

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

<b>CYCLE 1 2024- CAHSD</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST:</b> 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)
<b>Meat/Meat Alternative (Optional)</b>	Egg Patty (1oz) 0.75 oz. M/MA <b>HOT</b>				
<b>Vegetable/Fruit</b>	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)
<b>Grain/Fruit</b>	Whole Wheat Bread w/Jelly (0.9 oz./25 g)	Cinnamon Raisin Bread w/Butter (1 oz.)	Mini Pancakes (1oz.) w/Syrup <b>HOT</b>	Enriched Cold Cereal (1 cup)	English Muffin (1oz.) w/Jelly
<b>LUNCH/ SUPPER:</b> 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)
<b>Meat/Meat Alternative</b>	Picadillo 2oz. (2 M/MA) <b>HOT</b>	Macaroni & Cheese 6 oz (2 M/MA) <b>HOT</b>	Arroz con Pollo 6oz. (Diced Chicken 2oz./2 M/MA) <b>HOT</b>	Chicken Nuggets 2 M/MA (6 pc) <b>HOT</b>	Delivered WG Crust Cheese Pizza- 1 slice (2 M/MA) <b>HOT</b>
<b>1st Vegetable/Fruit</b>	Carrots (1/2 cup) <b>HOT</b>	California Blend (1/2 cup) <b>HOT</b>	Corn (1/2 cup) <b>HOT</b>	Diced Potatoes (1/2 cup) <b>HOT</b>	Corn (1/2 cup) <b>HOT</b>
<b>2nd Vegetable/Fruit</b>	Fruit Cup (1/2 cup)	Fresh Orange (1/2 cup)	100% Indiv. Juice (4oz)	Unsweetened Applesauce Cup (1/2 cup)	Veg., Fruit Cup or Fresh Fruit (1/2 cup)
<b>Grain/Bread</b>	Brown Rice (1/2 cup) <b>HOT</b>	WG Elbow Pasta (1/2 cup) in entrée <b>HOT</b>	Yellow Rice (1/2 cup) <b>HOT</b> (in entrée)	Bread Roll (1.2oz)	Whole Grain Pizza Crust 2G (2.25 oz./63 g.)
<b>Other/Condiments</b>				Ketchup or BBQ Sauce (1 pkg.)	
<b>SNACK: Milk</b>				White Milk 1% (8fl.oz)	
<b>Vegetable/Fruit</b>	100% Fruit Juice Blend (3/4 cup or 6 oz.)	Fresh Apple (3/4 cup)	Fresh Fruit (3/4 cup)		100% Fruit Juice Blend (3/4 cup or 6 oz.)
<b>Grain/Bread</b>	Choc. Chip Banana Bread (1.8 oz)	Goldfish Snack Crackers (0.75 oz./25 g)	Assort. Muffin (1.8 oz.)	Honey Oat Goldfish (26g)	Assort. Cookie (2.2 oz./63 g) \$0.14

\*This institution is an equal opportunity provider

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



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**Hot Menu - 2024**

CYCLE 2 2024 - CAHSD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b> 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)
<b>Meat/Meat Alternative (Optional)</b>					
<b>Vegetable/Fruit</b>	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.)
<b>Grain/Fruit</b>	Whole Wheat Bread w/Jelly (0.9 oz./25 g)	Enriched Cold Cereal (1 cup)	English Muffin (1oz) w/Jelly	Enriched Cold Cereal (1 cup)	Assort. Muffin (1.8 oz)
<b>LUNCH/ SUPPER:</b> 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)
<b>Meat/Meat Alternative</b>	Chicken Fried Rice 6oz (2 oz. Diced chicken 2 M/M/A) <b>HOT</b>	BBQ Chicken 3oz. (2 M/M/A) <b>HOT</b>	Vaca Frita de Pollo 3 oz. (2 M/M/A) <b>HOT</b>	Beefaroni 8 oz. (Ground beef 2oz 2 M/M/A) <b>HOT</b>	Turkey or Beef Meatloaf 2 oz. (2 M/M/A) <b>HOT</b>
<b>1<sup>st</sup> Vegetable/Fruit</b>	Oriental Vegetables (1/2 cup) <b>HOT</b>	Carrots (1/2 cup) <b>HOT</b>	Plantains (1/2 cup) <b>HOT</b>	Green Beans (1/2 cup) <b>HOT</b>	Mashed Potatoes (1/2 cup) <b>HOT</b>
<b>2<sup>nd</sup> Vegetable/Fruit</b>	Fruit Cup (1/2 cup)	Unsweetened Applesauce Cup (1/2 cup)	100% Indiv. Juice (4 oz.)	Veg., Fruit Cup or Fresh Fruit (1/2 cup)	Veg., Fruit Cup or Fresh Fruit (1/2 cup)
<b>Grain/Bread</b>	Brown Rice (1/2 cup) in entrée <b>HOT</b>	1/2 cup Yellow Rice <b>HOT</b>	Congri Rice (1/2 cup) <b>HOT</b>	Macaroni (Elbow Pasta) 1/2 cup <b>HOT</b> in entree	Bread Roll (1.2oz) (1/2 cup)
<b>Other/Condiments</b>					
<b>SNACK: Milk</b>	White Milk 1% (8 fl.oz)		White Milk 1% (8 fl.oz.)		
<b>Vegetable/Fruit</b>		100% Fruit Juice Blend (3/4 cup or 6 oz.)		100% Berry Juice Blend (3/4 cup or 6 oz.)	Fresh Fruit (3/4 cup)
<b>Grain/Bread</b>	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**  
**Hot Menu - 2024**

