

BREAKFAST MENU FACILITY: **PARADISE CARE OF ORLANDO INC., 1700 N Semoran Blvd, Suite 142, Orlando, FL 32807**

REQUIREMENTS: One serving milk + one serving fruit OR vegetable + two servings grains/breads OR Meat/ Alt (In place of entire grains maximum 3 times per week)

WEEK 1		Monday	Tuesday	Wednesday	Thursday	Friday
Required Serving Size	Required Component	Food	Food	Food	Food	Food
8 oz.	Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
1/2 cup	Fruit OR Veg	Fresh Melon	Banana	Apple Wedges	Fresh Fruit Cup	100% Orange Juice
Exhibit A (oz.) *	Grain/Bread	0.9 oz Whole Grain Bread	0.9 oz Whole Grain Bread	0.9 oz Whole Grain Bread	0.9 oz Whole Grain Bread	0.9 oz Whole Grain Bread
Exhibit A (oz.) *	Grain/Bread	1 cup Cheerios	0.9 oz Whole Grain Bread	1 cup Cornflakes	1/2 cup Oatmeal	1 cup Rice Krispies
	Meat/Alt.					
WEEK 2						
Required Serving Size	Required Component	Food	Food	Food	Food	Food
8 oz.	Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
1/2 cup	Fruit OR Veg	Fresh Melon	Banana	Apple Wedges	Fresh Fruit Cup	100% Orange Juice
Exhibit A (oz.) *	Grain/Bread	0.9 oz Whole Grain Bread	0.9 oz Whole Grain Bread	0.9 oz Whole Grain Bread	0.9 oz Whole Grain Bread	0.9 oz Whole Grain Bread
Exhibit A (oz.) *	Grain/Bread	1 cup Cornflakes	0.9 oz Whole Grain Bread	1 cup Rice Krispies	1/2 cup Oatmeal	1 cup Cheerios
	Meat/Alt.					
WEEK 3						
Required Serving Size	Required Component	Food	Food	Food	Food	Food
8 oz.	Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
1/2 cup	Fruit OR Veg	Fresh Melon	Banana	100% Orange Juice	Fresh Fruit Cup	Apple Wedges
Exhibit A (oz.) *	Grain/Bread	0.9 oz Whole Grain Bread	0.9 oz Whole Grain Bread	0.9 oz Whole Grain Bread	0.9 oz Whole Grain Bread	0.9 oz Whole Grain Bread
Exhibit A (oz.) *	Grain/Bread	1/2 cup Grits	1 cup Cornflakes	1/2 cup Oatmeal	0.9 oz Whole Grain Bread	1 cup Rice Krispies
	Meat/Alt.					
WEEK 4						
Required Serving Size	Required Component	Food	Food	Food	Food	Food
8 oz.	Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
1/2 cup	Fruit OR Veg	Banana	100% Orange Juice	Fresh Fruit Cup	Apple Wedges	Fresh Melon
Exhibit A (oz.) *	Grain/Bread	0.9 oz Whole Grain Bread	0.9 oz Whole Grain Bread	0.9 oz Whole Grain Bread	0.9 oz Whole Grain Bread	0.9 oz Whole Grain Bread
Exhibit A (oz.) *	Grain/Bread	1 cup Cheerios	1/2 cup Grits	1 cup Rice Krispies	1/2 cup Oatmeal	1 cup Cornflakes
	Meat/Alt.					

* Exhibit A is from the Food Buying Guide (Section 3 Grains /Breads, p. 3-15). Follow **Adult Meal Pattern, Food Buying Guide, and Crediting Guide** (in the ACFP Policy Manual).

