

Helping Hands, Inc. Daily Cycle Menus (American)

07-2007	Ages 1-2	Ages 3-5	Ages 6-12	1	2	3	4	5	6	7
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice OR fruit OR vegetable	¼ cup	½ cup	½ cup	Apple slices	Orange sections	Banana slices	Orange slices	Fruit Cocktail	Peaches	Strawberries
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	French Toast	Cereal, Hot**	Cereal, Cold**	Sweet Roll	Cinnamon Toast	Cereal, Hot**	Pancakes
A.M. SNACK (2 groups)										
Milk OR	½ cup	½ cup	1 cup			Milk				
Juice OR fruit OR vegetable	½ cup	½ cup	¾ cup	Pears	Tomato juice		Cucumber coins	Cherry tomatoes		Pineapple chunks
Bread OR alternate	½ slice	½ slice	1 slice	Bread sticks	Saltine crackers	Graham crackers	Wheat bread	Wheat crackers	Saltine crackers	Cookies* (allowed)
Meat OR alternate	½ oz.	½ oz.	1 oz.						Cheese slice	
LUNCH (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR	1 oz. ½ egg	1½ oz. ¾ egg	2 oz. one	Hot dog	Cheese slice	Chicken † Cottage cheese (†Chicken & Rice soup)	Bologna & cheese	Chicken patties	Tuna fish w/cheese slice	Ground beef †
Peanut butter OR	2 Tbsp	3 Tbsp	4 Tbsp		Peanut butter (& Jelly)					† Chili
Dried beans & peas	¼ cup	⅜ cup	½ cup	Cantaloupe	Apple slices	Grapes	Orange	Applesauce	Orange segments	Baked apple
Fruit (2 or more) OR	¼ cup	½ cup	¾ cup	Carrots & celery	Carrot sticks	Steamed carrots	Green beans	Broccoli	Carrots & celery	Corn
Vegetable (2 or more) OR comb	¼ cup	½ cup	¾ cup	Bun	Bread (sandwich)	Rice †	Bread (sandwich)	Bun	Bread (sandwich)	Cornbread
Bread OR alternate	½ slice	½ slice	1 slice							
P.M. SNACK (2 groups)										
Milk OR	½ cup	½ cup	1 cup			Milk			Milk	
Juice OR fruit OR veg.	½ cup	½ cup	¾ cup	Celery sticks	Orange juice	Strawberries		Pineapple chunks		Orange Juice
Bread OR alternate	½ slice	½ slice	1 slice	Cheese cubes & Peanut butter	Bagel		Saltine crackers	Saltine crackers	Graham crackers	Donuts
Meat OR alternate	½ oz.	½ oz.	1 oz.				Cheese sticks			
DINNER (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR	1 oz. ½ egg	1½ oz. ¾ egg	2 oz. one	Grilled ham & cheese	Ham chunks & melted cheese † (†Macaroni & cheese*)	Ground beef † grated cheese † (†Tacos)	Meatloaf	Grilled cheese Cottage cheese	Baked chicken	Tuna casserole with cheese
Peanut butter OR	2 Tbsp	3 Tbsp	4 Tbsp							
Dried beans & peas	¼ cup	⅜ cup	½ cup	Pear halves	Orange segments	Watermelon	Green salad	Banana	Baked apple	Apple
Fruit (2 or more) OR	¼ cup	½ cup	¾ cup	Broccoli	Cauliflower	Tomato/lettuce	Corn	Carrot sticks	Green beans	Green salad
Vegetable (2 or more) OR comb	¼ cup	½ cup	¾ cup	Bread (sandwich)	Macaroni †	Taco shells** †	Roll	Bread (sandwich)	Rice	Roll
Bread OR alternate	½ slice	½ slice	1 slice							
EVE. SNACK (2 groups)										
Milk OR	½ cup	½ cup	1 cup	Milk	Milk	Milk		Chocolate Milk	Milk	Chocolate Milk
Juice OR fruit OR vegetable	½ cup	½ cup	¾ cup				Banana		Celery & raisins † (†Ants-on-a-log)	
Bread OR alternate	½ slice	½ slice	1 slice	Cookies (allowed)	Donut	Cornbread	Cereal, Cold**	Banana bread	Peanut butter †	Cinnamon toast
Meat OR alternate	½ oz.	½ oz.	1 oz.							

