



Invitation to Bid

Catholic Charities of the Archdiocese of Miami, Inc. will be accepting bids for catering service for three (3) Residential programs for the provision of breakfast, lunch, dinner, and snacks, as applicable. Additionally, single service supplies, as applicable by program. A more detailed description by program is available within the bid packet.

Due Date: December 04,2020 at 2:00 P.M.

Bid Packet may be obtained at <https://www.ccadm.org/request-for-proposal/> or at the center located at 7707 NW 2nd Ave. Miami, FL. 33150 on November 19th, 2020 between the hours of 9:00 A.M. to 1:00 P.M.

The bid package contains three different programs and may be awarded in the form of three different contracts. The selected bidder may be awarded one or more contracts depending on the selection process.

Submission Instructions:

- You may submit a bid for any one of the programs or for all of them.
- 1 PDF bid packet to include all documents shall be submitted via email to the following addresses: jcarrion@ccadm.org and daustin@ccadm.org
- The Bid packet shall include a cover page that contains the name of the Bidder, our Agency’s name and clearly shows acceptance of the proposal.
- Bids received after the due date and hour will not receive consideration. For the bid package listed above, only email submissions will be considered. Faxed Bids will not be accepted.

Catholic Charities Contact emails: jcarrion@ccadm.org and daustin@ccadm.org

Please submit all questions in writing to the emails above by November 25,2020

Schedule of Events and Deadlines:

Activity	Date	Time
Invitation to Bid	11/19/2020	10:00 A.M.
Posting of Invitation to Bid	11/19/2020	10:00 A.M.
Submittance of written questions by	11/25/2020	4:00 P.M.
Email Submission of bid must be received via email	12/4/2020	2:00 P.M.
Bid opening	12/04/2020	2:30 P.M.
Notification of awarded Bidder	12/08/2020	5:00 P.M.
Contract Negotiations period	12/08/2020 12/14/2020	5:00 P.M.
Anticipated Contract start date	01/25/2021	6:00 A.M.

Scope of Work: It is the intent of Catholic Charities of the Archdiocese of Miami, Inc. (hereafter referred to as the CC-ADM) to secure a contract for the purchase of Breakfast, Lunch, Dinner and Snacks, as appropriate. Please see further breakdown below:

Residential Program - New Life

To provide a diverse menu of meals that follow the guidelines set by the USDA for adults that includes Culturally sensitive meals mostly American with some Hispanic dishes at least once a week. Accommodations for dietary restrictions, food allergies, health issues, and religious and spiritual requirements shall also be coordinated with the program and provided as needed. Approximately 50 Breakfasts, 50 lunches and 50 dinners per day (with actual variances of 50-60 meals served daily) seven (7) days a week, 365 days a year not excluding holidays to be delivered to the following location:

New Life Family Center
3620 NW 1st Ave.
Miami, FL 33127

Residential Program- St. Luke's Center:

To provide a diverse menu of meals that follow the guidelines set by the USDA for adults that includes Culturally sensitive meals mostly American with some Hispanic dishes at least once a week. Accommodations for dietary restrictions, food allergies, health issues, and religious and spiritual requirements shall also be coordinated with the program and provided as needed. Approximately 30 Breakfasts, 30 lunches, 30 dinners 30 snacks per day (with actual variances of 30-40 meals served daily) seven (7) days a week, 365 days a year not excluding holidays to be delivered to the following location:

St. Luke's Center
7707 NW 2nd Ave.
Miami, FL 33150

Residential Program- Children's Village- Boystown:

To provide a diverse menu of meals that follow the guidelines set by the USDA for children with adult portions that includes Culturally sensitive meals mostly from Central America, and the Caribbean. Accommodations for dietary restrictions, food allergies, health issues, and religious or spiritual requirements shall also be coordinated with the program and provided as needed. Approximately 60 Breakfasts, 60 lunch and 60 dinners per day, 50 snacks twice a day (with actual variances of 50-65 meals served daily) seven (7) days a week, 365 days a year not excluding holidays to be delivered to the following location:

Cutler Bay Area.
Due to the nature of services provided, disclosure of the address will be provided once catering services are awarded.

