

**BRIGHT HORIZONS No Peanut
Pre-School Portion Control Sheet**

August 2018- June 2019

8/9/18

Week One		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk Ages 1-5: six oz.,		2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk
Vegetable/Fruit/Juice Ages 1-18: $\frac{1}{2}$ c		Mandarin Oranges ($\frac{1}{2}$ c.) Pre-portioned	Raisins 1 each – Pre-portioned <u>EHS:</u> Applesauce	Citrus Fruit ($\frac{1}{2}$ c.) Pre-portioned	Strawberry Applesauce ($\frac{1}{2}$ c.) Pre-portioned	Fresh Apple <u>EHS:</u> Peach Cup
Grains/Breads Ages 1-5: $\frac{1}{2}$ slice/serving, $\frac{1}{3}$ c		Nutri Grain Bar 1 Each	(2.5 oz.) Whole Wheat Bagel 1 pkt. Margarine	(2 oz.) W/G Blueberry Muffin 45623	Honey Scooters Cereal 1 Bowl	Crispy Rice Cereal 1 Bowl 45627/45629
BREAKFAST		Milk Ages 1-5: six oz.; Ages 6-18: eight oz.	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk
LUNCH		Meat/Meat Alternate Ages 1-5: $1\frac{1}{2}$ oz. Ages 6-18: 2 oz.	WG Breaded Chicken Patty (3 oz.)	WG Cheese Quesadilla	Meatloaf (3 oz.)	BBQ Beef Rib Patty (3 oz.) WG Breaded Fish (3.6 oz.)
		Vegetable Ages 1-5: $\frac{1}{4}$ c; Ages 6-18: $\frac{1}{2}$ c (Double portion for salads)	Diced Potatoes ($\frac{1}{4}$ c.) Level #16 Scoop	Black Beans ($\frac{1}{4}$ c.) Level #16 Scoop	Mashed Potatoes ($\frac{1}{4}$ c.) Level #16 Scoop	Carrot Coins ($\frac{1}{4}$ c.) Level #16 Scoop
		Fruit or Vegetable Ages: 1-18: $\frac{1}{4}$ c	Applesauce ($\frac{1}{4}$ c.) Level #16 Scoop	Mixed Fruit ($\frac{1}{4}$ c.) Level #16 Scoop	Peaches ($\frac{1}{4}$ c.) Level #16 Scoop	Seasonal Fresh Fruit ($\frac{1}{4}$ c.) (Cantaloupe, honeydew, strawberries, or watermelon) Corn ($\frac{1}{4}$ c.) Level #16 Scoop
		Grains/Breads Ages 1-5: $\frac{1}{2}$ slice/serving, $\frac{1}{4}$ c Ages 6-18: 1 slice/serving, $\frac{1}{2}$ c	(2 oz.) Hamburger Bun Mustard/Ketchup Pkt.	Whole Wheat Tortilla (from above)	(1 oz.) Dinner Roll 1 pkt. BBQ Sauce	(2 oz.) Hamburger Bun (1 oz.) Dinner Roll 45637
SNACK		Milk Ages 1-5: four oz.	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk		Flavored Yogurt (4 oz.) <u>EHS:</u> Applesauce Cup	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk
		Meat/Meat Alternate Ages 1-5: $1\frac{1}{2}$ oz.			Pre-portioned	
		Vegetable $\frac{1}{4}$ - $\frac{1}{2}$ c				
		Fruit/Juice Ages 1-5: $\frac{1}{2}$ c				
		Grains/Breads Ages 1-5: $\frac{1}{2}$ slice/serving, $\frac{1}{3}$ c	Animal Crackers (1 pkg.)	WG Fish Shaped Crackers (1 pkg.)	V/G Graham Crackers (2 pkg.)	Educational Snack Pack (1 pkg.) 45649
			45641	45643	45645/45647	45651

**BRIGHT HORIZONS No Pork No Peanut
Pre-School Portion Control Sheet**

August 2018- June 2019

8/9/18

09/03-09/07, 10/01-10/05, 10/29-11/02, 11/26-11/30, 12/24-12/28, 01/21-01/25, 02/18-02/22, 03/18-03/22, 04/15-04/19, 05/13-05/17, 06/10-06/14