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Helping Hands, Inc. Daily Cycle Menus (American)

07-2007	Ages 1-2	Ages 3-5	Ages 6-12	8	9	10	11	12	13	14
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk (on cereal)	Milk
Juice OR fruit OR vegetable	¼ cup	½ cup	½ cup	Peach slices	Pear halves	Applesauce	Strawberries	Banana	Apple juice	Grapefruit half
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Biscuits	Muffin	Toast	Pancakes	English muffin	Cereal, Hot**	Cereal, Cold**
A.M. SNACK (2 groups)										
Milk OR	½ cup	½ cup	1 cup					Milk		Milk
Juice OR fruit OR vegetable	½ cup	½ cup	¾ cup	Grapes			Apple juice	Strawberries	Pear halves	Banana
Bread OR alternate	½ slice	½ slice	1 slice	Saltine crackers	Donut	Bagel	Graham crackers		Graham crackers	
Meat OR alternate	½ oz.	½ oz.	1 oz.		Yogurt	Meat & cheese				
LUNCH (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. ½ egg 2 Tbsp	1½ oz. ¾ egg 3 Tbsp	2 oz. one 4 Tbsp	Cheese slices	Cheese sticks	Beef strips (Lu-pulu)	Cheese slice Egg salad	Hot dog	Tuna chunks & melted cheese† († Macaroni & cheese*)	Ham & cheese
Fruit (2 or more) OR Vegetable (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Apple Carrots & celery	Applesauce Celery sticks	Orange slices Steamed broccoli	Grapes Carrot chips	Apple Potato salad	Orange Peas	Apple slices Fried potatoes
Bread OR alternate	½ slice	½ slice	1 slice	Bread (sandwich)	Bread (sandwich)	Roll	Bread (sandwich)	Bun	Macaroni†	Bread (sandwich)
P.M. SNACK (2 groups)										
Milk OR	½ cup	½ cup	1 cup	Milk	Milk					
Juice OR fruit OR veg.	½ cup	½ cup	¾ cup		Animal crackers	Banana	Orange segments	Orange juice	Grapes	
Bread OR alternate	½ slice	½ slice	1 slice	Farm Cookies		Muffin	Saltine crackers	Banana bread	Bread (sandwich)	Saltine crackers
Meat OR alternate	½ oz.	½ oz.	1 oz.					Peanut butter	Cheese slices	
DINNER (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. ½ egg 2 Tbsp	1½ oz. ¾ egg 3 Tbsp	2 oz. one 4 Tbsp	Beef stew & cottage cheese	Beef sauce † w/Parmes. cheese † (†Spaghetti w/ Meat sauce*)	Hamburger patty & cheese slice	Beef chunks † († Chow Mein*)	Chicken	Baked fish	Ground beef grated cheese† (†Meat & cheese pizza*)
Fruit (2 or more) OR Vegetable (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Pear halves Tomato slices	Melon slices Green salad	Pear halves Carrot sticks	Pineapple rings Pea pods/sprouts†	Peas Mashed Potatoes	Orange slices Fried potatoes	Peach slices Green Salad
Bread OR alternate	½ slice	½ slice	1 slice	Cornbread	Spaghetti noodle†	Bun	Rice †	Bread sticks	Roll	Pizza crust*†
EVE. SNACK (2 groups)										
Milk OR	½ cup	½ cup	1 cup	Milk		Milk		Apple juice	Milk	Milk
Juice OR fruit OR vegetable	½ cup	½ cup	¾ cup		Pineapple rings		Celery & raisins (ants-on-a-log)			
Bread OR alternate	½ slice	½ slice	1 slice	Cereal, Cold**	Saltine crackers	Bread (sandwich)	Peanut butter	Bread (sandwich)	Cinnamon toast	Muffin
Meat OR alternate	½ oz.	½ oz.	1 oz.					Peanut butter		

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Helping Hands, Inc. Daily Cycle Menus (American)