INVITATION TO BID (ITB)-_New Life Family Center

ISSUED BY

NAME: Catholic Charities of the Archdiocese of Miami, Inc. – New Life Family Center

ADDRESS: 1505 NE 26th Street, Wilton Manors FL 33305

BID NUMBER: _____ BID ISSUE DATE: _____

BID OPENING: Date and Time: _____

CONTRACT COMMENCEMENT DATE: _____

CONTRACT EXPIRATION DATE: _____

PER MEAL: _____ FOR PAYMENT WITHIN _____ DAYS (To be inserted by Bidder)

BREAKFAST BOXED MEALS: \$ _____ LUNCH BOXED MEALS \$ _____

DINNER MEALS: \$ _____ SHELF STABLE MEALS: \$ _____

SPECIAL DIET MEALS \$ _____ ALLERGY SUBSTITUTION \$ _____

NAME OF BIDDER: _____

(Authorized Representative of Bidder)

STREET ADDRESS: _____

Type or Print Name of Representative

CITY, STATE, ZIP CODE: _____

Title of Representative

TELEPHONE: _____

ACCEPTANCE-_New Life Family Center

BY: _____

WITNESS: _____

TITLE: _____

DATE:

BID PROPOSAL

The Bidder agrees to furnish all labor, materials, supplies, supervision, transportation, and services necessary to furnish meals at the designated times and in the manner called for in these bid specifications for the following price:

- 1. Boxed Breakfast Meals \$ _____
- 2. Boxed Lunch Meals \$ _____
- 3. Snack \$ _____
- 4. Hot Dinner Meals \$ _____
- 5. Special Diet Meals \$ _____
- 6. Allergy Substitutions \$ _____

Disposables:

Utensils (Ind. wrapped) \$ _____

REQUIRED DOCUMENTATION

The following documentation must be included as an attachment to the Bid Proposal:

- 1. Current business license and permits
- 2. Current local fire department inspection report
- 3. Three (3) most recent sanitation inspection reports

INVITATION TO BID (ITB)- St. Luke's

ISSUED BY

NAME: Catholic Charities of the Archdiocese of Miami, Inc. – St. Luke's

ADDRESS: 1505 NE 26th Street, Wilton Manors FL 33305

BID NUMBER: _____ BID ISSUE DATE: _____

BID OPENING: Date and Time: _____

CONTRACT COMMENCEMENT DATE: _____

CONTRACT EXPIRATION DATE: _____

PER MEAL: _____ FOR PAYMENT WITHIN _____ DAYS (To be inserted by Bidder)

BREAKFAST MEALS: \$ _____ LUNCH MEALS: \$ _____

DINNER MEALS: \$ _____ AM SNACK 1: \$ _____

PM SNACK 2: \$ _____ Night SNACK 3: \$ _____

SHELF STABLE MEALS: \$ _____

SPECIAL DIET MEALS \$ _____ ALLERGY SUBSTITUTION \$ _____

NAME OF BIDDER: _____

(Authorized Representative of Bidder)

STREET ADDRESS: _____

Type or Print Name of Representative

CITY, STATE, ZIP CODE: _____

Title of Representative

TELEPHONE: _____

ACCEPTANCE- St. Luke's

BY: _____

WITNESS: _____

TITLE: _____

DATE: _____

BID PROPOSAL

The Bidder agrees to furnish all labor, materials, supplies, supervision, transportation, and services necessary to furnish meals at the designated times and in the manner called for in these bid specifications for the following price:

- | | |
|--------------------------|----------|
| 1. Breakfast Meals | \$ _____ |
| 2. Snack 1 | \$ _____ |
| 3. Lunch Meals | \$ _____ |
| 4. Snack 2 | \$ _____ |
| 5. Dinner Meals | \$ _____ |
| 6. Snack 3 | \$ _____ |
| 7. Special Diet Meals | \$ _____ |
| 8. Allergy Substitutions | \$ _____ |

Disposables:

Cutlery: \$ _____

Cup(s): \$ _____

Bowls(s): \$ _____

Napkin(s): \$ _____

Utensils: \$ _____

REQUIRED DOCUMENTATION

The following documentation must be included as an attachment to the Bid Proposal:

1. Current business license and permits
2. Current local fire department inspection report
3. Three (3) most recent sanitation inspection reports

INVITATION TO BID (ITB)-Children's Village- Boystown

ISSUED BY

NAME: Catholic Charities of the Archdiocese of Miami, Inc. – Children's Village- Boystown

ADDRESS: 1505 NE 26th Street, Wilton Manors FL 33305

BID NUMBER: _____ BID ISSUE DATE: _____

BID OPENING: Date and Time: _____

CONTRACT COMMENCEMENT DATE: _____

CONTRACT EXPIRATION DATE: _____

PER MEAL: _____ FOR PAYMENT WITHIN _____ DAYS (To be inserted by Bidder)

