

Name of School: Happy Aloha Day Preschool

Program: GCC

Age Group: 3-5 years old

Type of Menu: Lunch

Date: 1/1/23

Week 1

<p>Kalua Pig & Cabbage</p> <ul style="list-style-type: none"> • Hapa rice (brown & enriched white rice) • Watermelon • Milk 1% 	<p>Lentil, Bean and Veggie Soup</p> <ul style="list-style-type: none"> • Whole wheat toast • Mashed potatoes • Sliced Bananas • Milk 1% 	<p>Spaghetti with Turkey & Vegetable Marinara sauce</p> <ul style="list-style-type: none"> • Mixed vegetables • Pineapple • Milk 1% 	<p>Beef Tomato Vegetable Stir-Fry</p> <ul style="list-style-type: none"> • Brown rice • Cantaloupe • Milk 1% 	<p>USDA Child Nutrition (CN) Labeled Fish Sticks</p> <ul style="list-style-type: none"> • Whole wheat toast • Steamed cauliflower • Mandarin orange • Milk 1%
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Week 2

<p>Turkey Dog (cut in half lengthwise) (1) on</p> <ul style="list-style-type: none"> • hotdog bun • Corn (canned) • Peaches • Milk 1% 	<p>Beef Stew with Vegetables</p> <ul style="list-style-type: none"> • Brown rice • Honeydew melon diced • Milk 1% 	<p>Burrito with Baked Beans, Cheese Shredded lettuce & homemade salsa</p> <ul style="list-style-type: none"> • Pears • Milk 1% 	<p>Pork Tofu (1 oz pork, .5 oz tofu)</p> <ul style="list-style-type: none"> • Brown rice • Peas (canned) • Clementine • Milk 1% 	<p>Tuna Salad Sandwich</p> <ul style="list-style-type: none"> • Bread with lettuce & tomato • Steamed broccoli • Sliced apples • Milk 1%
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Week 3

<p>Macaroni & Cheese with Ham slice (1 oz.)</p> <ul style="list-style-type: none"> • Asparagus • Starfruit • Milk 1% 	<p>Fried Rice (Brown Rice) with Turkey Bacon, Ham, Eggs, Peas & Carrots</p> <ul style="list-style-type: none"> • Applesauce • Milk 1% 	<p>Baked Panko Crusted Fish</p> <ul style="list-style-type: none"> • Brown Rice • Spinach (frozen) • Papaya • Milk 1% 	<p>USDA Child Nutrition Labeled Chicken Nuggets</p> <ul style="list-style-type: none"> • dinner roll • Carrots (frozen) • Fruit cocktail • Milk 1% 	<p>Beef Chili with Vegetables and Brown rice</p> <ul style="list-style-type: none"> • Grapes (cut in 1/2) • Milk 1%
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<p><u>Portions:</u> Lunch Menu</p>	<p>Milk 1% = 3/4 cup</p>	<p>Meats/Meat Alternates = 1.5 ounce equivalent, Beans= 3/8 cup</p>	<p>Vegetables = 1/4 cup</p>	<p>Fruits = 1/4 cup</p>	<p>Rice & Pasta 1/4 cup, Breads (1/2 slice) Buns= ½ bun</p>
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Please provide a **brand name list** for each food item. For more info., visit: <https://www.fns.usda.gov/cacfp/meals-and-snacks>, scroll to the Meal Pattern Tables, click on "Lunch".