

FLIPANY

Maria Little

Subject: Food Sponsor (Summer and AfterCare)
Attachments: Summer-Aftercare Food Program Sponsor Letter 2016-2017.pdf

Good Afternoon

The Parks, Recreation and Cultural Arts Department of the City of Hollywood is seeking proposals from approved sponsors under the State of Florida, Department of Agriculture and Consumer Services (DACS-summer program) and the Department of Health (DOH-aftercare program) to become the food service sponsor for the 2016 summer camps (4 sites) and 2016-2017 aftercare program (1 site).

Attached you will find a letter detailing the requirements for the proposals. The due date is **Friday, February 19, 2016 by 3:00pm.**

The proposals may be faxed or emailed to 954.921.3572 or mlittle@hollywoodfl.org.

Please let me know if you have any questions.

Best,

Maria Little
Parks Manager – Recreation & Aquatics
City of Hollywood
Parks, Recreation and Cultural Arts Department
1405 S. 28th Avenue
Hollywood, FL 33020

954.921.3404 (P)
954.921.3572 (F)
www.hollywoodfl.org/





CITY of HOLLYWOOD, FLORIDA

DEPARTMENT OF PARKS, RECREATION AND CULTURAL ARTS

1405 South 28th Avenue • Hollywood, Florida 33020
Phone 954-921-3404 • Fax 954-921-3572 • www.hollywoodfl.org

January 21, 2016

Potential Sponsor:

The Parks, Recreation and Cultural Arts Department of the City of Hollywood is seeking proposals from approved sponsors under the State of Florida, Department of Agriculture and Consumer Services (DACS-summer program) and the Department of Health (DOH-aftercare program) to be the food service sponsor for the 2016 summer camps (4 sites) and 2016-2017 aftercare program (1 site). The food service sponsor must offer a food service program for children 18 years old or younger for low income families. The food service sponsor must abide by all DACS and DOH Division of Food, Nutrition and Wellness rules, agreements and/or guidelines. The food service sponsor shall provide snacks, breakfast, lunch and/or dinner as required by DACS/DOH. The food service sponsor must also provide refrigerators and/or warmers where needed. This food service shall be provided at no cost to the City of Hollywood Department of Parks, Recreation and Cultural Arts (recognized as a "Site") with DACS/DOH reimbursement going directly to the food service sponsor. All vendors must submit liability insurance with their proposals indicating the City of Hollywood (2600 Hollywood Boulevard) as a certificate holder and naming the city as an additional insured.

In addition to company and staff member information proposals must include the following:

- 1) Number of sites responsible for and some names and contact information
- 2) Sample summer and afterschool menu including hot and cold meals
- 3) State how sponsor will provide refrigerators and food warmers at sites where needed
- 4) Menu flexibility pertaining to off-site field trips
- 5) Sponsor's approach to respond to concerns and or issues that may arise
- 6) Training plan for site coordinators prior to start of the program

When submitting the proposal, please include if interested in partnering with the Parks, Recreation and Cultural Arts Department longer than the proposed timeframe. Please submit each proposal by Friday, February 19, 2016 by 3:00pm. The proposals may be faxed or emailed to 954.921.3572 or mlittle@hollywoodfl.org.

Regards,

Maria Little
Parks Manager
City of Hollywood
Department of Parks, Recreation & Cultural Arts

Our Mission: Through strong and dedicated leadership we provide quality parks and recreation services that are affordable, innovative and responsive to our diverse community.

"An Equal Opportunity and Service Provider Agency"

