

**CACFP Supper- OUR LITTLE HELPERS - PUC**

		Monday Mar-1		Tuesday Mar-2		Wednesday Mar-3		Thursday Mar-4		Friday Mar-5		
		Chicken Corn Dog Bites		Sunbutter & Jelly Sandwich on Sliced Wheat		Snacker Pack! Educational Snacks & Sunflower Seeds		Crispy Chicken Sandwich		Chicken Teriyaki		
Component:	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient
Meat/Meat Alternative	4.02 oz wt	mini corn dogs (6 each)	1.10 oz wt	Sunbutter	1.00 oz wt	string cheese	4.00 oz wt	chicken breast patty	2.90 oz wt	teriyaki chicken breast		
Grains/Bread	4.02 oz wt	mini corn dogs (WG breading)	2.90 oz wt	string cheese	1.10 oz wt	roasted sunflower seeds	2.00 oz wt	WG hamburger bun	1.00 cup	carrot brown rice		
Vegetable	0.875 cup	side salad	0.50 cup	celery	0.375 cup	blanched broccoli	0.50 cup	green leaf lettuce	0.50 cup	seasoned broccoli		
Fruit	0.50 cup	banana	0.50 cup	orange	0.125 cup	grape tomatoes	0.50 cup	sliced tomatoes	0.50 cup	pear		
Milk	8.00 fl oz	milk (1% or nonfat)	8.00 fl oz	milk (1% or nonfat)	8.00 fl oz	pear	8.00 fl oz	apple	8.00 fl oz	milk (1% or nonfat)		
Other	1.00 ea	honey mustard packet	1.00 ea	grape jelly packet		milk (1% or nonfat)		milk (1% or nonfat)				
		Monday Mar-8		Tuesday Mar-9		Wednesday Mar-10		Thursday Mar-11		Friday Mar-12		
		BBQ Chicken Plate		Chicken Bites		Traditional Cheese Enchilada Plate		Orange Chicken		Cheese Please! Pizza Chef Kit		
Component:	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient
Meat/Meat Alternative	1.16 oz wt	shredded chicken	4.42 oz wt	chicken bites (13 each)	1.74 oz wt	seasoned black beans	4.42 oz wt	chicken bites (13 each)	1.00 oz wt	string cheese		
Grains/Bread	2.21 oz wt	langy bbq beans	4.42 oz wt	chicken bites (WG Breading)	1.00 ea	cheese enchilada	4.42 oz wt	chicken bites (wg breading)	1.00 oz wt	shredded mozzarella cheese		
Vegetable	4.23 fl oz	100% vegetable & fruit juice	0.50 cup	baby carrots	0.125 cup	seasoned brown rice	0.375 cup	veggie not-so-fried brown rice	1.00 oz wt	whole wheat mini round flatbread		
Fruit	0.50 cup	banana	0.50 cup	orange	1.00 ea	corn	0.50 cup	broccoli	2.67 fl oz	pasta sauce		
Milk	8.00 fl oz	milk (1% or nonfat)	8.00 fl oz	milk (1% or nonfat)	0.50 cup	enchilada sauce	8.00 fl oz	apple	0.25 cup	baby carrots		
Other	1.04 oz wt	bbq sauce	1.00 ea	ketchup packet	1.29 oz wt		2.03 oz wt	shredded carrot	8.00 fl oz	pear		
								orange sauce		milk (1% or nonfat)		
		Monday Mar-15		Tuesday Mar-16		Wednesday Mar-17		Thursday Mar-18		Friday Mar-19		
		Pepperoni Pizza		Creamy Chicken Alfredo		Cheese Please! Pizza Chef Kit		Turkey Slider Snacker Pack		Snacker Pack! Cheddar Goldfish & Sunflower Seeds		
Component:	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient
Meat/Meat Alternative	1.00 ea	pepperoni pizza	1.80 oz wt	diced chicken breast	1.00 oz wt	string cheese	1.00 oz wt	roasted turkey breast	1.00 oz wt	string cheese		
Grains/Bread	1.00 ea	pepperoni pizza (WG crust)	0.25 oz wt	shredded mozzarella cheese	1.00 oz wt	whole wheat mini round flatbread	1.10 oz wt	roasted sunflower seeds	1.10 oz wt	roasted sunflower seeds		
Vegetable	1.00 ea	seasoned broccoli	0.50 cup	corn	2.67 fl oz	pasta sauce	1.50 oz wt	WG dinner roll	0.75 oz wt	WG Goldfish crackers (credits 1 oz eq)		
Fruit	0.50 cup	banana	0.50 cup	orange	0.25 cup	baby carrots	0.50 cup	apple	0.50 cup	baby carrots		
Milk	8.00 fl oz	milk (1% or nonfat)	8.00 fl oz	milk (1% or nonfat)	8.00 fl oz	pear	8.00 fl oz	milk (1% or nonfat)	8.00 fl oz	milk (1% or nonfat)		
Other			2.43 oz wt	alfredo sauce		bbq sauce packet	1.00 ea	mayonnaise packet				
		Monday Mar-22		Tuesday Mar-23		Wednesday Mar-24		Thursday Mar-25		Friday Mar-26		
		The Revolution Dog		Taco Dippers Kit		BBQ Chicken Slider Snacker Pack		Pizza Panada Pie		Mac & Cheese with Broccoli		
Component:	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient	Serving Size	Recipe or Ingredient
Meat/Meat Alternative	2.00 oz wt	beef hot dog	3.26 oz wt	taco dip	2.50 oz wt	chicken breast fillet	1.00 ea	Pizza Panada Pie (pizza empanada)	1.50 cup	macaroni & cheese		
Grains/Bread	2.00 oz wt	WG hot dog bun	1.00 oz wt	WG mini round flatbread	1.50 oz wt	WG dinner roll	1.00 ea	Pizza Panada Pie (WG Crust)	1.00 ea	shredded cheddar cheese		
Vegetable	0.50 cup	seasoned broccoli	0.25 cup	grape tomatoes	0.25 cup	chopped romaine lettuce	0.50 cup	celery sticks	0.50 cup	WG macaroni pasta		
Fruit	0.50 cup	banana	0.50 cup	orange	0.50 cup	pear	0.50 cup	apple	0.50 cup	broccoli		
Milk	8.00 fl oz	milk (1% or nonfat)	8.00 fl oz	milk (1% or nonfat)	8.00 fl oz	milk (1% or nonfat)	8.00 fl oz	milk (1% or nonfat)	8.00 fl oz	milk (1% or nonfat)		
Other	1.00 ea	ketchup packet	0.125 oz wt	ranchero sauce	1.00 ea	bbq sauce packet						
			0.16 oz wt	shredded mozzarella cheese								