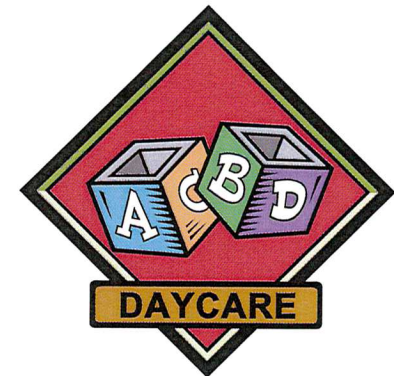
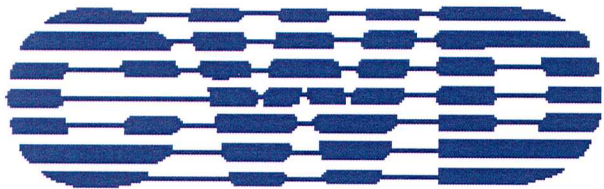


CWD Daycare Menu Package

The CWD Daycare Menu Program includes 3 seasonal five week menus (Winter/Spring; Summer; and Fall/Winter cycles). Each week includes menus (breakfast, lunch, and snack) for six days. Each day includes the amounts to serve each age group (1-2 years old; 3-5 years old; and 6-12 years old).

The menu package includes

- ◇ Five week seasonal menu with the following meals: Breakfast, Lunch, and Snack
- ◇ Daily menu spreadsheets with the quantities required by each age group (1-2 years old; 3-5 years old; and 6-12 years old)
- ◇ Quantified Recipes for each recipe included in the menu
- ◇ Weekly purchase guides with CWD item numbers
- ◇ Nutritional Analysis reports for each age group.



Cash-Wa Distributing Menu Program – Daycare Menu Program

Important – Please fill out completely. **No menus will be shipped unless this form is signed and returned to the CWD Nutrition Services Department at the address below.** Please check the appropriate boxes.

Prime Vendor Customers (minimum 85% of Food Service Purchases from CWD)

_____ Menus will be shipped seasonally at no charge. I do understand that if my purchases fall below the Prime Vendor category, I will be billed for any additional menus that are shipped at the rate of \$50/cycle. Menus are available as pdf files.

Secondary Vendor Customers (less than 85% but more than 20% Food Service Purchases from CWD)

_____ I understand that my account will be billed \$50/cycle when the menus are shipped.

The CWD Seasonal Daycare Menu Package will include:

- Five Week Seasonal Cycle Menu (includes breakfast, lunch, and snack for six days per week)
- Daily Menu Spreadsheets specifying quantities needed for each age group (1-2 years; 3-5 years; 6-12 years)
- Quantified Recipes
- Weekly Purchase Guides
- Menu Nutritional Analysis Report for each age group

Account Name: _____

Account Number: _____

Average number of meals served/month: _____

I understand that by signing this form, I am agreeing to pay any charges that may occur based on my selections(s)

Center Manager's Signature: _____

Date: _____

Please fill out & return to:
Heidi Wietjes, MS, RDN, LMNT, LD
Cash-Wa Distributing
401 West 4th
Kearney, NE 68847
Fax: 308-234-6018
Heidi.wietjes@cashwa.com
Phone: 308-237-3151 Ext. 7123

Menus are written seasonally (Summer; Fall/Winter; Winter/Spring). Customers will receive the menus starting with the current cycle of seasonal menus when they sign up for the CWD menu program.

Menu Calendar Report

Sorted by Date, Then by Meal, Then by Menu Sequence

Daycare Menu - Week #1

Daycare Menus (3-5)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BRK		Pancakes Frz RTU Syrup Mixed Fruit Milk (1%)	Cereal, Corn Flakes Mandarin Oranges Milk (1%)	Biscuit 1 oz WGR Pears Diced Milk (1%)	Muffin Mini Bluebry Applesauce Milk (1%)	Toast Cantaloupe Cubes Milk (1%)	Bagel, White, WGR 2 Cream Cheese (Tbsp) Peaches Diced Milk (1%)
LUN		Chic Terykai Wrap Watermelon Milk (1%)	BBQ Ribbettes Macaroni & Cheese Carrots Grapes Milk (1%)	Meatloaf Patties Mashed Potatoes Peas Bread (1/2 slice) Milk (1%)	Chicken Strips Sweet Potato Gems Mandarin Oranges Milk (1%)	English Muffin Pizza Romaine (1/4 cup) Mixed Berries Milk (1%)	Tuna Rice Casserole Broccoli No Fruit Cocktail Milk (1%)
SN2		Cottage Cheese Peaches Diced	English Muffin Peanut Butter	Bug Bite Crackers Milk (1%)	Yogurt Banana Slices Blueberries	Graham Cracker Pkt Orange Juice	Ham Sandwich

Written by CWD Nutrition Services Department

Shopping List Report

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Sorted by Inventory Group, Then by Item Name

