/MMA, Cheese 0.5 oz.)	Seasoned Grilled Chicken Breast (3 oz.) Sandwich
1st 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.)	Fruit Cup or Fresh Fruit or Veg. (1/2 cup)	Fresh Baby Carrots (1/2 cup)
2nd Vegetable/Fruit	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 (1/2 cup)	Fruit Cup or Fresh Fruit or Veg. (1/2 cup)
Grain/Bread	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)	Whole Grain Bun (1.8 oz./50 g)
Other/Condiments	Ranch Dressing (1 pkg)	Mayonnaise/Ranch (1 pkg. ea.)	Mayonnaise (1 pkg. ea.)	Italian Dressing (1 pkg. ea.)	Ranch Dressing (1 pkg)
SNACK: Milk	White Milk 1% (8 fl.oz)		White Milk 1% (8 fl.oz.)		
Vegetable/Fruit		100% Fruit Juice Blend (3/4 cup or 6 oz.)		100% Berry Juice Blend (3/4 cup or 6 oz.)	Fruit Cup or Fresh Fruit (3/4 cup)
Grain/Bread	Assort. Muffin (1.8 oz.)	Graham Crackers (1oz.)	Goldfish Snack Crackers (0.75 oz)	Assort. Cookie (2.2 oz./63 g)	Banana Bread (1.8 oz./50 g)

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Miami Dade Community Action & Human Services Department Summer Food Service Program Cold Menu- 2024

CYCLE 3 2024 - CAHSD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST: Milk	White Milk 1% (8fl.oz)	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.)	Fruit Cup or Fresh Fruit (1/2 cup)
Grain/Fruit	English Muffin (1oz) w/Jelly	Banana Bread (1.8 oz./50 g)	Enriched Cold Cereal (1 cup)	Assort. Muffin (1.8 oz.)	Enriched Cold Cereal (1 cup)
LUNCH: Milk	Chocolate Milk Skim (8fl.oz)	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)	Deli Turkey Wrap (2.5 oz. Turkey Ham & ½ oz. Amer. White Cheese)
1st 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.)	Fresh Baby Carrots (1/2 cup)
2nd 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)	Fruit Cup or Fresh Fruit or Veg. (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)	10" Flour Tortilla (1.8 oz./ 50g)
Other/Condiments		Mustard (1 pkg. ea.)	Ranch (1 pkg. ea.)		Mustard /Ranch (1 pkg.)
SNACK: Milk				White Milk 1% (8fl.oz)	
Vegetable/Fruit	100% Fruit Juice Blend (3/4 cup or 6 oz)	100% Berry Juice Blend (3/4 cup or 6 oz.)	Fresh Apple (3/4 cup)		100% Apple Juice (3/4 cup or 6 oz.)
Grain/Bread	Assort. Muffin (1.8 oz.)	Graham Crackers (1 oz)	President Crackers (1 oz)	Assort Cookie (2.2 oz./63 g)	Choc. Chip Banana Bread (1.8 oz./50 g)

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Miami Dade Community Action & Human Services Department Summer Food Service Program

Cold Menu - 2024

CYCLE 4 2024 - CAHSD	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>BREAKFAST:</u> Milk	White Milk 1% (8fl.oz)	White Milk 1% (8fl.oz)	White Milk 1% (8fl.oz)	White Milk 1% (8fl.oz)	White Milk 1% (8fl.oz)
Meat/Meat Alts (Optional)	Cheese Slice 0.5 oz				
Vegetable/Fruit	Fruit Cup (1/2 cup)	100% Grape Juice (1/2 cup or 4 oz.)	Fruit Cup or Fresh Fruit (1/2 cup)	Fresh Banana (1/2 cup)	Unsweetened Applesauce Cup (1/2 cup)
Grain/Fruit	6' Flour Tortilla (28g)	Assort. Muffin (1.8 oz.)	Cinnamon Raisin Bread w/Butter (1 oz)	Enriched Cold Cereal (1 cup)	Banana Bread (1.8 oz./50 g)
<u>LUNCH:</u> Milk	Chocolate Milk Skim (8fl.oz)	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 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.)	Seasoned Grilled Chicken Breast (3 oz.) Sandwich
1st Vegetable/Fruit	Fruit Cup or Fresh Fruit or Veg. (1/2 cup)	Fruit Cup or Fresh Fruit or Veg. (1/2 cup)	Fruit Cup or Fresh Fruit or Veg. (1/2 cup)	100% Grape Juice (1/2 cup or 4 oz.)	Fresh Baby Carrots (1/2 cup)
2nd Vegetable/Fruit	Fresh Baby Carrots (1/2 cup)	Fresh Baby Carrots (1/2 cup)	Fresh Orange (1/2 cup)	Unsweetened Applesauce Cup (1/2 cup)	100% Fruit Juice Blend (1/2 cup)
Grain/Bread	Whole Grain Bread (1.8 oz./ 50 g)	10" Flour Tortilla (1.8oz/ 50g)	Whole Wheat Sub Roll (1.8 oz./ 50 g)	10" Flour Tortilla (1.8oz/ 50g)	Whole Grain Bun (1.8 oz./50 g)
Other/Condiments	Ranch Dressing (1 pkg)	Mustard/ Ranch (1 pkg. ea.)	Mayonnaise (1 pkg. ea.)	Italian Dressing (1 pkg. ea.)	Ranch Dressing (1 pkg)
<u>SNACK:</u> Milk		White Milk 1% (8fl.oz)			
Vegetable/Fruit	100% Fruit Juice Blend (3/4 cup or 6 oz.)		100% Indiv. Juice (3/4 cup or 6 oz.)	Fruit Cup or Fresh Fruit (3/4 cup)	Fresh Apple (3/4 cup)
Grain/Bread	Blueberry Vanilla Bread (1.8 oz./50 g)	Honey Oat Goldfish (26g)	President Crackers (1 oz)	Assort. Muffin (1.8 oz.)	Assort. Cookie (2.2 oz./63 g)

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