ACORD™ CERTIFICATE OF LIABILITY INSURANCE

DATE (MM/DD/YYYY)
03/11/2016

PRODUCER Southern Agency, Inc. 4978 North Pine Island Road Lauderhill, FL 33351	THIS CERTIFICATE IS ISSUED AS A MATTER OF INFORMATION ONLY AND CONFERS NO RIGHTS UPON THE CERTIFICATE HOLDER. THIS CERTIFICATE DOES NOT AMEND, EXTEND OR ALTER THE COVERAGE AFFORDED BY THE POLICIES BELOW.																		
INSURED Flipany Inc. 1777 North Dixie Highway Fort Lauderdale, FL 33305	<table border="1"> <thead> <tr> <th colspan="2">INSURERS AFFORDING COVERAGE</th> <th>NAIC #</th> </tr> </thead> <tbody> <tr> <td>INSURER A</td> <td>Catlin Specialty Insurance</td> <td>15989</td> </tr> <tr> <td>INSURER B</td> <td>Technology Insurance Co.</td> <td>42376</td> </tr> <tr> <td>INSURER C</td> <td>United States Liability Insurance Co.</td> <td>25895</td> </tr> <tr> <td>INSURER D</td> <td></td> <td></td> </tr> <tr> <td>INSURER E</td> <td></td> <td></td> </tr> </tbody> </table>	INSURERS AFFORDING COVERAGE		NAIC #	INSURER A	Catlin Specialty Insurance	15989	INSURER B	Technology Insurance Co.	42376	INSURER C	United States Liability Insurance Co.	25895	INSURER D			INSURER E		
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COVERAGES

THE POLICIES OF INSURANCE LISTED BELOW HAVE BEEN ISSUED TO THE INSURED NAMED ABOVE FOR THE POLICY PERIOD INDICATED. NOTWITHSTANDING ANY REQUIREMENT, TERM OR CONDITION OF ANY CONTRACT OR OTHER DOCUMENT WITH RESPECT TO WHICH THIS CERTIFICATE MAY BE ISSUED OR MAY PERTAIN, THE INSURANCE AFFORDED BY THE POLICIES DESCRIBED HEREIN IS SUBJECT TO ALL THE TERMS, EXCLUSIONS AND CONDITIONS OF SUCH POLICIES. AGGREGATE LIMITS SHOWN MAY HAVE BEEN REDUCED BY PAID CLAIMS.

INSR ADD'L LTR	INSRD	TYPE OF INSURANCE	POLICY NUMBER	POLICY EFFECTIVE DATE (MM/DD/YY)	POLICY EXPIRATION DATE (MM/DD/YY)	LIMITS												
A	<input checked="" type="checkbox"/>	GENERAL LIABILITY <input checked="" type="checkbox"/> COMMERCIAL GENERAL LIABILITY <input type="checkbox"/> CLAIMS MADE <input checked="" type="checkbox"/> OCCUR GEN'L AGGREGATE LIMIT APPLIES PER: <input checked="" type="checkbox"/> POLICY <input type="checkbox"/> PRO-JECT <input type="checkbox"/> LOC	0900103683	04/10/2015	04/10/2016	EACH OCCURRENCE \$ 1,000,000 DAMAGE TO RENTED PREMISES (Ea occurrence) \$ 100,000 MED EXP (Any one person) \$ 5,000 PERSONAL & ADV INJURY \$ 1,000,000 GENERAL AGGREGATE \$ 2,000,000 PRODUCTS - COMP/OP AGG \$ 1,000,000												
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B		WORKERS COMPENSATION AND EMPLOYERS' LIABILITY ANY PROPRIETOR/PARTNER/EXECUTIVE OFFICER/MEMBER EXCLUDED? If yes, describe under SPECIAL PROVISIONS below	TWC3505154	10/05/2015	10/05/2016	<table border="1"> <thead> <tr> <th></th> <th>WC STATU-TORY LIMITS</th> <th>OTH-ER</th> </tr> </thead> <tbody> <tr> <td>E.L. EACH ACCIDENT</td> <td>\$</td> <td>500,000</td> </tr> <tr> <td>E.L. DISEASE - EA EMPLOYEE</td> <td>\$</td> <td>500,000</td> </tr> <tr> <td>E.L. DISEASE - POLICY LIMIT</td> <td>\$</td> <td>500,000</td> </tr> </tbody> </table>		WC STATU-TORY LIMITS	OTH-ER	E.L. EACH ACCIDENT	\$	500,000	E.L. DISEASE - EA EMPLOYEE	\$	500,000	E.L. DISEASE - POLICY LIMIT	\$	500,000
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DESCRIPTION OF OPERATIONS / LOCATIONS / VEHICLES / EXCLUSIONS ADDED BY ENDORSEMENT / SPECIAL PROVISIONS

Certificate holder is an additional insured to the general liability policy.