Item Name	Product Code	Size	On-Hand	Order Qty
<i>Bakery: Bread/Rolls</i>				
Bagel, White, WGR 2 oz	55048	CASE (72 1 Each)		
Biscuit Dough WGR 1.35 oz	55192	CASE (336 1.35 Ounces)		
Bread,Wheat,Loaf,32 slices	53537	CASE (6 1.75 Pounds)		
Bread,White,Loaf,32 slices	53536	CASE (6 1.75 Pounds)		
English Muffin,2 oz	59732	CASE (72 1 Each)		
Muffins, Blueberry Mini	58689	CASE (108 1 Each)		
Tortilla Flour 10" Homestyle WGR	55087	Case (16 12 Each)		
<i>Dairy: Cheese</i>				
Cheese,American Loaf	60380	CASE (6 5 Pounds)		
Cheese,Cheddar	60850	CASE (4 5 Pounds)		
Cheese,Cream	61010	CASE (10 3 Pounds)		
Cottage Cheese	66484	CASE (4 5 Pounds)		
<i>Dairy: Milk</i>				
Milk 1% Gallons	66453	CASE (4 1 Gallon)		
Milk,Whole,Gallon	66101	CASE (4 1 Gallon)		
<i>Dairy: Other</i>				
Egg,Fresh	67040	CASE (15 12 Each)		
Yogurt,Plain,Lowfat	66388	CASE (4 4 Pounds)		
<i>Groceries: Beverages</i>				
Juice Base,Orange,Frozen	58030	CASE (12 32 Ounces)		
<i>Groceries: Groceries</i>				
Apples,Canned,Sliced,Water Pack	45880	CASE (6 #10 Cans)		
Applesauce,Canned,Juice Pack	46417	CASE (6 #10 Cans)		
Berry Blend Mixed Berries , Frozen	57394	CASE (4 5 Pounds)		
Blueberries,Frozen	57210	CASE (30 Pounds)		
Broccoli,Frozen,Cuts	57610	CASE (12 2.5 Pounds)		
Carrots,Frozen,Sliced	57690	CASE (20 Pounds)		
Catsup, Tomato	47080	CASE (6 #10 Cans)		
Cereal,Corn Flakes,Bulk	42480	CASE (4 35 Ounces)		
Crackers, Bug Bites, Ind Package	43151	Case (210 1 Ounce)		
Crackers,Graham, Ind 2 ct Pkg	43031	CASE (200 1 Each)		

Daycare Week #1 Saturday

	Menu Item	Ages 1-2	Ages 3-5	Ages 6-12
Breakfast	Bagel, White	1/4 each	1/4 each	1/2 each
	Cream Cheese	1/2 tablespoon	1/2 tablespoon	1/2 tablespoon
	Peaches, Diced	1/4 cup	1/2 cup	1/2 cup
	Milk (1%)	Whole Milk 1/2 cup	3/4 cup	1 cup
Noon Meal	Tuna Rice Casserole	6 ounces	6 ounces	8 ounces
	Broccoli	1/8 cup	1/4 cup	1/4 cup Bread 1/2 slice
	Fruit Cocktail	1/8 cup	1/4 cup	1/2 cup
	Milk (1%)	Whole Milk 1/2 cup	3/4 cup	1 cup
Snack	Ham Sandwich	1/2 sandwich	1/2 sandwich	1/2 sandwich

Written by CWD Nutrition Services Department

Menu Extended Recipes Report

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Banana Muffins (CACFP Recipe)

Category: Side Dish:Breads
Portion Size: 1 each

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
135 kcal	23.5 gm	2.7 gm	3.5 gm	23.0 %	0 mg	225 mg	0.6 gm	80 mg

Step	Ingredients	10 Servings Amount	25 Servings Amount	50 Servings Amount	75 Servings Amount	100 Servings Amount	125 Servings Amount
1	Banana,Fresh,Medium	3-1/4 oz	8 oz	1 lb	1-1/2 lb	2 lb	2-1/2 lb
2	Flour,All Purpose	1-3/8 cup	3-1/2 cup	1.75 qt	2-5/8 qt	3-1/2 qt	1 gal
	Milk,Dry,Nonfat	2 tbsp	5-1/4 tbsp	10.5 tbsp	15-3/4 tbsp	1-1/3 cup	1-5/8 cup
	Baking Powder	2-3/8 tsp	2 tbsp	4 tbsp	6 tbsp	8 tbsp	10 tbsp
	Sugar,Granulated	6-3/8 tbsp	1 cup	1 pt	3 cup	1 qt	1-1/4 qt
	Salt	3/8 tsp	1 tsp	2 tsp	1 tbsp	1-1/3 tbsp	1-2/3 tbsp
3	Egg Whites w/TEC ESL Ref	1-5/8 oz	4 oz	8 oz	12 oz	1 lb	1-1/4 lb
	Water	8-3/4 tbsp	1-3/8 cup	2.75 cup	1 qt	1-3/8 qt	1-3/4 qt
	Extract,Vanilla,Imitation	3/4 tsp	2 tsp	4 tsp	2 tbsp	2-2/3 tbsp	3-1/3 tbsp
4	Oil,Vegetable	2-3/8 tbsp	6 tbsp	12 tbsp	1-1/8 cup	1-1/2 cup	1-7/8 cup