07-2007	Ages 1-2	Ages 3-5	Ages 6-12	15	16	17	18	19	20	21
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially										
Milk	½ cup	¾ cup	1 cup	Milk (on cereal)	Milk	Milk	Milk	Milk	Milk	Milk
Juice OR fruit OR vegetable	¼ cup	½ cup	½ cup	Orange juice	Applesauce	Peach slices	Pear halves	Banana slices	Onion/pepper/peas	Apple
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Cereal, Hot**	Toast	Waffles	Pancakes	Cereal, Cold**	Toast / Apple (Omelette)	Rice pudding Toast
A.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR vegetable	½ cup	½ cup	1 cup	Orange juice	Grape juice	Peaches		Milk	Milk	
Bread OR alternate	½ slice	½ slice	1 slice	Donut	Bread sticks	Toast	Bread (sandwich)	Graham cracker	Rice pudding	Orange juice
Meat OR alternate	½ oz.	½ oz.	1 oz.				Cheese slice			Cinnamon toast
LUNCH (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. ½ egg 2 Tbsp	1½ oz. ¾ egg 3 Tbsp	2 oz. one 4 Tbsp	Chicken chunks † & cheese sticks († Chicken & vegetable soup)	Melted cheese † sliced ham † († English muffin pizza)	Beef chunks † cottage cheese († Beef & veget. soup)	Hamburger sauce † w/Parmes. cheese † († Spaghetti with meat sauce)	Tuna salad cheese slices	Grilled cheese cottage cheese	Chicken salad cheese cubes
Fruit (2 or more) OR Vegetable (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Apple Potato/peas/carrot †	Tomato slice Lettuce	Banana slices Potato/peas/carrot †	Orange Celery sticks	Grapes Carrot slices	Sliced peaches Cauliflower	Banana Carrot sticks
Bread OR alternate	½ slice	½ slice	1 slice	Soda crackers	English muffin †	Bread sticks	Spaghetti noodles** †	Bread (sandwich)	Bread (sandwich)	Bread (sandwich)
P.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup	½ cup	1 cup		Milk	Apple	Milk	Milk	Milk	Grapes
Bread OR alternate	½ slice	½ slice	1 slice	Soda crackers	Banana bread	Soda crackers	Applesauce	Bread (sandwich)	Muffin	Toast
Meat OR alternate	½ oz.	½ oz.	1 oz.	Cheese slice				Peanut butter		
DINNER (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. ½ egg 2 Tbsp	1½ oz. ¾ egg 3 Tbsp	2 oz. one 4 Tbsp	Roast beef	Chicken	Broiled fish	Cottage cheese	Grated cheese † cottage cheese († Vegetable & cheese pizza*)	Hamburger patty	Roast Turkey
Fruit (2 or more) OR Vegetable (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Green beans Mashed potatoes	Pear halves Potatoes	Melon slices Peas & Carrots	Lentil soup Pineapple rings Tossed salad	Orange & salad Mixed veg., pineapple †	Apple Carrot sticks	Watermelon Green beans
Bread OR alternate	½ slice	½ slice	1 slice	Roll	Roll	Rice	Bread sticks	Pizza crust** †	Bun	Dressing
EVE. SNACK (2 groups)										
Milk OR Juice OR fruit OR vegetable	½ cup	½ cup	1 cup	Milk	Milk	Chocolate Milk	Apple	Watermelon	Orange juice	
Bread OR alternate	½ slice	½ slice	1 slice	Bread (sandwich)	Cereal, Cold**	Toast	Cheese cubes	Saltine crackers	Scrambled egg	Bread (sandwich)
Meat OR alternate	½ oz.	½ oz.	1 oz.	Peanut butter						Cheese slice

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Helping Hands, Inc. Daily Cycle Menus (Latino)

07-2007	Ages 1-2	Ages 3-5	Ages 6-12	22	23	24	25	26	27	28
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice OR fruit OR vegetable	¼ cup	½ cup	½ cup	Bananas	Grapes	Banana	Strawberries	Applesauce	Peach slices	Pineapple chunks
Bread OR alternate OR Cereal	½ slice	½ slice	1 slice	Cereal, Cold**	Corn cakes	Corn bread	Tortilla**	Toast	Cereal, Hot**	Toast
A.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR vegetable	½ cup	½ cup	1 cup	Milk			Milk		Milk	Milk
Bread OR alternate	½ slice	½ slice	1 slice	Bread (sandwich)	Orange juice		Graham cracker	Grapes	Cornmeal cereal	Muffin
Meat OR alternate	½ oz.	½ oz.	1 oz.	Peanut butter	Toast	Bread sticks	Yogurt	Bread slice		
LUNCH (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. ½ egg 2 Tbsp	1½ oz. ¾ egg 3 Tbsp	2 oz. one 4 Tbsp	Ground beef (taquitos)	Tuna salad	Chicken chunks† cheese cubes († Chicken Soup)	Fried pork	Broiled chicken	Hot Dog	Fried Liver (with onions)
Fruit (2 or more) OR Vegetable (2 or more) OR comb	¼ cup	½ cup	¾ cup	Grapes	Orange slices	Apple	Orange	Fried plantain	Banana	Apple slices
Bread OR alternate	½ slice	½ slice	1 slice	Green salad	Lettuce & Tomato	Carrot sticks	Carrots/Celery	Steamed Broccoli	Carrots & Tomato Bun	Carrot salad
				Rice & tortilla**	Bread (sandwich)	Bread slice	Rice	Rice		Rice
P.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup	½ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Bread OR alternate	½ slice	½ slice	1 slice	Carrot sticks	Sweet bread	Soda crackers	Cinnamon toast	Corn tortillas**		(with Jelly)
Meat OR alternate	½ oz.	½ oz.	1 oz.			Peanut butter		Cheese slices		Bread (sandwich)
DINNER (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. ½ egg 2 Tbsp	1½ oz. ¾ egg 3 Tbsp	2 oz. one 4 Tbsp	Fried egg	Chicken chunks† Cheese slice (†Chicken & vegetable soup)	Broiled fish	Fried chicken	Broiled steak	Chicken chunks† († Chicken enchiladas)	Roast pork
Fruit (2 or more) OR Vegetable (2 or more) OR comb	¼ cup	½ cup	¾ cup	Refried beans	Sliced apples	Orange slices	Banana	Refried beans	Refried bean	Apple slices
Bread OR alternate	½ slice	½ slice	1 slice	Orange slices	Potato/peas/carrots†	Baked potato	Potato, cabbage†	Steamed carrots	Melon balls	Steamed peas
				Tomato chunks	Bread sticks	Rice & tomatoes	Tortilla** †	Rice	Tomato slices	Rice
				Tortillas**					Rice	
EVE. SNACK (2 groups)										
Milk OR Juice OR fruit OR vegetable	½ cup	½ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Bread OR alternate	½ slice	½ slice	1 slice	Pineapple juice	Grapes		Grape juice	Apple juice	Cereal, Cold**	Chocolate milk
Meat OR alternate	½ oz.	½ oz.	1 oz.	Toast		Soft pretzel**	Bread (sandwich)	Pumpkin Cookie		Graham cracker
							Cheese slices			

