



Miami Dade Community Action & Human Services Department Summer Food Service Program
Hot Menu- 2023

CYCLE 1 2023- CAHSD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST: Milk	White Milk 1% (8fl.oz)	White Milk 1% (8fl.oz)	White Milk 1% (8fl.oz)	White Milk 1% (8fl.oz)	White Milk 1% (8fl.oz)
Meat/Meat Alternative (Optional)					Egg Patty (1oz) 0.75oz M/MA HOT
Vegetable/Fruit	Fresh Orange (1/2 cup)	100% Grape Juice (1/2 cup or 4 oz.)	100% Berry Juice Blend (1/2 cup or 4 oz.)	Fresh Banana (1/2 cup)	Fresh Apple (1/2 cup)
Grain/Fruit	English Muffin (1oz.)	Cinnamon Raisin Bread w/Butter (1 oz.)	Mini Pancakes (1oz.) w/Syrup HOT	Enriched Cold Cereal (1 cup)	Whole Wheat Bread (0.9 oz./25 g)
LUNCH/ SUPPER: Milk	Chocolate Milk Skim (8fl.oz)	Chocolate Milk Skim (8fl.oz)	Chocolate Milk Skim (8fl.oz)	Chocolate Milk Skim (8fl.oz)	Chocolate Milk Skim (8fl.oz)
Meat/Meat Alternative	Picadillo 2oz. (2 M/MA) HOT	Chicken Rotini Alfredo 6.5oz (Diced Chicken 2 oz./2 M/MA) HOT	Aroz con Pollo 6oz. (Diced Chicken 2oz./2 M/MA) HOT	Chicken Nuggets 2 M/MA (6pc) HOT	Delivered WG Crust Cheese Pizza- 1 slice (2 M/MA) HOT
1st Vegetable/Fruit	Carrots (1/2 cup) HOT	California Blend (1/2 cup) HOT	Com (1/2 cup) HOT	Diced Potatoes (1/2 cup) HOT	Com (1/2 cup) HOT
2nd Vegetable/Fruit	100% Indiv. Juice (4oz)	Applesauce Cup (1/2 cup)	100% Indiv. Juice (4oz)	Applesauce Cup (1/2 cup)	100% Indiv. Juice (4oz)
Grain/Bread	Brown Rice (1/2 cup) HOT	Pasta Rotini (1/2 cup) HOT (in entrée)	Yellow Rice (1/2 cup) HOT (in entrée)	Bread Roll (1.2oz)	Whole Grain Pizza Crust 2G (2.25 oz./63 g.)
Other/Condiments		Alfredo Sauce (in entrée)		Ketchup (1 pkg.)	
SNACK: Milk				White Milk 1% (8fl.oz)	
Vegetable/Fruit	100% Fruit Juice Blend (3/4 cup or 6 oz.)	Fresh Apple (3/4 cup)	100% Apple Juice (3/4 cup or 6 oz.)		100% Fruit Juice Blend (3/4 cup or 6 oz.)
Grain/Bread	Choc. Chip Banana Bread (1.8 oz)	Goldfish Snack Crackers (0.75 oz./25 g)	Assort. Muffin (1.8 oz.)	Honey Oat Goldfish (26g)	Assort. Cookie (2.2 oz./63 g) \$0.14

*This institution is an equal opportunity provider

Menu Done By: Rani Panchanathan, RDN, LDN. Date: 4/21/23