



FLIPANY Food Service Proposal For City of Hollywood

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 2015 summer camps (4 sites up to 515 youth) and 2015-2016 aftercare program (1 site up to 75 youth).

FLIPANY has been a food service sponsor for 5 years, we are in good standing with DACS and the Department of Health. We serve as a food sponsor for 76 sites during afterschool and plan to serve 46 sites this summer. We serve both Miami-Dade and Broward Counties and just recently were awarded, by DACS, the Rising Star 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 food 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 and tackle "picky eaters".

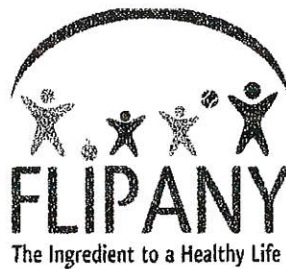
FLIPANY currently serves Kay Gaither Community Center for their afterschool food program, contact information is below, we also serve the following:

1. Smith Community Health; CEO; Donna LaValle 954-321-2296 (4 sites)
2. YMCA; Executive Director; Kerry-Ann Royes 954-623-5555 (4 sites)

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 the location. Ultimately, FLIPANY staff will ensure the site has everything they need to deliver a high quality food program to children 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.

Concerns and issues will be addressed as they arise as follows; Viktoriya Yudovina has two years+ of experience managing the federal food program at FLIPANY. She trains the monitors, requests 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,



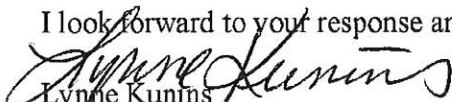
have the necessary tools to provide high quality technical assistance to the sites where needed, and remains in the office daily to assist sites with issues which may occur.

Other experience we have working with the federal food programs deal with ordering food for the number of children at the center each day. We have established policies that minimize the "over ordering" of food when children are not at the center. We work closely with the sites on a daily basis to uphold a low waste ratio and ensure sites are receiving an adequate number of meals to fee children in attendance.

We have systems in place to utilize leftover snacks and provide shelf stable snacks for and unexpected attendance increase. We will not invoice the city for any "over ordering" under 5% per month. If there is snack/meal waste that is over 5% per month we will invoice the city for these snacks/meals at a rate of \$0.82 per snack and \$3.00 per meal. This ensures that the summer site staff are ordering based on actual attendance and not just on the "capacity" of children the serve each day. FLIPANY provides high quality meals as you can see from our menu provided and we cannot absorb the cost of inaccurate ordering at all of our sites. We will work with the city to ensure that ordering is accurate; over the past 3 years we have only invoiced 3 sites for the over 5% snack/meal limitation.

FLIPANY is interested in partnering with the parks, Recreation and Cultural Arts Department longer than the proposed timeframe. We have been working with other cities on related initiatives such as; Let's Move Cities, Childcare Centers and providing a variety of nutrition and fitness programs to CSC funded sites as a value added service. These programs vary and focus on hands on experiences for youth, teens, adults or seniors. 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.

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


Lynne Kunins
President/CEO
FLIPANY

ACORD CERTIFICATE OF LIABILITY INSURANCE		DATE (MM/DD/YYYY) 03/31/2015
PRODUCER Southern Agency, Inc. 4978 North Pine Island Road Lauderdale, 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 Filpany Inc. 819 NE 26th Street Building K Fort Lauderdale, FL 33305	INSURERS AFFORDING COVERAGE INSURER A: Catlin Specialty Insurance INSURER B: Technology Insurance Co. INSURER C: United States Liability Insurance Co. INSURER D: INSURER E:	NAIC # 15989 42376 25895