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Helping Hands, Inc. Daily Cycle Menus (Latino)										
07-2007	Ages 1-2	Ages 3-5	Ages 6-12	29	30	31	32	33	34	35
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially										
Milk	½ cup	¾ cup	1 cup	Milk (on cereal)	Milk	Milk	Milk	Milk	Milk	Milk
Juice OR fruit OR vegetable	¼ cup	½ cup	½ cup	Orange juice	Banana	Pear halves	Apple slices	Grapes	Banana	Orange slices
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Cereal, Cold**	Cereal, Hot**	Toast	Tortilla**	Cinnamon toast	Cereal, Cold**	Corn bread
A.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR vegetable	½ cup	½ cup	1 cup			Milk		Milk	Milk	Milk
Bread OR alternate	½ slice	½ slice	1 slice	Apple juice	Grape juice	Carrot sticks	Pineapple juice	Graham crackers	Banana slices	Apple
Meat OR alternate	½ oz.	½ oz.	1 oz.	Toast	Cheese slices		Soda crackers			
LUNCH (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. ½ egg 2 Tbsp	1½ oz. ¾ egg 3 Tbsp	2 oz. one 4 Tbsp	Shredded chicken	Beef stew Cheese slice	Shredded beef	Melted cheese † (†Cheese & bean burrito)	Hot Dog	Chicken soup Cheese slice	Onion Steak
Fruit (2 or more) OR Vegetable (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Watermelon slice Tomatoes	Apple Green salad	Banana Potatoes	Banana Carrot sticks	Orange slices Green salad	Apple Celery sticks	Watermelon Green beans
Bread OR alternate	½ slice	½ slice	1 slice	Corn tortilla**	Bread	Rice & tortilla**	Tortilla**	Bun	Bread sticks	Tortilla**
P.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup	½ cup	1 cup	Milk		Milk		Milk		Milk
Bread OR alternate	½ slice	½ slice	1 slice	Soda crackers	Orange slices Bread	Raisins Toast	Grape juice Tortilla**	Pineapple slices Corn bread	Bread slice Yogurt	Carrot sticks
DINNER (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. ½ egg 2 Tbsp	1½ oz. ¾ egg 3 Tbsp	2 oz. one 4 Tbsp	Beef † grated cheese † († Beef tacos)	Beef sauce † parmesan cheese† († Spaghetti w/ meat sauce)	Chicken patty with chili	Beef balls in sauce † († Albondigas)	Chicken † († Fajitas)	Beef † cheese † (†Beef enchiladas)	†Chicken taco
Fruit (2 or more) OR Vegetable (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Mango slices Lettuce, tomato †	Peaches & Pears Lettuce salad	Apple slices Tomato & onion	Watermelon Zucchini	Mango slices onion/pepper/tomato†	Pear halves Carrots	Orange slices Lettuce, tomato†
Bread OR alternate	½ slice	½ slice	1 slice	Rice & tortilla**†	French bread	Bun	Rice balls	Rice & tortilla**†	Rice & tortilla**†	Rice & tortilla**†
EVE. SNACK (2 groups)										
Milk OR Juice OR fruit OR vegetable	½ cup	½ cup	1 cup				Milk		Milk	Chocolate Milk
Bread OR alternate	½ slice	½ slice	1 slice	Bread (sandwich)	(†Gorditas) Tortillas** †	Corn tortilla**	Muffin	Grapes	(Jelly) Bread (sandwich)	Graham cracker
Meat OR alternate	½ oz.	½ oz.	1 oz.	Cheese slice	Cheese †	Grated cheese		Cheese cubes	Peanut butter	

