

# 1/2 Hotel Pans:	Portion by Age Group			Monday	Tuesday	Wednesday	Thursday	Friday
5 LUNCH	1-2	3-5	6-12	2/3/2025	2/4/2025	2/5/2025	2/6/2025	2/7/2025
Components				Tomato Basil pasta	Burrito Bowls	Grilled Chicken salad	Turkey Chop Suey	Chicken Tetrazzini
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Whole Grain Pasta	Whole Grain Rice	Whole Grain bread	Whole Grain Rice	Whole Grain Spaghetti
Meat/Meat Alternate	1oz	1.5oz	2oz	Cheese	Chicken	Chicken	Turkey	Chicken
Vegetable	1/8 cup	1/4 cup	1/2 cup	mixed veg	Lettuce, Salsa,cheese	Tomato, lettuce	Broccoli, Carrots	Spinach/Tomatoes
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apples	tropical fruit	Fruit Salad	Pineapple	Apples
5 Dinner								
Components				Garden Rice Pilaf	Beef Nachos	Broccoli Cheddar Casserole	Baked Ziti	Cheesy Beef Casserole
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Whole Grain Rice	Whole Grain Tortilla Chips	Whole Grain Rice	Whole Grain Pene	Whole Grain Rice
Meat/Meat Alternate	1oz	1.5oz	2oz	Cheese	beef/ Cheese	Chicken	Beef	Beef
Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli/Cauliflower	Lettuce, Tomato	Broccoli	Tomato Sauce, Mixed Veg	Tomato, onion, peppers
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apples	Tropical Fruit	Fruit Salad	Pineapple	Apples
5 LUNCH	1-2	3-5	6-12	2/10/2025	2/11/2025	2/12/2025	2/13/2025	2/14/2025
Components				Veggie Wraps	Pulled Chicken Tacos	White Chicken Chili	Baked Spaghetti	Aloha Chicken
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Whole Grain Wraps	Whole Grain Tortillas	Whole Grain Breadsticks	Whole Grain Pene	Rice
Meat/Meat Alternate	1oz	1.5oz	2oz	Cheese	Chicken	Chicken	Beef	Chicken
Vegetable	1/8 cup	1/4 cup	1/2 cup	Carrots, Spinach	Salsa, Lettuce,	Beans, Onions, Pepper	Tomato Sauce, Mixed Veg'eppers, Onions, Pineapple	
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Oranges	Apple Sauce	Mixed fruit	Peaches	Oranges
5 Dinner								
Components				Creamy Shells	Frito Pie	Beef Stroganoff	Chicken and Dressing	Shepherds Pie
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Whole Grain Pasta	Whole Grain Rice	Whole Grain Noodles	Whole Grain Stuffing	Whole Grain Roll
Meat/Meat Alternate	1oz	1.5oz	2oz	Parmesan, Mozz	Beef	Beef	Chicken	Beef
Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Salsa,, Corn, Peppers	Green Beans	Green Beans	Peas, corn, carrots
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Oranges	Apple sauce	Mixed fruit	Peaches	Oranges
5 LUNCH	1-2	3-5	6-12	2/17/2025	2/18/2025	2/19/2025	2/20/2025	2/21/2025
Components				Egg Salad Sandwiches	Chicken Fajitas	Chicken Ranch Wrap	Winter Salad	Beef Goulash
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Whole Grain Bread	Whole Grain Tortillas	Whole Grain Wrap	Whole Grain Roll	Whole Grain Noodle
Meat/Meat Alternate	1oz	1.5oz	2oz	Eggs	Chicken	Chicken	Chicken	Beef
Vegetable	1/8 cup	1/4 cup	1/2 cup	Celery Sticks	Onions, Peppers	lettuce	Lettuce, Tomato	onions, peppers
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Oranges	Mixed fruit	Peaches	Mixed Fruit
5 Dinner								
Components				Primavera Pasta	Beef and Cheese burritos	Chili	Sweet & Sour Chicken	Herb Baked Chicken
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Whole Grain Pasta	Whole Grain Tortillas	Cornbread	Whole Grain Rice	Whole Grain crust
Meat/Meat Alternate	1oz	1.5oz	2oz	Cheese	Ground Beef	Beef	Chicken	Chicken legs
Vegetable	1/8 cup	1/4 cup	1/2 cup	Spinach/Tomatoes	Fiesta Corn	Mixed Vegetables	Green Beans	Mashed Sweet Potatos
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Oranges	Mixed fruit	Peaches	Mixed fruit
5 LUNCH	1-2	3-5	6-12	2/24/2025	2/25/2025	2/26/2025	2/27/2025	2/28/2025
Components				Mac and Cheese	Southwest Pasta	Hawaiian Chix Wrap	Salad	BBQ Chix Sandwich
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Whole Grain Noodles	Tortilla	Whole Grain Wrap	Whole Grain bread	Whole Grain Bread
Meat/Meat Alternate	1oz	1.5oz	2oz	Cheddar, Mozzarella	Beef	Chicken	Cheese, Chix	Pulled Chix
Vegetable	1/8 cup	1/4 cup	1/2 cup	Mixed Veg	Salsa , onion	Cabbage Slaw	Tomato, lettuce	Carrot Sticks
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Oranges	Peaches	Pineapples	Apple Sauce	Oranges
5 Dinner								
Components				Veggie Lasagna	Beef Tacos	Beef Fried Rice	Chicken and Dressing	Meatloaf
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Whole Grain noodles	Tortilla	Whole Grain Rice	Whole Grain Stuffing	Whole Grain Roll
Meat/Meat Alternate	1oz	1.5oz	2oz	Mushrooms	Beef	Beef	Chicken	Beef
Vegetable	1/8 cup	1/4 cup	1/2 cup	Brocoli/Cauliflower	Salsa , onion	Mixed Veg	Peas and Carrots	Mashed Potatoes
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Oranges	Peaches	Mixed fruit	apple sauce	Oranges