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	TYPE OF INSURANCE	POLICY NUMBER	POLICY EFFECTIVE DATE (MM/DD/YY)	POLICY EXPIRATION DATE (MM/DD/YY)	LIMITS	
A	☒	GENERAL LIABILITY ☒ COMMERCIAL GENERAL LIABILITY ☐ CLAIMS MADE ☒ OCCUR GEN'L AGGREGATE LIMIT APPLIES PER: ☒ POLICY ☐ PRO-JECT ☐ 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 \$ 1,000,000 PRODUCTS - COMP/OP AGG \$ 1,000,000	
		AUTOMOBILE LIABILITY ☐ ANY AUTO ☐ ALL OWNED AUTOS ☐ SCHEDULED AUTOS ☐ HIRED AUTOS ☐ NON-OWNED AUTOS				COMBINED SINGLE LIMIT (Ea accident) \$ BODILY INJURY (Per person) \$ BODILY INJURY (Per accident) \$ PROPERTY DAMAGE (Per accident) \$	
		GARAGE LIABILITY ☐ ANY AUTO				AUTO ONLY - EA ACCIDENT \$ OTHER THAN EA ACC \$ AUTO ONLY: AGG \$	
		EXCESS/UMBRELLA LIABILITY ☐ OCCUR ☐ CLAIMS MADE ☐ DEDUCTIBLE RETENTION \$				EACH OCCURRENCE \$ AGGREGATE \$ \$ \$ \$	
B		WORKERS COMPENSATION AND EMPLOYERS' LIABILITY ANY PROPRIETOR/PARTNER/EXECUTIVE OFFICER/MEMBER EXCLUDED? If yes, describe under SPECIAL PROVISIONS below	TWC3251890	10/05/2014	10/05/2015	WC STATU-TORY LIMITS E.L. EACH ACCIDENT \$ 100,000 E.L. DISEASE - EA EMPLOYEE \$ 100,000 E.L. DISEASE - POLICY LIMIT \$ 500,000	
C		OTHER D and O	NDO1554269	06/27/2014	06/27/2015	\$1,000,000/\$1,000,000	
DESCRIPTION OF OPERATIONS / LOCATIONS / VEHICLES / EXCLUSIONS ADDED BY ENDORSEMENT / SPECIAL PROVISIONS Certificate holder is an additional insured to the general liability policy.							

CERTIFICATE HOLDER City of Hollywood Parks and Recreation 1405 S. 28 Ave. Hollywood, FL 33022	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
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Lunch

FLIPANY Summer Foods



USDA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
**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. 7 Pulled Jerk Turkey (2 oz) Whole-wheat roll (1 oz) Roasted potato (w/skins) (½ c) Sautéed Collard greens (½ c) Fresh Fruit (½ c) Milk* (1 c) 14 Baked Breaded Chicken (3 oz) Whole wheat roll (1 oz) Sliced tomatoes & lettuce (½ c) Herbed carrots (½ c) Fruit mix (½ c) Low-fat French dressing (1 oz) Milk* (1 c) 21 Mojo Sliced turkey (2oz) Whole wheat roll (1oz) Fresh Fruit (½ c) Mashed sweet potatoes (½ c) Milk* (1 c) 28 Pulled Jerk Turkey (2 oz) Whole-wheat roll (1 oz) Roasted potato (w/skins) (½ c) Sautéed Collard greens (½ c) Fresh Fruit (½ c) Milk* (1 c)	1 Herb Chickpea Salad (½ c) Vegetable Lasagna (¾ c) Garlic bread (1oz) Fresh apple slices Milk* (1 c) 8 Barley & Vegetable Chili (1½ c) Varied beans Cheddar cheese (0.5 oz) Whole-Grain Corn tortilla Chips Fresh Fruit (¼ c) Milk* (1 c) 15 Ropa Vieja (2 oz) Brown Rice (½ c) Grilled corn on the cob (¾ c) Black beans (¼ c) Pineapple (¼ c) Margarine (1 tsp) Milk* (1 c) 22 Herb Chickpea Salad (½ c) Vegetable Lasagna (¾ c) Garlic bread (1oz) Fresh apple slices Milk* (1 c) 29 Barley & Vegetable Chili (1½ c) Varied beans Cheddar cheese (0.5 oz) Whole-Grain Corn tortilla Chips Fresh Fruit (¼ c) Milk* (1 c)	2 Turkey picadillo w/ green peas & carrots (¾ c) Congri (¾ c) Brown rice (½ c) Black beans (¼ c) Fresh Fruit (¼ c) Milk* (1 c) 9 Salisbury steak (3 oz) Whole grain roll (1 oz) Mashed potato (¼ c) Whole Kernel corn (¼ c) Pineapple (¼ c) Gravy (1/8 or 1 oz) Milk* (1 c) 16 Chicken Curry Casserole (low-fat yogurt) w/ cauliflower, & collard greens (¾ c) Couscous (½ c) Fresh Fruit (¼ c) Milk* (1 c) 23 Turkey picadillo w/ green peas & carrots (¾ c) Congri (¾ c) Brown rice (½ c) Black beans (¼ c) Fresh Fruit (¼ c) Milk* (1 c) 30 Salisbury steak (3 oz) Whole grain roll (1 oz) Mashed potato (¼ c) Whole Kernel corn (¼ c) Pineapple (¼ c) Gravy (1/8 or 1 oz) Milk* (1 c)	3 Arroz con Pollo Chicken (¾ c) Arroz con Pollo Brown rice (½ c) Mixed greens salad (Spinach, romaine, tomato cucumber) Fresh Fruit (¼ c) Milk* (1 c) 10 Fricassee de Pollo with spinach (½ c) Brown rice (½ c) Red beans (¼ c) Plantains (¼ c) Milk* (1 c) 17 Macaroni & Cheese w/ cauliflower puree (¾ c) Macaroni & Cheese (½ c) Vegetable Ratatouille (½ c) Fresh Fruit (¼ c) Milk* (1 c) 24 Arroz con Pollo Chicken (¾ c) Arroz con Pollo Brown rice (½ c) Mixed greens salad (Spinach, romaine, tomato cucumber) Fresh Fruit (¼ c) Milk* (1 c) 31 Fricassee de Pollo with spinach (½ c) Brown rice (½ c) Red beans (¼ c) Plantains (¼ c) Milk* (1 c)	4 Fish Fajitas Grilled seasoned fish (2 oz) Whole grain tortilla Slaw (green onions, shredded carrots & cabbage) (½ c) Fruit salsa (¼ c) Milk* (1 c) 11 Chinese Veggies & Rice w/ Ham (1½ c) Brown Rice (½ c) Fried rice Assorted vegetables (½ c) Mixed Fruit (¼ c) Milk* (1 c) 18 Roast pork or chicken (2 oz) Moros (¾ c) Brown rice (½ c) Green peas (¼ c) Moros Beans (¼ c) Fresh Fruit (¼ c) Milk* (1 c) 25 Fish Fajitas Grilled seasoned fish (2 oz) Whole grain tortilla Slaw (green onions, shredded carrots & cabbage) (½ c) Fruit salsa (¼ c) Milk* (1 c)