Week Two		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST						
Milk Ages 1-5: six oz.; Ages 6-18: eight oz.		2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk
Vegetable/Fruit/Juice Ages 1-18: $\frac{1}{2}$ c		Pineapple ($\frac{1}{2}$ c.) Pre-portioned	Applesauce ($\frac{1}{2}$ c.) Pre-portioned	Orange Wedges ($\frac{1}{2}$ c.) Cut on site <u>EHS:</u> 100% Orange Juice	Mixed Fruit ($\frac{1}{2}$ c.) Pre-portioned	Pears ($\frac{1}{2}$ c.) Pre-portioned
Grains/Breads Ages 1-5: $\frac{1}{2}$ slice/serving, $\frac{1}{3}$ c		Reduced Sugar Cinnamon Flakes Cereal 1 Bowl	Maple Waffle Graham 1 Each	WG Maple Pancake 1 Each 1 pkrt. Syrup	(2.5 oz.) Whole Wheat Bagel 1 pkrt. Margarine	Reduced Sugar Apple Jacks Cereal 1 Bowl
		45653	45655	45657 / 45825	45659	45661
LUNCH						
Milk Ages 1-5: six oz.; Ages 6-18: eight oz.		2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk
Meat/Meat Alternate Ages 1-5: $1\frac{1}{2}$ oz. Ages 6-18: 2 oz.		Cheeseburger (2 oz. Hamburger Patty, $\frac{1}{2}$ oz. Cheese Slice)	WG Turkey and Cheese Lasagna Roll Up (4.4 oz.)	Teriyaki Meatballs (0.6 oz. Beef & Chicken Meatballs x 3 Each)	Chicken Caesar Salad (1.5 oz. Diced Chicken)	WG Breaded Chicken Nuggets (0.6 each x 3)
Vegetable Ages 1-5: $\frac{1}{4}$ c; Ages 6-18: $\frac{1}{2}$ c (Double portion for salads)		Carrots Coins ($\frac{1}{4}$ c.) Level #16 Scoop	Italian Vegetable Blend ($\frac{1}{4}$ c.) Level #16 Scoop	Edamame & Corn ($\frac{1}{4}$ c.) Level #16 Scoop	Salad Mix ($\frac{1}{2}$ c.) Level #8 Scoop	Mashed Potatoes ($\frac{1}{4}$ c.) Level #16 Scoop
Fruit or Vegetable Ages: 1-18: $\frac{1}{4}$ c		Applesauce ($\frac{1}{4}$ c.) Level #16 Scoop	Marinara Sauce ($\frac{1}{4}$ c.) Level #16 Scoop	Mandarin Oranges ($\frac{1}{4}$ c.) Level #16 Scoop	Seasonal Fresh Fruit ($\frac{1}{4}$ c.) (cantaloupe, honeydew, strawberries, or watermelon)	Corn ($\frac{1}{4}$ c.) Level #16 Scoop
Grains/Breads Ages 1-5: $\frac{1}{2}$ slice/serving, $\frac{1}{4}$ c Ages 6-18: 1 slice/serving, $\frac{1}{2}$ c		(2 oz) Hamburger Bun 1 pkrt. each Mustard, Ketchup	(1 oz. Whole Grain Noodle from Lasagna)	Brown Rice ($\frac{1}{4}$ c.) Level #16 Scoop	Whole Grain Square Crackers (2ct) ($\frac{1}{2}$ oz.) 2pkgs. Each 1 pkrt. Caesar Dressing	(1 oz.) Dinner Roll! 1 pkrt. BBQ Sauce
		45663	45753	45665	45667	45669
SNACK						
Milk Ages 1-5: four oz.; Ages 6-18: eight oz.			2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk			2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk
Meat/Meat Alternate Ages 1-5: $\frac{1}{2}$ oz.				Flavored Yogurt (4 oz.) Pre-portioned		
Vegetable Ages 1-5: $\frac{1}{2}$ c						
Fruit/Juice Ages 1-5: $\frac{1}{2}$ c		Mixed Fruit ($\frac{1}{2}$ c.) Pre-portioned			Applesauce ($\frac{1}{2}$ c.) Pre-portioned	Peaches ($\frac{1}{2}$ c.) Pre-portioned
Grains/Breads Ages 1-5: $\frac{1}{2}$ slice/serving, $\frac{1}{3}$ c		WG Graham Crackers (2 pkg.)	WG Savory Herb Bites (1 pkg.)	Animal Crackers (1 pkg.) (1 pkg.)	WG Fish Shaped Crackers (1 pkg.)	
		45671	45673	45675	45677	45679