 Ana M. Alvarez, RD, LD, CDE (ND #1819) Registered Licensed Dietitian/Certified Diabetes Educator (954) 328-4506		CATERER: Effective Date: APR 01 2026 Expiration Date: APR 01 2027 To be valid, menus must be signed in red with an embossment seal and an address that matches the place of business
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LUNCH MENU FACILITY: PARADISE CARE OF ORLANDO INC., 1700 N Semoran Blvd, Suite 142, Orlando, FL 32807						
REQUIREMENTS: one serving milk + one serving vegetables + one serving fruit OR vegetable + two servings grains/breads + one serving meat or alternative						
WEEK 1		Monday	Tuesday	Wednesday	Thursday	Friday
Required Serving Size *	Required Component	Food	Food	Food	Food	Food
Follow handout	Meat/Alt.	3 oz Chicken Fajitas	3 oz Pork Carnitas	3 oz Ground Beef	3 oz Steak Fajitas	3 oz Shredded Chicken
for ounces **	Grain/Bread	1/2 cup White Rice	1/2 cup Yellow Rice	1/2 cup White Rice	1/2 cup Yellow Rice	1/2 cup White Rice
Food Pattern ***	Grain/Bread	0.9 oz WG Bread or Tortilla	0.9 oz WG Bread or Tortilla	0.9 oz WG Bread or Tortilla	0.9 oz WG Bread or Tortilla	0.9 oz WG Bread or Tortilla
1/2 cup	Vegetable	Pico de Gallo Salad	Lettuce and Tomato	Black Bean and Corn Salad	Lettuce, Tomato & Onion Salad	Black Beans
1/2 cup	Fruit OR Veg.	Pinto Beans	Black Beans	Refried Beans	Pinto Beans	Ripe Plantains
8 oz.	Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Optional Food		Dessert of the Day (1/2 cup)	Dessert of the Day (1/2 cup)	Dessert of the Day (1/2 cup)	Dessert of the Day (1/2 cup)	Dessert of the Day (1/2 cup)
WEEK 2						
Required Serving Size *	Required Component	Food	Food	Food	Food	Food
Follow handout	Meat/Alt.	3 oz Ground Beef	3 oz Chicken Fajitas	3 oz Pork Carnitas	3 oz Shredded Chicken	3 oz Ground Beef
for ounces **	Grain/Bread	1/2 cup Yellow Rice	1/2 cup White Rice	1/2 cup Yellow Rice	1/2 cup White Rice	1/2 cup Yellow Rice
Food Pattern ***	Grain/Bread	0.9 oz WG Bread or Tortilla	0.9 oz WG Bread or Tortilla	0.9 oz WG Bread or Tortilla	0.9 oz WG Bread or Tortilla	0.9 oz WG Bread or Tortilla
1/2 cup	Vegetable	1 cup Tossed Salad	Pico de Gallo Salad	Lettuce and Tomato	Black Bean and Corn Salad	Lettuce and Tomato
1/2 cup	Fruit OR Veg.	Refried Beans	Black Beans	Pinto Beans	Refried Beans	Ripe Plantains
8 oz.	Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Optional Food		Dessert of the Day (1/2 cup)	Dessert of the Day (1/2 cup)	Dessert of the Day (1/2 cup)	Dessert of the Day (1/2 cup)	Dessert of the Day (1/2 cup)
WEEK 3						
Required Serving Size *	Required Component	Food	Food	Food	Food	Food
Follow handout	Meat/Alt.	3 oz Pork Carnitas	3 oz Steak Fajitas	3 oz Shredded Chicken	3 oz Ground Beef	3 oz Chicken Fajitas
for ounces **	Grain/Bread	1/2 cup White Rice	1/2 cup Yellow Rice	1/2 cup White Rice	1/2 cup Yellow Rice	1/2 cup White Rice
Food Pattern ***	Grain/Bread	0.9 oz WG Bread or Tortilla	0.9 oz WG Bread or Tortilla	0.9 oz WG Bread or Tortilla	0.9 oz WG Bread or Tortilla	0.9 oz WG Bread or Tortilla
1/2 cup	Vegetable	Refried Beans	Lettuce, Tomato & Onion Salad	Pico de Gallo Salad	Lettuce and Tomato	Black Bean and Corn Salad
1/2 cup	Fruit OR Veg.	Ripe Plantains	Black Beans	Pinto Beans	Refried Beans	Pinto Beans
8 oz.	Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Optional Food		Dessert of the Day (1/2 cup)	Dessert of the Day (1/2 cup)	Dessert of the Day (1/2 cup)	Dessert of the Day (1/2 cup)	Dessert of the Day (1/2 cup)
WEEK 4						
Required Serving Size *	Required Component	Food	Food	Food	Food	Food
Follow handout	Meat/Alt.	3 oz Ground Beef	3 oz Shredded Chicken	3 oz Ground Beef	3 oz Pork Carnitas	3 oz Chicken Fajitas
for ounces **	Grain/Bread	1/2 cup Yellow Rice	1/2 cup White Rice	1/2 cup Yellow Rice	1/2 cup White Rice	1/2 cup Yellow Rice
Food Pattern ***	Grain/Bread	0.9 oz WG Bread or Tortilla	0.9 oz WG Bread or Tortilla	0.9 oz WG Bread or Tortilla	0.9 oz WG Bread or Tortilla	0.9 oz WG Bread or Tortilla
1/2 cup	Vegetable	Lettuce, Tomato & Onion Salad	1 cup Tossed Salad	Refried Beans	Pico de Gallo Salad	Lettuce and Tomato
1/2 cup	Fruit OR Veg.	Pinto Beans	Black Beans	Ripe Plantains	Pinto Beans	Refried Beans
8 oz.	Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Optional Food		Dessert of the Day (1/2 cup)	Dessert of the Day (1/2 cup)	Dessert of the Day (1/2 cup)	Dessert of the Day (1/2 cup)	Dessert of the Day (1/2 cup)