Snack

FLIPANY Summer Foods



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
**Fresh fruit includes, but is not limited to: strawberries, oranges, kiwi, apples, peaches, plums, nectarines, pineapple, watermelon, melon, grapes, bananas, etc. 7 100% fruit juice (¾ c) Goldfish crackers (0.7 oz) 14 100% fruit juice (¾ c) Cinnamon goldfish crackers (0.7 oz) 21 100% fruit juice (¾ c) Cheese snack crackers (0.7 oz) 28 100% fruit juice (¾ c) Goldfish crackers (0.7 oz)	1 Whole Fresh Fruit ** Whole Wheat Soft Breadstick (0.9 oz) Margarine (1tsp) 8 Whole Fresh Fruit ** Whole-grain Pretzels (0.9 oz) 15 1% Milk (1 c) Whole-grain Honey Graham cereal (¾ c) 22 Whole Fresh Fruit ** Whole Wheat Soft Breadstick (0.9 oz) Margarine (1tsp) 29 Whole Fresh Fruit ** Whole-grain Pretzels (0.9 oz)	2 Whole Fresh Fruit ** Croissant (1.8 oz) 9 Whole Fresh Fruit ** Bread roll (0.9 oz) Margarine (1 tsp) 16 Whole Fresh Fruit ** Whole Wheat multi-grain roll (1 oz) Margarine (1 tsp) 23 Whole Fresh Fruit ** Croissant (1.8 oz) 30 Whole Fresh Fruit ** Bread roll (0.9 oz) Margarine (1 tsp)	3 Mandarin oranges in juice Graham crackers (0.9 oz) 10 Applesauce (¾ c) Whole-grain oat muffin (2.25 oz) 17 Whole Fresh Fruit ** Corn muffin (1.1 oz) 24 Mandarin oranges in juice Graham crackers (0.9 oz) 31 Applesauce (¾ c) Whole-grain oat muffin (2.25 oz)	4 Fruit cup in 100% juice (¾ c) Animal crackers (0.9 oz) 11 1% Milk (1 c) Dry Whole grain Cornflake cluster cereal (¾ c) 18 Fruit cup in 100% juice (¾ c) Animal crackers (0.9 oz) 25 Fruit cup in 100% juice (¾ c) Animal crackers (0.9 oz)