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Helping Hands, Inc. Daily Cycle Menus (Latino)

07-2007	Ages 1-2	Ages 3-5	Ages 6-12	36	37	38	39	40	41	42
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk (on cereal)	Milk	Milk	Milk
Juice OR fruit OR vegetable	¼ cup	½ cup	½ cup	Banana slices	Applesauce	Pineapple slice	Orange juice	Applesauce	Grapes	Apple
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Cereal, Cold**	Toast	Zucchini bread	Cereal, Hot**	Pancakes	Flour & egg tortilla	Rice pudding Toast
A.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR vegetable	½ cup	½ cup	1 cup			Milk	Milk			Milk
Bread OR alternate	½ slice	½ slice	1 slice	Tomato juice	Grape juice	Peach slices	Strawberries	Apple juice	Grapes	
Meat OR alternate	½ oz.	½ oz.	1 oz.	Bagel	Tortilla** & Cheese slice			Banana bread	Toast	Zucchini bread
LUNCH (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. ½ egg 2 Tbsp	1½ oz. ¾ egg 3 Tbsp	2 oz. one 4 Tbsp	Chicken chunks† Cheese slice (†Chicken & vegetable soup)	Fried steak		Beef chunks † cottage cheese (†Beef & vegetable soup)	Shredded beef cheese † (†Cheese potatoes)	Beef tamales grated cheese †	Fried egg
Fruit (2 or more) OR Vegetable (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Apple slices Potato/peas/carrots †	Refried beans Orange slices Lettuce salad	Lentil soup Applesauce Green salad	Mango & orange Potato/peas/carrots †	Melon slices Potatoes †	Watermelon Carrot sticks	Lentils Banana slices Corn
Bread OR alternate	½ slice	½ slice	1 slice	Bread slices	Rice	Rice	Bread sticks	Rice	Rice	Rice
P.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup	½ cup	1 cup	Milk			Milk			
Bread OR alternate	½ slice	½ slice	1 slice	Grapes	Apple juice	Apple slices	Graham cracker	Soda crackers	Bread (sandwich)	Pineapple juice
Meat OR alternate	½ oz.	½ oz.	1 oz.		Banana bread	Soda crackers	Cheese slices	Cheese slices	Cheese slices	Yoqurt
DINNER (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. ½ egg 2 Tbsp	1½ oz. ¾ egg 3 Tbsp	2 oz. one 4 Tbsp	Roast beef	Shredded chicken	Fried Pork (Carnitas)	Braised chicken	Chicken † Cheese † (†Chicken enchiladas)	Beef in own juice	Beef † cheese † (†Tacos)
Fruit (2 or more) OR Vegetable (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Watermelon Baked potato	Applesauce Lettuce & tomato	Papaya Squash	Banana/orange slices Boiled potatoes	Mango Onion & tomato †	Apple slices Broccoli	Tomato, olives Lettuce
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Rice	Rice	Roll	Rice & tortilla**†	Rice	Tortilla** †
EVE. SNACK (2 groups)										
Milk OR Juice OR fruit OR vegetable	½ cup	½ cup	1 cup	Milk	Milk	Milk		Milk		Milk
Bread OR alternate	½ slice	½ slice	1 slice	Bread (sandwich)	Graham cracker	Soda crackers	Celery sticks	Banana bread	Bread sticks	Melon
Meat OR alternate	½ oz.	½ oz.	1 oz.	Peanut butter			Cheese sticks	Yoqurt		

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Helping Hands, Inc. Daily Cycle Menus (Asian)