* By submitting this form, you are verifying your serving sizes match or exceed the required serving size for Milk, Fruit and Vegetables. These are the minimum requirements. You can serve more if you wish. ** You MUST use the Food Buying Guide Grains / Breads handout to list the ounces per serving. *** You MUST use the Adult Meal Pattern for meat requirements.

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SNACK MENU FACILITY: PARADISE CARE OF ORLANDO INC., 1700 N Semoran Blvd, Suite 142, Orlando, FL 32807
REQUIREMENTS: TWO of five must be served : One serving milk , one serving fruit , one serving vegetable, one serving grains/breads, one serving meat or alternative

WEEK 1		Monday	Tuesday	Wednesday	Thursday	Friday
Required Serving Size	Required Component	Food	Food	Food	Food	Food
8 oz.	Milk					
1/2 cup	Fruit	100% Blended Juice	Fruit Cocktail	100% Blended Juice	Pineapple	Applesauce
1/2 cup	Vegetable					
Exhibit A (oz.) *	Grain/Bread	0.7 oz Saltine Crackers	0.9 oz Animal Crackers	0.7 oz Ritz Crackers	0.9 oz Graham Crackers	0.7 oz Whole Grain Crackers
	Meat/Alt.					
WEEK 2						
Required Serving Size	Required Component	Food	Food	Food	Food	Food
8 oz.	Milk					
1/2 cup	Fruit	100% Blended Juice	Peaches	100% Blended Juice	Pears	Mandarin Oranges
1/2 cup	Vegetable					
Exhibit A (oz.) *	Grain/Bread	0.7 oz Ritz Crackers	0.9 oz Graham Crackers	0.7 oz Saltine Crackers	0.9 oz Animal Crackers	0.7 oz Ritz Crackers
	Meat/Alt.					
WEEK 3						
Required Serving Size	Required Component	Food	Food	Food	Food	Food
8 oz.	Milk					
1/2 cup	Fruit	Applesauce	Pears	Pineapple	Mandarin Oranges	100% Blended Juice
1/2 cup	Vegetable					
Exhibit A (oz.) *	Grain/Bread	0.7 oz Saltine Crackers	0.9 oz Animal Crackers	0.7 oz Ritz Crackers	0.9 oz Graham Crackers	0.7 oz Whole Grain Crackers
	Meat/Alt.					
WEEK 4						
Required Serving Size	Required Component	Food	Food	Food	Food	Food
8 oz.	Milk					
1/2 cup	Fruit	Peaches	Applesauce	100% Blended Juice	Fruit Cocktail	100% Blended Juice
1/2 cup	Vegetable					
Exhibit A (oz.) *	Grain/Bread	0.7 oz Ritz Crackers	0.9 oz Graham Crackers	0.7 oz Whole Grain Crackers	0.9 oz Animal Crackers	0.7 oz Saltine Crackers
	Meat/Alt.					

* Exhibit A is from the Food Buying Guide (Section 3 Grains /Breads, p. 3-15). Follow **Adult Meal Pattern, Food Buying Guide, and Crediting Guide** (in the ACFP Policy Manual).