CERTIFICATE HOLDER

The City of Hollywood
 2600 Hollywood Blvd.
 Hollywood Florida 33021

CANCELLATION

SHOULD ANY OF THE ABOVE DESCRIBED POLICIES BE CANCELLED BEFORE THE EXPIRATION DATE THEREOF, THE ISSUING INSURER WILL ENDEAVOR TO MAIL 30 DAYS WRITTEN NOTICE TO THE CERTIFICATE HOLDER NAMED TO THE LEFT, BUT FAILURE TO DO SO SHALL IMPOSE NO OBLIGATION OR LIABILITY OF ANY KIND UPON THE INSURER, ITS AGENTS OR REPRESENTATIVES.

AUTHORIZED REPRESENTATIVE
 Barbara Piersall

Maria Little

From: Lynne Kunins <lkunins@flipany.org>
Sent: Wednesday, February 17, 2016 12:22 PM
To: Maria Little
Subject: Food Sponsor Submission

Maria,

Please find our information to secure the grant to serve City of Hollywood's as your food sponsor for summer and afterschool.

We would like to be considered as the sponsor as well as working with the City for consecutive years. Further, we are interested in securing additional funding for City of Hollywood residents to promote healthy eating and active living polices.

Please contact me if you have any questions.

Thank you,

Lynne
Lynne Kunins
FLIPANY
President/CEO

1777 N. Dixie Highway
Fort Lauderdale, FL 33305
Office Phone: (954) 636-2388
Cell Phone: (954) 854-6416
www.FLIPANY.org



FLIPANY Food Service Proposal For City of Hollywood 2016

This is a response to The City of Hollywood's request for proposals from approved sponsors under the State of Florida, Department of Agriculture and Consumer Services (DACs) to become the daily food service sponsor for the 2016 summer camps (4 sites service approximately 500 youth) and 2016-2017 aftercare program (1 site up to 75 youth).

FLIPANY has been a food service sponsor for 6 years, we are in good standing with DACs and the Department of Health. We serve as a food sponsor for 85 sites during afterschool and plan to serve 35 sites this summer. We serve both Miami-Dade and Broward Counties and just recently were awarded, by DACs, the Healthiest Food award for our summer food service last summer. This statewide award reinforced our ability to provide the healthiest food possible, great customer service and accurate fiscal management.

The intended outcomes of this project are an increase in the number of South Florida children residing in the City of Hollywood who receive summer/afterschool meals and an increase in the number of low-income children and families who receive nutrition education in order for kids to choose healthy foods at home. Sites will receive a free nutrition workshop during the summer as an in-kind service. This ensures FLIPANY staff can meet the children in the program, get their feedback on the snacks/meals served, and provide a nutrition lesson to introduce new food.

FLIPANY currently serves Kay Gaither Community Center for their afterschool food program, contact information is below, we also serve the following:

1. OIC South Florida; Program Manager, Fern Phillip 954-980-1228 (2 sites)
2. City of Hallandale Beach; Park Director, Cathie Schanz 954-457-1409 (2 sites)
3. Kay Gaither Community Center; Recreation Coordinator, Sandra White 954-967-4234

FLIPANY will ensure that food warmers are provided when needed. As for cold food items, this will depend on the sites, however, we will ensure that refrigeration or coolers will be available to each location. Ultimately, FLIPANY staff will ensure the sites have everything they need to deliver a high quality food program to children, year round, in the City of Hollywood.

FLIPANY is required to notify Department of Agriculture with a 48 hour notice for off-site field trips. We ask our sites to notify us as early as possible to ensure food is approved to be taken off the property. A picnic style lunch will be delivered to your location, prior to your departure, so children have a nutritious meal and snack while on their field trip.

Food Warmers



Concerns and issues will be addressed as they arise as follows; Viktoriya Yudovina has three years+ of experience managing the federal food program at FLIPANY. She oversees site staff training, provides technical assistance to the monitors and site staff, reviews paperwork packets, requests daily and weekly order forms, and handles delivery challenges; mainly timeliness and food quality. Viktoriya ensures program monitors are on schedule with their visits, have the necessary tools to provide high quality technical assistance to the sites where needed, and remains in the office each day to assist sites with issues which may occur.

Policies ensure site staff are trained and that the site staff are ordering based on actual attendance and not just on the "capacity" of children they serve each day. FLIPANY provides high quality meals and service to our sites, as part of our mission to increase access to healthy meals in communities in need. We will work with the city to ensure a high quality program is delivered year round.