Breakfast

FLIPANY Summer Foods



USDA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* 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.	1 Fruit cup in juice (½ c) Cinnamon bread (0.9 oz) Milk* (1 c)	2 Whole Fresh Fruit (½ c) Whole Grain Cheerios Cereal (low sugar) (¾ c) Milk* (1 c)	3 Whole Fresh Fruit (½ c) Soft Baguette (0.9 oz) Milk* (1 c)	4 Fruit cup in juice (½ c) Granola Cereal (low sugar) (1 oz) Milk* (1 c)
7 Whole Fresh Fruit (½ c) Dry Cereal (low sugar) (¾ c) Milk* (1 c)	8 Whole Fruit cup in juice (½ c) Corn muffin (1.1 oz) Milk* (1 c)	9 Whole Fresh Fruit (½ c) Dry Whole grain Cornflake cluster cereal (low sugar) (¾ c) Milk* (1 c)	10 Whole Fresh Fruit (½ c) Whole-wheat mini bagel (1oz) Milk* (1 c)	11 Fruit cup in juice (½ c) Granola cereal (low sugar) (1 oz) Milk* (1 c)
14 Whole Fresh Fruit (½ c) Dry Cereal (low sugar) (¾ c) Milk* (1 c)	15 Fruit cup in juice (½ c) English muffin (0.9 oz) Milk* (1 c)	16 Whole Fresh Fruit (½ c) Croissant (1.5 grain) Milk* (1 c)	17 Whole Fresh Fruit (½ c) Banana muffin (1/8 oz) Milk* (1 c)	18 Fruit cup in juice (½ c) Granola cereal (low sugar) (1 oz) Milk* (1 c)
21 Whole Fresh Fruit (½ c) Dry Cereal (low sugar) (¾ c) Milk* (1 c)	22 Fruit cup in juice (½ c) Cinnamon bread (0.9 oz) Milk* (1 c)	23 Whole Fresh Fruit (½ c) Whole Grain Cheerios Cereal (low sugar) (¾ c) Milk* (1 c)	24 Whole Fresh Fruit (½ c) Soft Baguette (0.9 oz) Milk* (1 c)	25 Fruit cup in juice (½ c) Granola Cereal (low sugar) (1 oz) Milk* (1 c)
28 Whole Fresh Fruit (½ c) Dry Cereal (low sugar) (¾ c) Milk* (1 c)	29 Whole Fruit cup in juice (½ c) Corn muffin (1.1 oz) Milk* (1 c)	30 Whole Fresh Fruit (½ c) Dry Whole grain Cornflake cluster cereal (low sugar) (¾ c) Milk* (1 c)	31 Whole Fresh Fruit (½ c) Whole-wheat mini bagel (1oz) Milk* (1 c)	