BREAKFAST BOXED MEALS: \$ _____ LUNCH BOXED MEALS \$ _____

DINNER MEALS: \$ _____ AM SNACK : \$ _____

PM SNACK : \$ _____ SHELF STABLE MEALS: \$ _____

_SPECIAL DIET MEALS \$ _____ ALLERGY SUBSTITUTION \$ _____

NAME OF BIDDER: _____

(Authorized Representative of Bidder)

STREET ADDRESS: _____

Type or Print Name of Representative

CITY, STATE, ZIP CODE: _____

Title of Representative

TELEPHONE: _____

ACCEPTANCE- Children's Village- Boystown

BY: _____

WITNESS: _____

TITLE: _____

DATE: _____

BID PROPOSAL

The Bidder agrees to furnish all labor, materials, supplies, supervision, transportation, and services necessary to furnish meals at the designated times and in the manner called for in these bid specifications for the following price:

- 1. Breakfast Meals \$ _____
- 2. AM Snack \$ _____
- 3. Lunch Meals \$ _____
- 4. PM Snack \$ _____
- 5. Dinner Meals \$ _____

- 1. Shelf Stable Meals \$ _____
- 2. Special Diet Meals \$ _____
- 3. Allergy Substitutions \$ _____

Disposables:

Cutlery: \$ _____

Cup(s): \$ _____

Bowls(s): \$ _____

Napkin(s): \$ _____

Utensils: \$ _____

REQUIRED DOCUMENTATION

The following documentation must be included as an attachment to the Bid Proposal:

- 1. Current business license and permits
- 2. Current local fire department inspection report
- 3. Three (3) most recent sanitation inspection reports

CONTRACT TERM:

The contract will be awarded for a period of not more than twelve (12) months, beginning with the date of award, with the option to renew for three (3) additional years on a year-to-year basis. The contract term is expected to commence on December 1, 2020. Should a new Bidder be awarded the contract; the contract might be delayed to second menu cycle if new Bidder cannot replicate current approved menu.

CONDITION OF THE BID:

Time for completed delivery may be a factor in determining the successful Bidder.

Bids indicating price in effect at times of shipment will be considered invalid.

The Bidder shall be responsible for all fees, taxes, and licenses required operating under this contract including bonding of personnel and such expenses shall not be paid by the CC-ADM.

The Bidders who are on the discriminatory Bidder list may not transact business with any public entity, in accordance with the provision of s. 287.134, F.S.

COMPETENCY OF BIDDERS:

Bidder agrees to faithfully perform the duties required of them to the best of their ability, to devote the time needed for the performance of such duties, to faithfully and promptly account to CC-ADM including the submission of all supporting documentation as to any matters requiring such accounting and to refrain from becoming engaged in any other business, during the tenure of this Agreement, which would serve to detract from Bidder's ability to discharge the duties which formulate the subject matter of this Agreement in the full and complete manner contemplated herein.

Bidder hereby represents that they has sufficient resources, both human and capital to fulfill the terms of this Agreement. Bidder further represents that they and their employees are properly licensed and authorized to provide the services pursuant to this Agreement.

Bidder acknowledges that certain federally funded contracts require all recipients and sub recipients to comply with the Davis-Bacon Act including but not limited to payment of minimum wage rates not less than those contained in the wage determination decision of the Secretary of Labor. Bidder agrees to strictly comply with all of the Davis-Bacon Act requirements, if applicable. In the event there is any uncertainty regarding the applicability of the Davis-Bacon Act to this Agreement, Bidder shall consult in writing in advance with CC-ADM Contract Manager.

A pre-award inspection of the Bidder's facility is a condition precedent prior to the award of contract.

A pre-award sample tasting of meals is a condition precedent prior to the award of the contract.

The Bidder must submit documentation demonstrating the ability and capability in supplying the number of meals required to be provided. CC-ADM may request a copy of the Bidder's policies and procedures regarding sanitation, food preparation, and food delivery.

CC-ADM may consider any evidence available regarding the financial, technical, and other qualification and abilities of a Bidder; including past performance and experience in making the award in the best interest of CC-ADM.

MINIMUM FOOD CONTRACT SPECIFICATIONS

Bidders are required to comply with menu cycles (four-week cycles for each six months) provided by CC-ADM's consulting dietician. Meal pattern of menu will include appropriate portion size as indicated in the scope of work by program. Any substitution of the menu must be in compliance with a pre-approved substitution list. A sample of the menu cycles, is provided in Attachment A. Substitutions must be a similar nutritional value and may not reduce the nutritional content of the meal. CC-ADM should be provided with reason for substitution and details how substitution may be avoided in the future. In the event that a substitution is made without prior approval, CC-ADM will not be responsible for payment for the unapproved menu item.