We are eager to learn more about the City of Hollywood's needs around health and wellness and how we can be a part of the healthy trend for your residents. FLIPANY is also committed to a long term partnership past the contract period. We hope to have the opportunity to extend our current program to include the summer and also provide additional services to the city as part of the partnership.

I look forward to your response. I am available if you have any questions.

Lynne Kunins

Lynne Kunins
President/CEO
FLIPANY

Lunch

FLIPANY Summer Foods July 2015



**Fresh fruit includes, but is not limited to: strawberries, oranges, kiwi, apples, peaches, plums, nectarines, pineapple, watermelon, melon, grapes, bananas, etc.
*1% or fat-free.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 29 Ham 2 oz & Swiss Cheese 1 oz in Tortilla Wrap 1 ea Side Salad ½ c Tomato & Romaine Italian Dressing Fresh Fruit ¼ c Milk* 1 c	June 30 Spaghetti ½ c with Meat Sauce 2 oz Garden Salad ½ c Italian Dressing Fresh Fruit ¼ c Milk* 1 c	1 Turkey Picadillo with Carrots & Zucchini ¾ c Brown Rice ½ c Fresh Fruit ¼ c Milk* 1 c	2 Build Your Sandwich: Tuna Fish Salad 2oz WW Bread 1 slice Slaw Salad ½ c with S & S Vinaigrette Fresh Fruit ¼ c Milk* 1 c	3 NO CAMP Chicken & Brown Rice ¾ c Mixed Greens Salad ½ c Spinach, Romaine, Tomato & Cucumber French Dressing Fresh Fruit ¼ c Milk* 1 c
6 Build Your Sandwich: BBQ Chicken 2 oz WW Burger Bun 1 ea Sautéed Collard Greens w/ Black-Eyed Peas ½ c Fresh Fruit ¼ c Milk* 1 c	7 Mix Bean & Veggie Chili with Rice & Cheddar Cheese 1 c Side Salad ½ c Romaine & Tomato French Dressing Fresh Fruit ¼ c Milk* 1 c	8 Salisbury Steak w. Au Jus 1 ea Whole grain roll 1 ea Mashed potato ¼ c Kernel corn ¼ c Fresh Fruit ¼ c Milk* 1 c	9 Build Your Burger: Hamburger 1 ea WW Burger Bun 1 ea Broccoli Salad ½ c Fresh Fruit ¼ c Milk* 1 c	10 Teriyaki Stir-Fry Style Chicken & Veggie ¾ c Steamed Rice ½ c Fresh Fruit ¼ c Milk* 1 c
13 Turkey 2 oz & Cheese 1oz WW Roll Up 1 ea Dipping Carrots ½ c French Dressing 1 oz Fresh Fruit ¼ c Milk* 1 c	14 Beef Stew w/ Diced Potatoes and Mixed Veggies ¾ c WW Roll 1 ea Fresh Fruit ¼ c Milk* 1 c	15 Build Your Sandwich: Curry Chicken Salad 2 oz Pita Bread 1 ea Carrot and Pea Salad ½ c S & S Vinaigrette Fresh Fruit ¼ c Milk* 1 c	16 Macaroni & Cheese ¾ c Green Bean & Stew Tomato ½ c Fresh Fruit ¼ c Milk* 1 c	17 Herb Roasted Chicken 2 oz Dinner Roll 1 ea Succotash ½ c Fresh Fruit ¼ c Milk* 1 c
20 Ham 2 oz & Swiss Cheese 1 oz in Tortilla Wrap 1 ea Side Salad ½ c Tomato & Romaine Italian Dressing Fresh Fruit ¼ c Milk* 1 c	21 Spaghetti ½ c with Meat Sauce 2 oz Garden Salad ½ c Italian Dressing Fresh Fruit ¼ c Milk* 1 c	22 Turkey Picadillo with Carrots & Zucchini ¾ c Brown Rice ½ c Fresh Fruit ¼ c Milk* 1 c	23 Build Your Sandwich: Tuna Fish Salad 2oz WW Bread 1 slice Slaw Salad ½ c with S & S Vinaigrette Fresh Fruit ¼ c Milk* 1 c	24 Chicken & Brown Rice ¾ c Mixed Greens Salad ½ c Spinach, Romaine, Tomato & Cucumber French Dressing Fresh Fruit ¼ c Milk* 1 c
27 Build Your Sandwich: BBQ Chicken 2 oz WW Burger Bun 1 ea Sautéed Collard Greens w/ Black-Eyed Peas ½ c Fresh Fruit ¼ c Milk* 1 c	28 Mix Bean & Veggie Chili with Rice & Cheddar Cheese 1 c Side Salad ½ c Romaine & Tomato French Dressing Fresh Fruit ¼ c Milk* 1 c	29 Salisbury Steak w. Au Jus 1 ea Whole grain roll 1 ea Mashed potato ¼ c Kernel corn ¼ c Fresh Fruit ¼ c Milk* 1 c	30 Build Your Burger: Hamburger 1 ea WW Burger Bun 1 ea Broccoli Salad ½ c Fresh Fruit ¼ c Milk* 1 c	31 Teriyaki Stir-Fry Style Chicken & Veggie ¾ c Steamed Rice ½ c Fresh Fruit ¼ c Milk* 1 c