07-2007	Ages 1-2	Ages 3-5	Ages 6-12	43	44	45	46	47	48	49
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially										
Milk	½ cup	¾ cup	1 cup	Milk (on cereal)	Milk (on cereal)	Milk	Milk	Milk	Milk (on cereal)	Milk (on cereal)
Juice OR fruit OR vegetable	¼ cup	½ cup	½ cup	Orange juice	Apple juice	Raisins & bananas	Strawberries	Applesauce	Orange juice	Grape juice
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Cereal, Cold**	Cereal, Cold**	Steamed bun	Pancakes	Toast (&scrambled egg)	Cereal, Cold**	Cereal, Hot**
A.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR vegetable	½ cup	½ cup	1 cup	Milk	Milk		Milk	Milk	Milk	
Bread OR alternate	½ slice	½ slice	1 slice	Saltine crackers	Toast	Grape juice	Corn Muffin	Banana	Graham crackers	Orange juice
Meat OR alternate	½ oz.	½ oz.	1 oz.			Cheese slice				Soda crackers
LUNCH (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. ½ egg 2 Tbsp	1½ oz. ¾ egg 3 Tbsp	2 oz. one 4 Tbsp	Ginger chicken	Fish slices (cooked in oriental sauce)	Ground Pork †	Ground beef † (†Macaroni casserole with tomato sauce)	Pork † (†Stir fry pork)	Pork & taro root† soup	Beef † (†Stir fry beef)
Fruit (2 or more) OR Vegetable (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Cucumber slices Celery & cabbage	Apple slices Green salad	(†Stuffed pepper Green pepper † Tomatoes	Orange slices Celery† & Salad	Melon slices Pea pods, sprouts†	Grapes Green salad	Pea pods, sprouts† Mango or Apple Mustard greens
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Rice	Rice	Macaroni †	Rice	Rice	Rice
P.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup	½ cup	1 cup	Orange juice	Pineapple juice	Banana	Peaches	Orange juice	Milk	Milk
Bread OR alternate	½ slice	½ slice	1 slice	Soda crackers	Hard-boiled egg	Cheese slice	Graham cracker	Sweet cooked white beans	Banana	Soda crackers
Meat OR alternate	½ oz.	½ oz.	1 oz.							Yogurt
DINNER (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. ½ egg 2 Tbsp	1½ oz. ¾ egg 3 Tbsp	2 oz. one 4 Tbsp	Beef † († Stir-fry beef)	Barbecued pork on a stick	Beef & tomato sauce	† Braised duck (w/chestnuts †)	Fried chicken	Shrimp † (†Stir fry shrimp)	Stewed chicken
Fruit (2 or more) OR Vegetable (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Orange Carrot sticks Green beans †	Cucumber Lettuce & tomato	Tangerine Fried potato/onion	Mango Cabbage, beets & carrots †	Apple Potato & Lettuce	Fruit cocktail w/ banana slices Stir-fry broccoli & carrots †	Chilled peaches Cabbage
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Roll or rice	Rice	Oriental noodles**	Rolls	Egg Noodles**	Rice
EVE. SNACK (2 groups)										
Milk OR Juice OR fruit OR vegetable	½ cup	½ cup	1 cup	Milk	Milk	Orange juice		Milk	Milk	
Bread OR alternate	½ slice	½ slice	1 slice	Celery sticks	Corn muffin	Toast	Soda crackers		Celery sticks	Grape juice
Meat OR alternate	½ oz.	½ oz.	1 oz.	Peanut butter		Peanut butter	Yogurt	Cold oat cereal**	Peanut butter	Hard boiled egg

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Helping Hands, Inc. Daily Cycle Menus (Asian)

07-2007	Ages 1-2	Ages 3-5	Ages 6-12	50	51	52	53	54	55	56
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially										
Milk	½ cup	¾ cup	1 cup	Milk (on cereal)	Milk	Milk	Milk	Milk	Milk	Milk
Juice OR fruit OR vegetable	¼ cup	½ cup	½ cup	Orange juice	Strawberries	Banana	Apple	Orange	Strawberries	Prunes
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Cereal, Hot**	Cereal, Cold**	Cereal, Cold**	Cereal, Cold**	Toast (scrambled egg)	Pancakes	Cereal, Cold**
A.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR vegetable	½ cup	½ cup	1 cup	Orange juice	Grapes	Milk	Apple juice	Milk	Grape juice	Apple juice
Bread OR alternate	½ slice	½ slice	1 slice	Toast	Saltine crackers	Graham crackers	Bread (sandwich)	Blueberry muffin		Soda crackers
Meat OR alternate	½ oz.	½ oz.	1 oz.				Peanut butter		Cheese cubes	
LUNCH (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. ½ egg 2 Tbsp	1½ oz. ¾ egg 3 Tbsp	2 oz. one 4 Tbsp	Fried pork †	Chicken † Cheese slice (†Chicken soup)	Pork † (†cooked with coconut water)	Chicken † (†Stir fry chicken)	Fish † Cheese slice († Fish soup)	Chicken chunks† Shrimp & bacon†† († Chicken soup)	Simmered chicken w/ginger
Fruit (2 or more) OR Vegetable (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Bean curd † Peaches	Apple Carrot, celery corn, peas †	Plums Steamed cabbage	Watermelon Snow peas, carrots, mushrooms †	Pear halves Tomato, pineapple†	Banana Steamed broccoli & green beans	
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Noodles†/cracker	Rice	Rice	Rice	Rice †/Crackers	Rice
P.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup	½ cup	1 cup	Banana	Milk	Pineapple juice	Applesauce	Orange juice	Apple	Orange juice
Bread OR alternate	½ slice	½ slice	1 slice	Cheese slice	Saltine crackers	Corn muffin	Cheese cubes	Toast	Muffin	Toast w/ Cheese
DINNER (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. ½ egg 2 Tbsp	1½ oz. ¾ egg 3 Tbsp	2 oz. one 4 Tbsp	Stewed chicken†	Beef † (†Stir fry beef)	Beef † (†Beef chop suey)	Halibut, Perch Flounder † (†Sweet'n sour fish)	Shrimp w/garlic† Chicken salad †† (†Stir fry shrimp)	Beef chunks † Cottage cheese (†Beef stew)	Pork † (†Stir fry pork)
Fruit (2 or more) OR Vegetable (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Dry wax gourd † Strawberries	Grapes Green pepper, carrot mushroom †	Pears Broccoli, carrots, bamboo shoots †	Cucumber slices Celery sticks	Nectarines Cabbage, onion†† Tomato †† sprouts†	Orange Carrots, onion mushrooms †	Pear halves Carrots, green peas, mushroom†
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Rice	Noodles** †	Rice	Rice	Bread slice	Rice
EVE. SNACK (2 groups)										
Milk OR Juice OR fruit OR vegetable	½ cup	½ cup	1 cup	Milk	Celery/raisins † (†ants-on-a-log)	Apple juice	Milk	Milk	Grape juice	Milk
Bread OR alternate	½ slice	½ slice	1 slice	Hard boiled egg	Peanut butter †	Toast	Graham crackers	Grapes	Waffles w/jam	Soda crackers