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8/9/18

Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk Ages 1-5: six oz.; Ages 6-18: eight oz.		2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk
Mandarin Oranges (½ c.)		Raisins 1 Each EHS: Apple Juice	Pears (½ c.)	Fresh Apple	Applesauce (½ c.)	
Vegetable/Juice Ages 1-18: ½ c		Pre-partitioned	Pre-partitioned	EHS: Peach Cup	Cut on site	
Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¾ c		(2 oz.) WG Apple Muffin	(2.5 oz.) Whole Wheat Bagel 1 pkrt. Margarine	Reduced Sugar Fruit Loops Cereal 1 Bowl	Honey Scooter's Cereal 1 Bowl	Crispy Rice Cereal 1 Bowl
	45681	45683/ 45837		45685	45687/ 45689	45693
Milk Ages 1-5: six oz.; Ages 6-18: eight oz.		2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk
Meat/Meat Alternate Ages 1-5: 1 ½ oz. Ages 6-18: 2 oz.		Southwest Nachos (1 oz. Ground Beef, 1.5 oz. Queso Sauce)	Slippy Joe (2 oz.)	Whole Grain Rotini Noodles (¼ c.) w/ Meat Sauce (4 oz.) Level #16 Scoop-Noodles Level #8 Scoop-Sauce	WG Breaded Fish Sandwich (3 oz. WG Breaded Fish)	Pizza Pocket 2M/MA 2GIB CN
Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)		Black Beans (¼ c.)	Diced Sweet Potatoes (¼ c.)	Marinara Sauce (¼ c.)	Cheesy Mashed Potatoes (¼ c.)	Yellow Corn (¼ c.)
Fruit or Vegetable Ages: 1-18: ¼ c		Level #16 Scoop	Level #16 Scoop	Level #16 Scoop	Level #16 Scoop	Level #16 Scoop
Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c		Pineapple (¼ c.)	Pears (¼ c.)	Mandarin Oranges (¼ c.)	Mixed Vegetables (¼ c.)	Seasonal Fresh Fruit (¼ c.) (Cantaloupe, honeydew, strawberries, or watermelon)
		Level #16 Scoop	Level #16 Scoop	Level #16 Scoop	Level #16 Scoop	Breading from Pizza Pocket
LUNCH		(½ oz.) Whole Corn Tortilla Chips EHS: Soft Tortilla	(2 oz.) WG Hamburger Bun ½ Each	Whole Grain Noodles from above	(2 oz.) Hamburger Bun	
		45697/ 45699	45701	45703	45705	45707
Milk Ages 1-5: four oz.; Ages 6-18: eight oz.		2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	Flavored Yogurt (4 oz.) Pre-partitioned	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk		2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk
Meat/Meat Alternate Ages 1-5: ½ oz. Ages: 6-18: 1 oz.						
Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c						
Fruit/Juice Ages 6-18: ¾ c		Mandarin Oranges (½ c.)			Pineapple (½ c.)	
Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¾ c		Pre-partitioned	WG Graham Crackers (2 pkg.)	Educational Snack Pack (1 pkg.)	Pre-partitioned	WG Fish Shaped Crackers (1 pkg.)
	45709		45711	45713		45717