The Ingredient to a Healthy Life!

Breakfast

FLIPANY Summer Foods July 2015



USDA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1% or fat-free. **Fresh fruit includes, but is not limited to: strawberries, oranges, kiwi, apples, peaches, plums, nectarines, pineapple, watermelon, melon, grapes, bananas, etc.</p>				
<p>6 Whole Fresh Fruit (½ c) Dry Cereal (low sugar) (¾ c) Milk* (1 c)</p>	<p>7 Whole Fruit cup in juice (½ c) Corn muffin (1.1 oz) Milk* (1 c)</p>	<p>8 Whole Fresh Fruit (½ c) Dry Whole grain Cornflake cluster cereal (low sugar) (¾ c) Milk* (1 c)</p>	<p>9 Whole Fresh Fruit (½ c) Whole-wheat mini bagel (1oz) Milk* (1 c)</p>	<p>10 Fruit cup in juice (½ c) Granola cereal (low sugar) (1 oz) Milk* (1 c)</p>
<p>13 Whole Fresh Fruit (½ c) Dry Cereal (low sugar) (¾ c) Milk* (1 c)</p>	<p>14 Fruit cup in juice (½ c) English muffin (0.9 oz) Milk* (1 c)</p>	<p>15 Whole Fresh Fruit (½ c) Croissant (1.5 grain) Milk* (1 c)</p>	<p>16 Whole Fresh Fruit (½ c) Banana muffin (1/8 oz) Milk* (1 c)</p>	<p>17 Fruit cup in juice (½ c) Granola cereal (low sugar) (1 oz) Milk* (1 c)</p>
<p>20 Whole fresh Fruit (½ c) Dry Cereal (low sugar) (¾ c) Milk* (1 c)</p>	<p>21 Fruit cup in juice (½ c) Cinnamon bread (0.9 oz) Milk* (1 c)</p>	<p>22 Whole Fresh Fruit (½ c) Whole Grain Cheerios Cereal (low sugar) (¾ c) Milk* (1 c)</p>	<p>23 Whole Fresh Fruit (½ c) Soft Baguette (0.9 oz) Milk* (1 c)</p>	<p>24 Fruit cup in juice (½ c) Granola Cereal (low sugar) (1 oz) Milk* (1 c)</p>
<p>27 Whole Fresh Fruit (½ c) Dry Cereal (low sugar) (¾ c) Milk* (1 c)</p>	<p>28 Whole Fruit cup in juice (½ c) Corn muffin (1.1 oz) Milk* (1 c)</p>	<p>29 Whole Fresh Fruit (½ c) Dry Whole grain Cornflake cluster cereal (low sugar) (¾ c) Milk* (1 c)</p>	<p>30 Whole Fresh Fruit (½ c) Whole-wheat mini bagel (1oz) Milk* (1 c)</p>	<p>31 Fruit cup in juice (½ c) Granola cereal (low sugar) (1 oz) Milk* (1 c)</p>