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Helping Hands, Inc. Daily Cycle Menus (Asian)

07-2007	Ages 1-2	Ages 3-5	Ages 6-12	57	58	59	60	61	62	63
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice OR fruit OR vegetable	¼ cup	½ cup	½ cup	Apple wedges	Banana	Orange	Banana	Orange segments	Strawberries	Prunes
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Cheese toast	Pancakes	Toast	Cereal, Cold**	Cereal, Cold**	Cereal, Cold**	Toast (scrambled egg)
A.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR vegetable	½ cup	½ cup	1 cup	Orange juice	Apple juice	Pineapple juice	Apple juice	Milk	Milk	Orange juice
Bread OR alternate	½ slice	½ slice	1 slice	Toast		Corn muffin	Soda crackers		Banana	Saltine crackers
Meat OR alternate	½ oz.	½ oz.	1 oz.		Cheese slice			Hard boiled egg		
LUNCH (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. ½ egg 2 Tbsp	1½ oz. ¾ egg 3 Tbsp	2 oz. one 4 Tbsp	Pork † (†Sweet & sour Pork)	Roast pork loin	Chicken nuggets Ham chunks † (†Ham fried rice)	Chicken, roasted	Pork & shrimp (in oriental sauce)	Pork † († Pork roll)	Pork, ground w/steamed egg
Fruit (2 or more) OR Vegetable (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Carrots, green pepper pineapple/cucumbert	Orange segments Garden salad	Corn, peas, carrots† Lettuce/tomatoes	Lettuce/tomatoes French fries	Apple wedges Green beans	Watermelon Cucumber/sprouts	Apple Broccoli
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Rice	Rice †	Roll	Rice	Rolling rice cakes	Rice
P.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup	½ cup	1 cup	Milk	Milk	Milk	Pineapple juice	Apple juice	Grape juice	Milk
Bread OR alternate	½ slice	½ slice	1 slice	Sweet cooked red beans	Banana bread	Cinnamon toast	Corn bread	Farmer cookies		Banana
Meat OR alternate	½ oz.	½ oz.	1 oz.						Yogurt	
DINNER (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. ½ egg 2 Tbsp	1½ oz. ¾ egg 3 Tbsp	2 oz. one 4 Tbsp	Liver † († Stir fry liver)	Chicken † († Chicken ragu)	Beef † († Beef curry)	Beef † († Beef vegetable w/ pan fried noodles)	Beef † Cottage cheese († Beef stew)	Chicken † (†Stir fry chicken)	Beef † († Stir fry beef)
Fruit (2 or more) OR Vegetable (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Apple Snow peas, carrots bamboo shoots†	Cantaloupe Carrot, potatoes onion, mushroom†	Fruit cocktail w/ banana slices Swt potato, onion†	Grapes Broccoli, carrots celery †	Honeydew melon Carrot, onion, & potatoes †	Peaches Napa cabbage mushrooms †	Pears Asparagus & onion †
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Egg noodles** †	Rice	Noodles** †	Egg noodles** †	Rice	Rice
EVE. SNACK (2 groups)										
Milk OR Juice OR fruit OR vegetable	½ cup	½ cup	1 cup	Orange juice	Pineapple juice	Apple juice	Milk	Milk	Orange juice	Grape juice
Bread OR alternate	½ slice	½ slice	1 slice	Hard boiled egg	Graham crackers		Strawberries	Graham crackers	Corn muffin	Celery & Peanut butter
Meat OR alternate	½ oz.	½ oz.	1 oz.			Cheese cubes	Cottage cheese			