CATERER:

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Registered Licensed Dietitian/Certified Diabetes Educator
(954) 328-4506

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REQUIREMENTS: One serving milk + one serving fruit OR vegetable + two servings grains/breads OR Meat/Alt (In place of entire grains maximum 3 times per week)						
WEEK 1		Monday	Tuesday	Wednesday	Thursday	Friday
Required Serving Size	Required Component	Food	Food	Food	Food	Food
8 oz.	Milk	Leche 1 %	Leche 1 %	Leche 1 %	Leche 1 %	Leche 1 %
1/2 cup	Fruit OR Veg.	Melon Fresco	Banana	Manzana en Lascas	Frutas Frescas	100% Jugo de Naranja
Exhibit A (oz.) *	Grain/Bread	0.9 oz Pan de Trigo	0.9 oz Pan de Trigo	0.9 oz Pan de Trigo	0.9 oz Pan de Trigo	0.9 oz Pan de Trigo
Exhibit A (oz.) *	Grain/Bread	1 taza Cheerios	0.9 oz Pan de Trigo	1 taza Cornflakes	1/2 taza Avena	1 taza Rice Krispies
	Meat/Alt.					
WEEK 2						
Required Serving Size	Required Component	Food	Food	Food	Food	Food
8 oz.	Milk	Leche 1 %	Leche 1 %	Leche 1 %	Leche 1 %	Leche 1 %
1/2 cup	Fruit OR Veg.	Melon Fresco	Banana	Manzana en Lascas	Frutas Frescas	100% Jugo de Naranja
Exhibit A (oz.) *	Grain/Bread	0.9 oz Pan de Trigo	0.9 oz Pan de Trigo	0.9 oz Pan de Trigo	0.9 oz Pan de Trigo	0.9 oz Pan de Trigo
Exhibit A (oz.) *	Grain/Bread	1 taza Cornflakes	0.9 oz Pan de Trigo	1 taza Rice Krispies	1/2 taza Avena	1 taza Cheerios
	Meat/Alt.					
WEEK 3						
Required Serving Size	Required Component	Food	Food	Food	Food	Food
8 oz.	Milk	Leche 1 %	Leche 1 %	Leche 1 %	Leche 1 %	Leche 1 %
1/2 cup	Fruit OR Veg.	Melon Fresco	Banana	100% Jugo de Naranja	Frutas Frescas	Manzana en Lascas
Exhibit A (oz.) *	Grain/Bread	0.9 oz Pan de Trigo	0.9 oz Pan de Trigo	0.9 oz Pan de Trigo	0.9 oz Pan de Trigo	0.9 oz Pan de Trigo
Exhibit A (oz.) *	Grain/Bread	1/2 taza Polenta (Grits)	1 taza Cornflakes	1/2 taza Avena	0.9 oz Pan de Trigo	1 taza Rice Krispies
	Meat/Alt.					
WEEK 4						
Required Serving Size	Required Component	Food	Food	Food	Food	Food
8 oz.	Milk	Leche 1 %	Leche 1 %	Leche 1 %	Leche 1 %	Leche 1 %
1/2 cup	Fruit OR Veg.	Banana	100% Jugo de Naranja	Frutas Frescas	Manzana en Lascas	Melon Fresco
Exhibit A (oz.) *	Grain/Bread	0.9 oz Pan de Trigo	0.9 oz Pan de Trigo	0.9 oz Pan de Trigo	0.9 oz Pan de Trigo	0.9 oz Pan de Trigo
Exhibit A (oz.) *	Grain/Bread	1 taza Cheerios	1/2 taza Polenta (Grits)	1 taza Rice Krispies	1/2 taza Avena	1 taza Cornflakes
	Meat/Alt.					

* Exhibit A is from the Food Buying Guide (Section 3 Grains/Breads, p. 3-15). Follow **Adult Meal Pattern, Food Buying Guide, and Crediting Guide** (in the ACFP Policy Manual).