Snack

FLIPANY Summer Foods July 2015



USDA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>**Fresh fruit includes, but is not limited to: strawberries, oranges, kiwi, apples, peaches, plums, nectarines, pineapple, watermelon, melon, grapes, bananas, etc</p> <p>6</p> <p>100% fruit juice (¾ c) Goldfish crackers (0.7 oz)</p>	<p>7</p> <p>Whole Fresh Fruit ** Whole-grain Pretzels (0.9 oz)</p>	<p>1</p> <p>Whole Fresh Fruit ** Croissant (1.8 oz)</p>	<p>2</p> <p>Mandarin oranges in juice Graham crackers (0.9 oz)</p>	<p>3</p> <p>Fruit cup in 100% juice (¾ c) Animal crackers (0.9 oz)</p>
<p>13</p> <p>100% fruit juice (¾ c) Cinnamon goldfish crackers (0.7 oz)</p>	<p>14</p> <p>1% Milk (1 c) Whole-grain Honey Graham cereal (¾ c)</p>	<p>8</p> <p>Whole Fresh Fruit ** Bread roll (0.9 oz) Margarine (1 tsp)</p>	<p>9</p> <p>Applesauce (¾ c) Whole-grain oat muffin (2.25 oz)</p>	<p>10</p> <p>1% Milk (1 c) Dry Whole grain Cornflake cluster cereal (¾ c)</p>
<p>20</p> <p>100% fruit juice (¾ c) Cheese snack crackers (0.7 oz)</p>	<p>21</p> <p>Whole Fresh Fruit ** Whole Wheat Soft Breadstick (0.9 oz) Margarine (1tsp)</p>	<p>15</p> <p>Whole Fresh Fruit ** Whole Wheat multi-grain roll (1 oz) Margarine (1 tsp)</p>	<p>16</p> <p>Whole Fresh Fruit ** Corn muffin (1.1 oz)</p>	<p>17</p> <p>Fruit cup in 100% juice (¾ c) Animal crackers (0.9 oz)</p>
<p>27</p> <p>100% fruit juice (¾ c) Goldfish crackers (0.7 oz)</p>	<p>28</p> <p>Whole Fresh Fruit ** Whole-grain Pretzels (0.9 oz)</p>	<p>22</p> <p>Whole Fresh Fruit ** Croissant (1.8 oz)</p>	<p>23</p> <p>Mandarin oranges in juice Graham crackers (0.9 oz)</p>	<p>24</p> <p>Fruit cup in 100% juice (¾ c) Animal crackers (0.9 oz)</p>
		<p>29</p> <p>Whole Fresh Fruit ** Bread roll (0.9 oz) Margarine (1 tsp)</p>	<p>30</p> <p>Applesauce (¾ c) Whole-grain oat muffin (2.25 oz)</p>	<p>31</p> <p>1% Milk (1 c) Dry Whole grain Cornflake cluster cereal (¾ c)</p>