Snacks

				Monday	Tuesday	Wednesday	Thursday	Friday
5 Snacks	1-2	3-5	6-12	02/03/2025	2/4/2025	2/5/2025	2/6/2025	2/7/2025
Components				Hummus and Veg	Yougurt Dip/Veggies	Tomato Soup/Chz Bread	Baked Oatmeal Bars	Chicken Salad
Fluid Milk	4 oz	6 oz	8 oz					
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz			WG Bread	Oats/Flour	WG Pita
Meat/Meat Alternate	1oz	1.5oz	2oz	Hummus	Yogurt Dip			Chicken
Vegetable	1/8 cup	1/4 cup	1/2 cup	Assort Veg	Assorted Veg	Tomato		
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup				Fruit/Dried Fruit	
Fruit/Dried Fruit								
5 Snacks	1-2	3-5	6-12	2/10/2025	2/11/2025	2/12/2025	2/13/2025	2/14/2025
Components				Dried Fruit and Cereal	Fruit and Yogurt Parfait	Pump/BlkBean Granola	Chocolate Hummus	Pasta Salad
Fluid Milk	4 oz	6 oz	8 oz			Yogurt		
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	WG Cereal	Granola		WG Graham Crackers	WG Pasta
Meat/Meat Alternate	1oz	1.5oz	2oz		Yogurt	Black Beans	Chickpeas	
Vegetable	1/8 cup	1/4 cup	1/2 cup					
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Assorted Dried Fruit	Fruit			Tomato/Cucumber
5 Snacks	1-2	3-5	6-12	2/17/2025	2/18/2025	2/19/2025	2/20/2025	2/21/2025
Components				Granola Bars	Fruit and Crackers	Yogurt Dip and Veggies	Dried Fruit and Cereal	Lemon Blueberry Parfaits
Fluid Milk	4 oz	6 oz	8 oz	Chocolate Milk				Lemon pudding
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Oats	WG Crackers		WG Cereal	Granola
Meat/Meat Alternate	1oz	1.5oz	2oz			Yogurt Dip		
Vegetable	1/8 cup	1/4 cup	1/2 cup			Assorted Veg		
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup		Assorted Fruit		Dried Fruit	Blueberries
5 Snacks	1-2	3-5	6-12	2/24/2025	2/25/2025	2/26/2025	2/27/2025	2/28/2025
Components				Hummus and Veg	Yougurt Dip/Veggies	Tomato Soup/Chz Bread	Baked Oatmeal Bars	Chicken Salad
Fluid Milk	4 oz	6 oz	8 oz					
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz			WG Bread	Oats/Flour	WG Pita
Meat/Meat Alternate	1oz	1.5oz	2oz	Hummus	Yogurt Dip			Chicken
Vegetable	1/8 cup	1/4 cup	1/2 cup	Assort Veg	Assorted Veg	Tomato		
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup				Fruit/Dried Fruit	

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