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LUNCH MENU		FACILITY: PARADISE CARE OF ORLANDO INC., 1700 N Semoran Blvd, Suite 142, Orlando, FL 32807				
REQUIREMENTS: one serving milk + one serving vegetables + one serving fruit OR vegetable + two servings grains/breads + one serving meat or alternative						
WEEK 1		Monday	Tuesday	Wednesday	Thursday	Friday
Required Serving Size *	Required Component	Food	Food	Food	Food	Food
Follow handout	Meat/Alt.	3 oz Fajitas de Pollo	3 oz Carnitas de Cerdo	3 oz Carne Molida	3 oz Fajitas de Carne	3 oz Pollo Desmenuzado
for ounces **	Grain/Bread	1/2 taza Arroz Blanco	1/2 taza Arroz Amarillo	1/2 taza Arroz Blanco	1/2 taza Arroz Amarillo	1/2 taza Arroz Blanco
Food Pattern **	Grain/Bread	0.9 oz Pan Integral o Tortilla	0.9 oz Pan Integral o Tortilla	0.9 oz Pan Integral o Tortilla	0.9 oz Pan Integral o Tortilla	0.9 oz Pan Integral o Tortilla
1/2 cup	Vegetable	Pico de Gallo	Lechuga y Tomate	Ensalada de Frijol Negro y Maiz	Lechuga, Tomate y Cebolla	Frijoles Negros
1/2 cup	Fruit OR Veg.	Frijoles Pinto	Frijoles Negros	Frijoles Refritos	Frijoles Pinto	Platanos Maduros
8 oz.	Milk	Leche 1 %	Leche 1 %	Leche 1 %	Leche 1 %	Leche 1 %
Optional Food		Postre del Dia (1/2 taza)	Postre del Dia (1/2 taza)	Postre del Dia (1/2 taza)	Postre del Dia (1/2 taza)	Postre del Dia (1/2 taza)
WEEK 2						
Required Serving Size *	Required Component	Food	Food	Food	Food	Food
Follow handout	Meat/Alt.	3 oz Carne Molida	3 oz Fajitas de Pollo	3 oz Carnitas de Cerdo	3 oz Pollo Desmenuzado	3 oz Carne Molida
for ounces **	Grain/Bread	1/2 taza Arroz Amarillo	1/2 taza Arroz Blanco	1/2 taza Arroz Amarillo	1/2 taza Arroz Blanco	1/2 taza Arroz Amarillo
Food Pattern **	Grain/Bread	0.9 oz Pan Integral o Tortilla	0.9 oz Pan Integral o Tortilla	0.9 oz Pan Integral o Tortilla	0.9 oz Pan Integral o Tortilla	0.9 oz Pan Integral o Tortilla
1/2 cup	Vegetable	1 taza Ensalada Mixta	Pico de Gallo	Lechuga y Tomate	Ensalada de Frijol Negro y Maiz	Lechuga, Tomate y Cebolla
1/2 cup	Fruit OR Veg.	Frijoles Refritos	Frijoles Negros	Frijoles Pinto	Frijoles Refritos	Platanos Maduros
8 oz.	Milk	Leche 1 %	Leche 1 %	Leche 1 %	Leche 1 %	Leche 1 %
Optional Food		Postre del Dia (1/2 taza)	Postre del Dia (1/2 taza)	Postre del Dia (1/2 taza)	Postre del Dia (1/2 taza)	Postre del Dia (1/2 taza)
WEEK 3						
Required Serving Size *	Required Component	Food	Food	Food	Food	Food
Follow handout	Meat/Alt.	3 oz Carnitas de Cerdo	3 oz Fajitas de Carne	3 oz Pollo Desmenuzado	3 oz Carne Molida	3 oz Fajitas de Pollo
for ounces **	Grain/Bread	1/2 taza Arroz Blanco	1/2 taza Arroz Amarillo	1/2 taza Arroz Blanco	1/2 taza Arroz Amarillo	1/2 taza Arroz Blanco
Food Pattern **	Grain/Bread	0.9 oz Pan Integral o Tortilla	0.9 oz Pan Integral o Tortilla	0.9 oz Pan Integral o Tortilla	0.9 oz Pan Integral o Tortilla	0.9 oz Pan Integral o Tortilla
1/2 cup	Vegetable	Frijoles Refritos	Lechuga, Tomate y Cebolla	Pico de Gallo	Lechuga y Tomate	Ensalada de Frijol Negro y Maiz
1/2 cup	Fruit OR Veg.	Platanos Maduros	Frijoles Negros	Frijoles Pinto	Frijoles Refritos	Frijoles Pinto
8 oz.	Milk	Leche 1 %	Leche 1 %	Leche 1 %	Leche 1 %	Leche 1 %
Optional Food		Postre del Dia (1/2 taza)	Postre del Dia (1/2 taza)	Postre del Dia (1/2 taza)	Postre del Dia (1/2 taza)	Postre del Dia (1/2 taza)
WEEK 4						
Required Serving Size *	Required Component	Food	Food	Food	Food	Food
Follow handout	Meat/Alt.	3 oz Carne Molida	3 oz Pollo Desmenuzado	3 oz Carne Molida	3 oz Carnitas de Cerdo	3 oz Fajitas de Pollo
for ounces **	Grain/Bread	1/2 taza Arroz Amarillo	1/2 taza Arroz Blanco	1/2 taza Arroz Amarillo	1/2 taza Arroz Blanco	1/2 taza Arroz Amarillo
Food Pattern **	Grain/Bread	0.9 oz Pan Integral o Tortilla	0.9 oz Pan Integral o Tortilla	0.9 oz Pan Integral o Tortilla	0.9 oz Pan Integral o Tortilla	0.9 oz Pan Integral o Tortilla
1/2 cup	Vegetable	Lechuga, Tomate y Cebolla	1 taza Ensalada Mixta	Frijoles Refritos	Pico de Gallo	Lechuga y Tomate
1/2 cup	Fruit OR Veg.	Frijoles Pinto	Frijoles Negros	Platanos Maduros	Frijoles Pinto	Frijoles Refritos
8 oz.	Milk	Leche 1 %	Leche 1 %	Leche 1 %	Leche 1 %	Leche 1 %
Optional Food		Postre del Dia (1/2 taza)	Postre del Dia (1/2 taza)	Postre del Dia (1/2 taza)	Postre del Dia (1/2 taza)	Postre del Dia (1/2 taza)