AMP Supper Menu CCFP – 25 Day Cycles 1-5

CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Mojo Sliced Turkey Whole Wheat Roll Green Beans Sweet Potatoes **Fresh Fruit Milk	Herb Chickpea Salad Assorted Vegetable Lasagna (Whole-grain pasta) Fresh Apple Milk	Turkey Picadillo w/ Eggplant and Zucchini Steamed Brown Rice **Fresh Fruit Milk	Baked Fish in Creole Sauce Whole Wheat Roll Slaw (lemon, green onions, vinaigrette, shredded carrots and cabbage) Roasted Potatoes **Fresh Fruit in Season, Milk	Arroz con Pollo Dinner Roll Whole Brown Rice Mixed Greens Salad (lowfat French dressing) **Fresh Fruit, Milk
2	Chinese Veggies (assorted: sugar snap peas, broccoli, cauliflower, carrots, etc.) Brown Rice w/ Chicken Mixed Fruit Milk	Barley and Vegetable Chili (Varied beans, Cheddar cheese, assorted vegetables), Whole-Grain Corn, Tortilla Chips, Tossed Salad, **Fresh Fruit Milk	*Salisbury Steak (Gravy) Whole Grain Roll Mashed Potatoes Kernel Corn Pineapple Milk	Fricase de Pollo w/ Spinach and Broccoli Brown Rice Boiled Plantains Milk	Pulled Chicken w/ Mojo Sandwich Whole-Wheat Hamburger Bun Sweet Potato Fries Tossed Salad **Fresh Fruit Milk
3	Turkey and Cheese Sandwich Whole Wheat Bread Tomatoes and Lettuce Raw Carrots for dipping (lowfat Ranch dressing) Fruit Mix Milk	Ropa Vieja Brown Rice Black Beans Grilled Corn on the Cob Pineapple Milk	Curried Chicken Tagine (made with lowfat yogurt) and (Bulgur wheat) Cauliflower Sweet Potato Collard/Leafy Greens **Fresh Fruit Milk	Macaroni and Cheese w/ Cauliflower Puree (Whole-grain pasta, 2% cheddar cheese) Vegetable Ratatouille (roasted pepper salad) **Fresh Fruit, Milk	Chef Salad Hard-boiled Egg Turkey and Cheddar Cheese Whole-Grain Bread Tomatoes and Cucumber **Fresh Fruit Milk
4	Roast Pork or Chicken Whole Grain Roll Mashed Potatoes Bruschetta Salad **Fresh Fruit Milk	No-nut Pesto Pasta Chickpeas, Whole Wheat Pasta Biscuit (Margarine/butter) Mixed Green Salad (lowfat Ranch dressing) **Fresh Fruit, Milk	Turkey Picadillo w/ Carrots and Peas Whole Brown Rice Cuban Bread Roll Plantains **Fresh Fruit Milk	Baked Chicken WW Bread Winter Squash (acorn or butternut) Sautéed Broccoli Florets (Lowfat Ranch Dip) **Fresh Fruit, Milk	Hamburger Patty with Cheese Whole Wheat Bun Lettuce and Tomatoes (Mustard, Mayo, Ketchup) Steamed Carrots & Green Beans Fruit Salad, Milk
5	Roasted Turkey Whole Wheat Roll Whipped Potatoes Peas and Carrots Fruit Cup, Milk	Beans and Zucchini Quesadilla (Whole-Grain Tortilla) Fresh Salsa Fresh Fruit in Season Light Yogurt, Milk	*Ravioli Garlic Bread Broccoli Fruit Cocktail Milk	Cuban Stew (beef Moros (Beans and Brown Rice) Fruit Salad Milk	Chicken (Shredded) Lettuce Wraps Brown Rice, Asian Slaw Wonton Strips (Ginger dressing) Chopped Tomatoes, Applesauce, Milk

Daily milk requirement: lowfat (1%) or fat free

*Requires a Child Nutrition (CN) Label.

**Fresh Fruit must vary daily each week. At least 5 different fruits must be used within the meal cycle. Fresh fruit includes, but is not limited to: strawberries, oranges, kiwi, apples, peaches, plums, nectarines, pineapple, watermelon, melon, grapes, bananas, etc.

PERISHABLE Snacks

CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Fruit Cup (no sugar added) Whole Grain Plain Animal Crackers 1.0 oz (1 G/B)	Whole Fresh Fruit in Season* (larger of: 1 pc. - 3/4 cup) Whole-grain Crackers .8 oz (1 G/B)	Light Cheese Whole-wheat pita bread sandwich 1 bun - 1.5 oz (1.5 G/B)	Whole Fresh Fruit in Season* (larger of: 1 pc. - 3/4 cup) Whole Grain Oat Muffin 2.25 oz. (1.13 G/B)	Non-fat yogurt Whole Grain Wheat Corn Flakes Cereal 3/4 cup (1 G/B)
2	Shelf Stable 100% Apple Juice 6 oz. Goldfish Crackers .75 oz (1 G/B)	Whole Fresh Fruit in Season* (larger of: 1 pc. - 3/4 cup) Whole Grain Soft Pretzel with mustard	Whole Fresh Fruit in Season* (larger of: 1 pc. - 3/4 cup) Whole Grain Crackers (1 G/B)	1% Low Fat Milk 8 oz. Whole Grain Vanilla Graham Crackers 1.0 oz. (1 G/B)	Non-fat yogurt (1/2 cup) Granola (1 G/B)
3	Fruit Cup (no sugar added) Animal Crackers	Turkey or ham (1 oz) Whole-Wheat Bread for ham or turkey Sandwich 2 slices – 2oz (2 G/B) Mustard 9gm or low fat mayonnaise	Whole Fresh Fruit in Season* (larger of: 1 pc. - 3/4 cup) Whole Grain Corn Muffin 2.25 oz (1.13 G/B)	Whole Fresh Fruit in Season* (larger of: 1 pc. - 3/4 cup) Whole-Grain Pretzel	1% Low Fat Milk 8 oz. Honey Graham Squares Cereal 3/4 cup (1 G/B)
4	Shelf Stable 100% Blended Juice 6 oz. Whole-Grain Crackers	Whole Fresh Fruit in Season* (larger of: 1 pc. - 3/4 cup) Whole Wheat Breadstick 1 ea. - 1.2 oz. (1.2 G/B)	Raw Vegetables (3/4 cup) Bean Dip	Whole Fresh Fruit in Season* (larger of: 1 pc. - 3/4 cup) Whole-Grain Plain Animal Crackers	Non-fat yogurt (1/2 cup) Granola 1 ea. – 1 oz (1 G/B)
5	Apple Sauce (no sugar added) Goldfish Crackers 0.75 (1 G/B)	Turkey (1 oz) Whole-Grain Bread Mustard or low-fat mayonnaise	Whole –Grain Crackers Fresh Salsa	Whole Fresh Fruit in Season* (larger of: 1 pc. - 3/4 cup) Whole Grain Blueberry Muffin 2.25 oz (1.13 G/B)	1% Low Fat Milk 8 oz. Cheerios Cereal 3/4 cup (1 G/B)
	When a drink is not specifically listed with a snack, water is recommended as a beverage.		*Whole Fresh Fruit in Season is defined as plum, orange, pear, or banana.		