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Helping Hands, Inc.				Daily Infant Cycle Menu							Groups: 0-3 months	4-7 months	8-11 months
07-2007	0 - 3 months	4 - 7 months	8 - 11 months	1	2	3	4	5	6	7			
BREAKFAST													
Infant formula (iron fortified)	4 - 6 oz.	4 - 8 oz.	6 - 8 oz formula	Formula * (Iron fortified)	Formula * (Iron fortified)	Formula * (Iron fortified)	Formula * (Iron fortified)	Formula * (Iron fortified)	Formula * (Iron fortified)	Formula * (Iron fortified)	Formula * (Iron fortified)		
Infant cereal (with iron)	0	0 - 3 Tbsp	2 - 4 Tbsp.	Oatmeal	Rice cereal	Barley cereal	Mixed cereal	Rice cereal	Oatmeal	Barley cereal			
Fruit and/or vegetable	0	0	1 - 4 Tbsp.	Banana	Applesauce	Apricot	Peaches	Plums	Applesauce	Banana			
A.M. SNACK													
Infant formula (iron fortified)	4 - 6 oz.	4 - 6 oz.	2 - 4 oz. formula / juice	Apple juice (8 months & up) Formula (under 8 months)	Orange juice (8 months & up) Formula (under 8 months)	Formula (Iron fortified)	Applesauce (8 months & up) Formula (under 8 months)	Orange juice (8 months & up) Formula (under 8 months)	Formula (Iron fortified)	Apple juice (8 months & up) Formula (under 8 months)			
Bread OR crackers	0	optional	optional	Toast	Infant biscuits	Graham crackers	Infant biscuits	Toast	Infant biscuits	Graham cracker			
LUNCH													
Infant formula (iron fortified)	4 - 6 oz.	4 - 8 oz.	6 - 8 oz. formula or	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)			
Infant cereal (with iron) and/or meat/egg/cheese	0	0 - 3 Tbsp	2 - 4 Tbsp.	Chicken	Beef	Rice Cereal	Oatmeal cereal	Turkey	Chicken	Rice cereal			
Fruit and/or vegetable	0	0 - 3 Tbsp	1 - 4 Tbsp.	Mixed vegetables	Squash	Green beans	Pears	Peas	Peaches	Applesauce			
P.M. SNACK													
Infant formula (iron fortified)	4 - 6 oz.	4 - 6 oz.	2 - 4 oz. formula / juice	Formula (Iron fortified)	Formula (Iron fortified)	Orange juice (8 months & up) Formula (under 8 months)	Formula (Iron fortified)	Apple juice (8 months & up) Formula (under 8 months)	Apple juice (8 months & up) Formula (under 8 months)	Orange juice (8 months & up) Formula (under 8 months)			
Bread or crackers	0	optional	optional	Graham crackers	Infant biscuits	Toast	Graham crackers	Toast	Infant biscuits	Bread stick			
DINNER													
Infant formula (iron fortified)	4 - 6 oz.	4 - 8 oz.	6 - 8 oz. formula	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)			
Infant cereal (with iron) and/or meat	0	0 - 3 Tbsp	2 - 4 Tbsp.	Beef stew	Chicken	Liver	Turkey	Beef	Rice cereal	Chicken			
Fruit and/or vegetable	0	0 - 3 Tbsp	1 - 4 Tbsp.	Banana	Peaches	Pears	Apricots	Mixed vegetables	Peas	Green beans			
EVE. SNACK													
Infant formula (iron fortified)	4 - 6 oz.	4 - 6 oz.	2 - 4 oz. formula / juice	Formula (Iron fortified)	Apple juice (8 months & up) Formula (under 8 months)	Formula (Iron fortified)	Orange juice (8 months & up) Formula (under 8 months)	Formula (Iron fortified)	Pear juice (8 months & up) Formula (under 8 months)	Apple juice (8 months & up) Formula (under 8 months)			
Bread or crackers	0	optional	optional	Soda cracker	Toast	Graham cracker	Soda cracker	Bread stick	Wheat crackers	White bread			

This menu is not intended to be used sequentially
Expressed breast milk, served in a bottle, can be used in place of the formula

Note: ALL juice must be 100% fruit, NO sugar added