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August 2018- June 2019

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08/20-08/24, 09/17-09/21, 10/15-10/19, 11/12-11/16, 12/10-12/14, 01/07-01/11, 02/04-02/08, 03/04-03/08, 04/01-04/05, 04/29-05/03, 05/27-05/31, 06/24-06/28						
Week Four		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST						
Milk Ages 1-5: six oz.	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk
Vegetable/Fruit/Juice Ages 1-18: 1/2 c	Pineapple (1/2 c.) Pre-portioned	Peaches (1/2 c.) Pre-portioned	Strawberry Applesauce (1/2 c.) Pre-portioned	Mixed Fruit (1/2 c.) Pre-portioned	Orange Wedges (1/2 c.) Cut on site	Orange Wedges (1/2 c.) EHS: 100% Orange Juice
Grains/Breads Ages 1-5: 1/2 slice/serving, 1/4 c	Reduced Sugar Frosted Flakes 1 Bowl	(2 oz.) WG English Muffin 1 pkrt. Margarine	WG Maple Pancake 1 Each 1 pkrt. Syrup	Honey Scooters Cereal 1 Bowl	Cinnamon Toasters Cereal 1 Bowl	
	45719	45721	45723	45725	45727/45729	
LUNCH						
Milk Ages 1-5: six oz.	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk	2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk
Meat/Meat Alternate Ages 1-5: 1 1/2 oz.	Meatball Sub (0.6 oz. Beef & Chicken Meatballs x 3 Each)	Chicken Nuggets (0.6 oz. each x3)	Beef Tacos (1.5 oz. Ground Beef, 1/2 oz. Shredded Cheese)	Chicken Parmesan (3.1 oz. Breaded Chicken Patty, 1/4 oz. Cheese)	Cheeseburger (2 oz. Hamburger Patty, 1/2 oz. Cheese Slice)	
Vegetable Ages 1-5: 1/4 c; (Double portion for salads)	Marinara Sauce (1/4 c.) Level #16 Scoop	Mashed Potatoes (1/4 c.) Level #16 Scoop	Corn & Black Bean Mix (1/4 c.) Level #16 Scoop	Marinara Sauce (1/4 c.) Level #16 Scoop	Diced Sweet Potatoes (1/4 c.) Level #16 Scoop	
Fruit or Vegetable Ages: 1-18: 1/2 c.	Applesauce (1/4 c.) Level #16 Scoop	Baked Beans (1/4 c.) Level #16 Scoop	Seasonal Fresh Fruit (1/4 c.) (cantaloupe, honeydew, strawberries, or watermelon)	Pears (1/4 c.) Level #16 Scoop	Green Beans (1/4 c.) Level #16 Scoop	
Grains/Breads Ages 1-5: 1/2 slice/serving, 1/4 c	(1.5 oz) WG Hot Dog Bun 1 (1 oz.) Dinner Roll 1 each - Tongs 1 pkrt. BBQ Sauce	{(1 oz.) Dinner Roll 1 each - Tongs 1 pkrt. BBQ Sauce	1 oz. Whole Wheat Soft Tortilla (included above)	WG Rotini Noodles (1/4 c.) Level #16 Scoop	(2 oz) Hamburger Bun 1 pckt. each Mustard, Ketchup Level #16 Scoop	
	45731	45733	45735	45737	45739	
SNACK						
Milk Ages 1-5: four oz.;			2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk			2-5 yrs.old: 1% Low-Fat Milk 12-24 mos. old: Whole Milk
Meat/Meat Alternate Ages 1-5: 1/2 oz.		Flavored Yogurt (4 oz.) Pre-portioned				
Vegetable Ages 1-5: 1/2 c						
Fruit/Juice Ages 1-5: 1/2 c	Mixed Fruit Cup (1/2 c.) Pre-portioned					
Grains/Breads Ages 1-5: 1/2 slice/serving, 1/4 c	WG Graham Crackers (2 pkg.)	Animal Crackers (1 pkg.)	WG Pizza Bites (1 pkg.) (1 pkg.)	Mandarin Oranges (1/2 c.) Pre-portioned	Educational Snack Pack	
	45741	45743	45745	45747	45751	