NON-PERISHABLE Snacks

CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Fruit Cup (no sugar added) Whole Grain Plain Animal Crackers 1.0 oz (1 G/B)	Whole Fresh Fruit in Season* (larger of: 1 pc. - 3/4 cup) Whole-Grain Crackers .8 oz (1 G/B)	Shelf Stable 100% Apple Juice 6 oz. Whole-Grain Pretzel	Whole Fresh Fruit in Season* (larger of: 1 pc. - 3/4 cup) Whole-Grain Oat Muffin	Shelf Stable 100% Blended Juice 6 oz. Whole-Grain Cheese Crackers 0.8 oz (1 G/B)
2	Fruit Cup (no sugar added) Goldfish Crackers 0.75 oz (1 G/B)	Whole Fresh Fruit in Season* (larger of: 1 pc. - 3/4 cup) Whole-Grain Soft Pretzel with mustard	Whole Fresh Fruit in Season* (larger of: 1 pc. - 3/4 cup) Whole-Grain Vanilla Graham	Shelf Stable 100% Blended Juice 6 oz. No-nut trail mix	1% Low Fat Shelf Stable Milk 8 oz. Chocolate Chip Cookies 2.4 oz (1 G/B)
3	Applesauce (no sugar added) Animal Crackers 0.8 oz (G/B)	Shelf Stable 100% Apple Juice 6 oz. Whole-Grain Soft Pretzel 1.0 oz (1 G/B) with mustard	Whole Fresh Fruit in Season* (larger of: 1 pc. - 3/4 cup) Corn Muffin	Whole Fresh Fruit in Season* (larger of: 1 pc. - 3/4 cup) Whole-Grain Crackers	Shelf Stable 100% Blended Juice 6 oz Granola 3/4 cup (1 G/B)
4	Shelf Stable 100% Blended Juice 6 oz. Goldfish Crackers 0.75 oz (1 G/B)	Whole Fresh Fruit in Season* (larger of: 1 pc. - 3/4 cup) Whole Wheat Breadstick 1 ea.- 1.2 oz (1.2 G/B)	Raw Vegetables Bean Dip (Shelf-stable)	Shelf Stable 100% Apple Juice 6 oz. No-nut trail mix	1% Low Fat Shelf Stable Milk 8 oz Granola (1 G/B)
5	Shelf Stable 100% Blended Juice 6 oz. Whole-Grain Crackers	Whole Fresh Fruit in Season* (larger of: 1 pc. - 3/4 cup) Whole-Grain Blueberry Muffin 2.25 oz (1.13 G/B)	Shelf Stable 100% Apple Juice 6 oz. Whole-Grain Soft Breadstick 1.0 oz (1 G/B)	Whole Fresh Fruit in Season* (larger of: 1 pc. - 3/4 cup) Whole-Grain Cheese Crackers	Fruit Cup Goldfish Crackers
	*When a drink is not specifically listed with a snack, water is recommended as a beverage.		*Whole Fresh Fruit in Season is defined as plum, orange, pear, or banana.		