AMP Supper Menu CCFP – 25 Day Cycles 1-5

CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Ham Whole Wheat Bread (1 slice) Butter/Margarine Green Beans Sweet Potatoes Pineapple Milk	Beefaroni Garlic Bread Spinach Fruit Salad Milk	Picadillo Congri Cuban Bread Sliced Tomatoes Tropical Mixed Fruit Milk	*Breaded Fish Ketchup Whole Grain Roll Mashed Potato Mixed Vegetables Mandarin Oranges Milk	Arroz Con Pollo Cuban Bread or Roll Mixed Greens Salad Lowfat French Dressing Peaches Milk
2	Macaroni & Cheese Broccoli Black Eyed Peas Pears Milk	*Chicken Nuggets Ketchup Whole Wheat Bread Green Beans Corn Applesauce Milk	*Salisbury Steak Gravy Whole Grain Roll Mashed Potatoes Peas and Carrots Mandarin Oranges Milk	Fricase de Pollo Brown Rice Spinach Plantains Milk	Cuban Sandwich (Pork, Ham, Swiss Cheese, Pickles, Cuban or Whole Wheat Bread) Mustard, Lowfat Mayo Baked Sweet Potato Fries Tossed Salad Lowfat Ranch Dressing Apple Slices Milk
3	*Breaded Chicken Patty In sauce Roll Steamed Carrots Fruit Cocktail Milk	Ropa Vieja Brown Rice Black Beans Mixed Vegetables Pineapple Milk	Meatloaf Ketchup Whole Wheat Bread Mashed Sweet Potato Broccoli Apple slices Milk	Spaghetti & Meat Sauce (with Ground Turkey or Beef and Whole Grain Noodles) Garlic Bread Green Salad Lowfat Ranch Dressing Tropical Mixed Fruit Milk	*Fish Sticks Whole Grain Roll Green Peas Pears Milk
4	Roasted Pork Whole Grain Roll Mashed Potatoes Mixed Vegetables Cinnamon Apples Milk	*Chicken Strips Whole Wheat Bread Butter/Margarine Mixed Greens Salad Lowfat Ranch Dressing Pineapple Milk	Picadillo Cuban Bread or Roll Congri Green Peas Plantains Milk	Baked Chicken Roll Winter Squash (acorn or butternut) Broccoli Florets Lowfat Ranch Dip Orange Sections Milk	Hamburger Patty with Cheese Whole Wheat Bun Lettuce and Tomato Mustard, Mayo, Ketchup Steamed Carrots Green Beans Fruit Salad Milk
5	Turkey Roast Gravy Whole Wheat Roll Butter/Margarine Mashed Potatoes Peas and Carrots Tropical Mixed Fruit Milk	Seasoned Black Beans Brown Rice Whole Wheat Bread (1 slice) Green Beans Applesauce Milk	*Ravioli Garlic Bread (1 slice) Broccoli Fruit Cocktail Milk	Cuban Stew (with beef) White Rice Mixed Vegetables Fruit Salad Milk	*Pizza (whole grain crust) Steamed Carrots Tossed Salad Lowfat Ranch Dressing Mandarin Oranges 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.

NON-PERISHABLE Snacks

CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Shelf Stable 100% Blended Juice 6 oz. Whole Grain Plain Animal Crackers 1.0 oz (1 G/B)	Whole Fresh Fruit in Season* (1 pc. - 3/4 cup) Whole Grain Oat Muffin 2.25 oz. (1.13 G/B)	Whole Fresh Apple (1 pc.-3/4 cup) Whole Grain Pretzel	Shelf Stable 100% Apple Juice 6 oz. Whole Grain Wheat Cinnamon Toaster Cereal 3/4 cup (1 G/B)	Shelf Stable 100% Blended Juice 6 oz. Cheese Crackers .8 oz (1 G/B)
2	Shelf Stable 100% Apple Juice 6 oz. Goldfish Crackers .75 oz (1 G/B)	Whole Fresh Fruit in Season* (1 pc. - 3/4 cup) Whole Grain Vanilla Graham Crackers(no icing) 1.0 oz. (1 G/B)	Cherry Tomatoes (6) Whole Grain Bagel 1 ea.-1 oz.(1 G/B) Reduced Sugar Jelly - .5oz	Shelf Stable 100% Blended Juice 6 oz. Whole Grain Crackers w/ShrpChed Cheese 6 Sandwich pack = 12 crackers 1.2 oz. (1.5 G/B)	1% Low Fat Shelf Stable Milk 8 oz. Oatmeal Cookies 2.4 oz. (1 G/B)
3	Shelf Stable 100% Blended Juice 6 oz. Cheese Crackers .8 oz (1 G/B)	Whole Fresh Fruit in Season* (1 pc. - 3/4 cup) Whole Grain Blueberry Muffin 2.25 oz. (1.13 G/B)	Whole Fresh Apple (1 pc.-3/4 cup) Whole Grain Pretzels	Shelf Stable 100% Apple Juice 6 oz. Whole Grain Plain Animal Crackers 1.0 oz (1 G/B)	Shelf Stable 100% Blended Juice 6 oz. Honey Graham Squares Cereal 3/4 cup (1 G/B)
4	1% Low Fat Shelf Stable Milk 8 oz. Chocolate Chip Cookies 2.4 oz (1 G/B)	Whole Fresh Fruit in Season* (1 pc. - 3/4 cup) Whole Wheat Breadstick 1 ea. - 1.2 oz. (1.2 G/B)	Whole Fresh Apple (1 pc.-3/4 cup) Whole Grain Vanilla Graham Crackers 1.0 oz. (1 G/B)	Shelf Stable 100% Apple Juice 6 oz. Cinn Raisin Bagel 1 ea.-1 oz.(1 G/B) Reduced Sugar Jelly	Shelf Stable 100% Blended Juice 6 oz. Goldfish Crackers .75 oz (1 G/B)
5	Shelf Stable 100% Blended Juice 6 oz. Whole Grain Crackers w/Cheddar Cheese 6 Sandwich pack = 12 crackers 1.2 oz. (1.5 G/B)	Whole Fresh Fruit in Season* (1 pc. - 3/4 cup) Whole Grain Blueberry Muffin 2.25 oz. (1.13 G/B)	Whole Fresh Apple (1 pc.-3/4 cup) Cheese Crackers .8 oz (1 G/B)	Shelf Stable 100% Apple Juice 6 oz. Whole Grain Pretzel 1.0 oz (1 G/B)	Shelf Stable 100% Blended Juice 6 oz. Cheerios Cereal ¾ 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.		