CYCLE 3 2024 – CAHSD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST: Milk</b>	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)
<b>Meat/Meat Alternative (Optional)</b>					
<b>Vegetable/Fruit</b>	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)
<b>Grain/Fruit</b>	English Muffin (1oz) w/Jelly	Banana Bread (1.8 oz.)	Mini Pancakes w/Syrup (1 oz) <b>HOT</b>	Assort. Muffin (1.8 oz.)	Enriched Cold Cereal (1 cup)
<b>LUNCH/SUPPER: Milk</b>	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)
<b>Meat/Meat Alternative</b>	Chicken Teriyaki (3oz. 2M/MMA) <b>HOT</b>	Macaroni & Cheese w/ Beef 6 oz (2 M/MMA) <b>HOT</b>	Chicken Patty 3 oz. (2 M/MMA) CN <b>HOT</b>	Jambalaya w/Beans and Chicken (6oz) (Diced Chicken 2 oz. 2M/MMA) <b>HOT</b>	Delivered WG Crust Cheese Pizza- 1 slice (2 M/MMA) <b>HOT</b>
<b>1<sup>st</sup> Vegetable/Fruit</b>	Plantains (½ cup) <b>HOT</b>	Green Peas w/Carrots (1/2 cup) <b>HOT</b>	Green Beans (1/2 cup) <b>HOT</b>	Plantains (1/2 cup) <b>HOT</b>	Carrots (1/2 cup) <b>HOT</b>
<b>2<sup>nd</sup> Vegetable/Fruit</b>	Fruit Cup (1/2 cup)	Fresh Banana (1/2 cup)	100% Indiv. Juice (1/2 cup or 4 oz.)	Veg, Fruit Cup or Fresh Fruit (1/2 cup)	Fresh Banana (1/2 cup)
<b>Grain/Bread</b>	Brown Rice (½ cup) <b>HOT</b>	WG Elbow Pasta (½ cup) in entrée <b>HOT</b>	Bun (1.8 oz./ 50 g)	Brown Rice (1/2 cup) in entrée <b>HOT</b>	Whole Grain Pizza Crust 2G (2.25 oz./63 g.)
<b>Other/Condiments</b>			Ketchup (1 pkg.)		
<b>SNACK: Milk</b>				White Milk 1% (8fl.oz)	
<b>Vegetable/Fruit</b>	100% Fruit Juice Blend (3/4 cup or 6 oz)	100% Berry Juice Blend (3/4 cup)	Fresh Apple (3/4 cup)	Assort. Cookie (2.2 oz./63 g)	100% Apple Juice (3/4 cup or 6 oz.)
<b>Grain/Bread</b>	Assort. Muffin (1.8 oz.)	Graham Crackers (1oz)	President Crackers (1 oz.)		Choc. Chip Banana Bread (1.8 oz./50 g)

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**Miami Dade Community Action & Human Services Department Summer Food Service Program**  
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CYCLE 4 2024 - CAHSD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST: Milk</b>	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)
<b>Meat/Meat Alternative (Optional)</b>	Cheese Slice 0.5 oz				
<b>Vegetable/Fruit</b>	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)	Applesauce Cup (1/2 cup)
<b>Grain/Fruit</b>	6' Flour Tortilla (28g)	Assort. Muffin (1.8 oz.)	Waffles w/Syrup (1 oz.) <b>HOT</b>	Enriched Cold Cereal (1 cup)	Banana Bread (1.8 oz./50 g)
<b>LUNCH/ SUPPER: Milk</b>	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)
<b>Meat/Meat Alternative</b>	Breaded Chicken 3oz (2 M/MA) <b>HOT</b>	Chicken or Beef Meatballs in Tomato Sauce (3 oz 2M/MA) <b>HOT</b>	Chicken Taco (3oz 2M/MA) <b>HOT</b>	Mexican Beef Rice (6oz. 2 M/MA) <b>HOT</b>	Burger Patty 3 oz. (2 M/MA) <b>HOT</b>
<b>1<sup>st</sup> Vegetable/Fruit</b>	Potato Wedges (1/2 cup) <b>HOT</b>	California Blend (1/2 cup) <b>HOT</b>	Refried Beans (1/2 cup) <b>HOT</b>	Green Beans (1/2 cup) <b>HOT</b>	100% Indiv. Juice (4oz)
<b>2<sup>nd</sup> Vegetable/Fruit</b>	Unsweetened Applesauce Cup (1/2 cup)	Fresh Fruit (1/2 cup)	California Blend (1/2 cup) <b>HOT</b>	100% Indiv. Juice (4oz)	Carrots (1/2 cup) <b>HOT</b>
<b>Grain/Bread</b>	Bread Roll (1.2oz)	WG Spaghetti (1/2 cup) <b>HOT</b>	10' Flour Tortilla (68g)	Brown Rice (1/2 cup) in entrée <b>HOT</b>	Bun (1.8 oz./ 50 g)
<b>Other/Condiments</b>		Marinara Sauce (2 oz.) in entrée			Ketchup (1 pkg.)
<b>SNACK: Milk</b>		White Milk 1% (8fl.oz)			
<b>Vegetable/Fruit</b>	100% Fruit Juice Blend (3/4 cup or 6 oz.)		100% Indiv. Juice (3/4 cup or 6 oz.)	Fresh Fruit (3/4 cup)	Fresh Apple (3/4 cup)
<b>Grain/Bread</b>	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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