- 1 Peel bananas. Using the paddle attachment, mash bananas for 2 minutes on low speed, until no large chunks remain. Remove the bananas from the bowl and set aside.
- 2 Combine flour, dry milk, baking powder, sugar, and salt in a mixing bowl. Mix for 1 minute on low speed. Add bananas to dry ingredients. Mix for 30 seconds on low speed.
- 3 In a separate bowl, whisk the egg whites, water, and vanilla until frothy. Slowly add to the banana mixture. Mix on low speed for 15-20 seconds, until all of the dry ingredients are moistened.
- 4 Slowly add oil and mix for about 30 seconds on low speed. Do not over mix. The batter will be lumpy.
- 5 Using a No. 20 scoop (3 1/3 Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined.
- 6 Bake until lightly browned: Conventional oven = 425 degrees F for 10-12 minutes; Convection Oven = 350 degrees F for 10-12 minutes. CACFP Contribution = 1 muffin = 1 bread

Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Report Selections

Date Range : Mon, Jun 02, 2014 - Sat, Jul 05, 2014
 Menus : Daycare Menus (1-2)

Menu: Daycare Menus (1-2) Date: Mon, Jun 02, 2014

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Fat (gm)	SFA (gm)	% Cal. Fat (%)	Carbohydrat (gm)	% Cal. Carbs (%)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)	Iron (mg)	Vit C (mg)	Potassium (mg)	Phosphorus (mg)	Vit A (IU)	Dietary Fiber (gm)
Breakfast																			
* Pancakes Fz RTU	1/2 each	17	38	0.9	9.5	0.9	0.14	20.7	6.7	69.8	3	12	86	0.37	0	21	50		0.4
* Syrup	1 ounce	28	66	0.0	0.0	0.0	0.00	0.0	17.4	100.0	0	1	23	0.01	0	4	3	0	0.0
* Mixed Fruit	1/4 cup	69	27	0.3	3.5	0.0		0.0	7.6	96.5		6	7	0.02	2	93		208	
* Milk Whole	1/2 cup	120	73	3.8	20.6	3.9	2.24	47.9	5.8	31.4	12	136	52	0.04	0	158	101	194	0.0
Breakfast Totals			205	5.0	9.6	4.8	2.38+	21.0	37.5	69.4	15+	154	168	0.44	2	277	153+	402+	0.4+
Noon Meal																			
* Chicken Teriyaki Wrap-Up	1 each	231	340	29.9	36.0	5.3	0.92	14.3	41.3	49.7	62	134	824	3.13	11	211+	176+	373	5.8
* Watermelon	1/4 cup	84	25	0.5	7.2	0.1	0.01	4.0	6.3	88.8	0	6	1	0.20	7	94	9	477	0.3
* Milk Whole	1/2 cup	120	73	3.8	20.6	3.9	2.24	47.9	5.8	31.4	12	136	52	0.04	0	158	101	194	0.0
Noon Meal Totals			439	34.2	31.8	9.3	3.18	19.3	53.4	48.9	74	275	877	3.36	17	463+	286+	1045	6.1
Snack 2																			
* Cottage Cheese	1/4 cup	57	41	7.0	71.2	0.6	0.36	13.2	1.5	15.6	2	34	229	0.08	0	49	76	23	0.0
* Peaches Diced	1/2 cup	131	58	0.8	5.1	0.0	0.01	0.6	15.2	94.3	0	8	5	0.35	5	168	22	501	1.7
Snack 2 Totals			98	7.8	32.4	0.6	0.37	5.8	16.7	61.8	2	42	235	0.43	5	217	98	524	1.7
Daily Totals for 06/02/14			742	47.0	25.7	14.7	5.92+	18.0	107.7	56.3	91+	472	1279	4.23	24	957+	537+	1971+	8.2+
Daily Value			2000	50.0		65.0	20.00		300.0		300	1000	2400	18.00	60	3500	1000	5000	25.0
Percent Daily Value (%)			37	94.0		22.6	29.61+		35.9		30+	47	53	23.52	40	27+	54+	39+	33.0+
Daily Value			2000	50.0		65.0	20.00		300.0		300	1000	2400	18.00	60	3500	1000	5000	25.0
Percent Daily Value (%)			37	94.0		22.6	29.61+		35.9		30+	47	53	23.52	40	27+	54+	39+	33.0+

* Denotes main item. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.
 + Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.