PERISHABLE Snacks					
CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Shelf Stable 100% Blended Juice 6 oz. Whole Grain Plain Animal Crackers 1.0 oz (1 G/B)	Whole Fresh Fruit in Season* (1 pc. - 3/4 cup) Cheese Crackers .8 oz (1 G/B)	White American Cheese (1 oz.) Midnite Bun Bread for Cheese Sandwich 1 bun - 1.5 oz. (1.5 G/B) Mustard 9gm or low fat mayonnaise	Whole Fresh Apple (1 pc.-3/4 cup) Whole Grain Oat Muffin 2.25 oz. (1.13 G/B)	1% Low Fat Milk 8 oz. Whole Grain Wheat Cinnamon Toaster 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 * (1 pc 3/4 cup) Whole Grain Crackers w/ShrpChed Cheese 6 Sandwich pack = 12 crackers 1.2 oz. (1.5 G/B)	Whole Fresh Apple (1 pc.-3/4 cup) Whole Grain Bagel 1 ea. - 1 oz. (1 G/B) Reduced Fat Cream Cheese - 1 oz	1% Low Fat Milk 8 oz. Whole Grain Vanilla Graham Crackers 1.0 oz. (1 G/B)	Low Fat Flavored Yogurt (1/2 cup) Oatmeal Cookies 2.4 oz. (1 G/B)
3	Shelf Stable 100% Blended Juice 6 oz. Goldfish Crackers .75 oz (1 G/B)	Whole Fresh Fruit in Season* (1 pc. - 3/4 cup) Whole Grain Blueberry Muffin 2.25 oz. (1.13 G/B)	Cheddar Cheese (1 oz.) Whole Wheat Bread for Cheese Sandwich 2 slices - 2 oz. (2 G/B) Mustard 9gm or low fat mayonnaise	Whole Fresh Apple (1 pc.-3/4 cup) Whole Grain Plain Animal Crackers 1.0 oz (1 G/B)	1% Low Fat Milk 8 oz. Honey Graham Squares Cereal 3/4 cup (1 G/B)
4	Shelf Stable 100% Apple Juice 6 oz. Goldfish Crackers .75 oz (1 G/B)	Whole Fresh Fruit in Season * (1 pc.-3/4 cup) Whole Wheat Breadstick 1 ea. - 1.2 oz. (1.2 G/B)	Raw Baby Carrots (3/4 cup) Whole Grain Vanilla Graham Crackers 1.0 oz. (1 G/B)	1% Low Fat Milk 8 oz. Cinnamon Raisin Bagel 1 ea. - 1 oz. (1 G/B) Reduced Sugar Jelly - .5oz	Low Fat Flavored Yogurt (1/2 cup) Chocolate Chip Cookies 2.4 oz (1 G/B)
5	Shelf Stable 100% Blended Juice 6 oz. Whole Grain Crackers w/Cheddar Cheese 6 Sandwich pack = 12 crackers 1.2 oz. (1.5 G/B)	Whole Fresh Fruit in Season* (1 pc. - 3/4 cup) Whole Grain Blueberry Muffin 2.25 oz. (1.13 G/B)	Yellow American Cheese (1 oz.) Whole Wheat Bread for Cheese Sandwich 2 slices - 2 oz. (2 G/B) Mustard 9gm or low fat mayonnaise	Bean Dip Whole Grain Pretzel 1.0 oz. (1 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.		