* By submitting this form, you are verifying your serving sizes match or exceed the required serving size for Milk, Fruit and Vegetables. These are the minimum requirements. You can serve more if you wish. ** You MUST use the Food Buying Guide Grains / Breads handout to list the ounces per serving. *** You MUST use the Adult Meal Pattern for meat requirements.

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SNACK MENU FACILITY: PARADISE CARE OF ORLANDO INC., 1700 N Semoran Blvd, Suite 142, Orlando, FL 32807
REQUIREMENTS: TWO of five must be served : One serving milk , one serving fruit , one serving vegetable, one serving grains/breads, one serving meat or alternative

WEEK 1		Monday	Tuesday	Wednesday	Thursday	Friday
Required Serving Size	Required Component	Food	Food	Food	Food	Food
8 oz.	Milk					
1/2 cup	Fruit	100% Jugo Surtido	Coctel de Fruta	100% Jugo Surtido	Pina	Pure de Manzana
1/2 cup	Vegetable					
Exhibit A (oz.) *	Grain/Bread	0.7 oz Galletas Saltines	0.9 oz Galletas de Animales	0.7 oz Galletas Ritz	0.9 oz Galletitas Graham	0.7 oz Galletas Integrales
	Meat/Alt.					
WEEK 2						
Required Serving Size	Required Component	Food	Food	Food	Food	Food
8 oz.	Milk					
1/2 cup	Fruit	100% Jugo Surtido	Melocotones	100% Jugo Surtido	Peras	Mandarinas
1/2 cup	Vegetable					
Exhibit A (oz.) *	Grain/Bread	0.7 oz Galletas Ritz	0.9 oz Galletitas Graham	0.7 oz Galletas Saltines	0.9 oz Galletas de Animales	0.7 oz Galletas Ritz
	Meat/Alt.					
WEEK 3						
Required Serving Size	Required Component	Food	Food	Food	Food	Food
8 oz.	Milk					
1/2 cup	Fruit	100% Jugo Surtido	Peras	Pina	Mandarinas	100% Jugo Surtido
1/2 cup	Vegetable					
Exhibit A (oz.) *	Grain/Bread	0.7 oz Galletas Saltines	0.9 oz Galletas de Animales	0.7 oz Galletas Ritz	0.9 oz Galletitas Graham	0.7 oz Galletas Integrales
	Meat/Alt.					
WEEK 4						
Required Serving Size	Required Component	Food	Food	Food	Food	Food
8 oz.	Milk					
1/2 cup	Fruit	Melocotones	Pure de Manzana	100% Jugo Surtido	Coctel de Fruta	100% Jugo Surtido
1/2 cup	Vegetable					
Exhibit A (oz.) *	Grain/Bread	0.7 oz Galletas Ritz	0.9 oz Galletitas Graham	0.7 oz Galletas Integrales	0.9 oz Galletas de Animales	0.7 oz Galletas Saltines
	Meat/Alt.					

* Exhibit A is from the Food Buying Guide (Section 3 Grains /Breads, p. 3-15). Follow **Adult Meal Pattern, Food Buying Guide, and Crediting Guide** (in the ACFP Policy Manual).

Ana M. Alvarez RD, LD

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