The Bidder agrees to make special emergency arrangements for supplying the meals for at least seven (7) days in event of natural disasters, such as a hurricane, flood, fire, power failure, and similar circumstances which would prevent the Bidder from furnishing the meals in the usual fashion. Should the event of natural disaster be to such degree that seven (7) days is not sufficient, CC-ADM may request additional meals.

It is the responsibility of CC-ADM to notify the Bidder prior to 6:00 A.M. of a site closing due to hazardous weather. Any food already prepared will be promptly frozen or refrigerated, and if appropriate, that day's menu will be substituted for the following day's menu. It is the responsibility of CC-ADM and the Bidder to provide each other with cell phone numbers for emergency use only.

The Bidder shall develop and submit, with the bid, an emergency procedure for delivering food in the case of a truck breakdown.

All applicable health and sanitation requirements shall be adhered to at the food preparation site. Local, State, and Federal program authorities must have the right to inspect the premises and request formal inspection by health officials if deemed necessary. The food preparation facility must be inspected annually. Failure to comply with applicable health requirements shall result in termination of the contract. CC-ADM, shall be able to inspect food preparation, packaging, and storage areas at any time. CC-ADM shall receive copies of inspection reports of the Bidder's facilities completed by health, sanitation, and safety officials within twenty-four (24) hours after receipt of the above by the Bidder. The Bidder must provide a written corrective action plan to CC-ADM for any high-priority or significant findings on sanitation inspections. These corrective action plans must be approved by CC-ADM's dietician.

The Bidder will show evidence of HACCP (Hazard Analysis Critical Control Point) program to ensure that food safety issues are being addressed. For example: Time/temperature cross contamination and personal hygiene studies regarding storage, holding and cooking of food. Employees must receive annual training in said food safety issues and HACCP program. Certificates of training must be made available to CC-ADM if requested.

Any Caterer involved in preparing meals must maintain documentation on:

- Food safety management program within the facility that meets or exceeds the minimum requirements of federal, state, municipal, or other agencies authorized to inspect or accredit the food service operation. This documentation is to be available for review upon request and at each bi-annual inspection conducted by program staff or their representative.
- An inspection conducted by the state regulatory authority within the past six months.
- A description of the Bidder's delivery standards and sanitation practices that include holding temperatures for transporting and serving food.

The Bidder must transport all food items in their own clean, well-kept and maintained vehicles appropriate for delivery of food. Food shall be packaged in equipment capable of maintaining hot food at 140 F or higher and cold food at 41 F or lower until the final site destination. The Bidder's personnel shall place cold food in the refrigeration units upon delivery to CC-ADM's program. All milk is to be iced down. The ice must be in a solid state at time of delivery. All meals delivered to the site must be properly labeled as to site name, item, weight of product, and number of servings. Bidder should follow a procedure that meets nationally recognized food safety regulation regarding delivery of food and maintaining temperature to ensure quality of food at time of serving.

Food shall be delivered to the program in bulk or pre-plated containers. It shall be packaged so that there will be a minimum of spills in the carrier. The Bidder will take any necessary measures including, but not limited to, reducing fill level, and covering plates with stretch plastic film and/or aluminum foil and metal lids to prevent spillage. Carriers will be provided by the Bidder in a size and/or quantity to contain all food delivered to the sites.

All serving pans shall be of disposable aluminum and/or stainless steel. Any permanent ware must be sanitized daily by the Bidder. Packaged materials must be supplied in containers that may be resealable after individual items are removed.

Daily cleaning and sanitizing of, pans, coolers, carriers, and all other equipment provided by the Bidder shall be the responsibility of the Bidder.

The Bidder shall be responsible for providing the following single service supplies as a minimum: (to be delivered weekly on a day mutually agreed upon)

- 8 ounce cups for coffee, tea, or juice for dinner
- 8 ounce Styrofoam soup bowls for soups, stews, chili, etc.
- Non-brittle, heavy duty plastic-ware packets including forks, knives, spoons and napkins in sufficient number for meals daily.
- Condiments to include in bulk: black pepper and iodized salt, ketchup, mustard, mayonnaise, tartar sauce, and relish will be provided when necessary to complete the meal. Salad dressing will be delivered in gallon jars/bottles on an as needed basis.

CC--ADM may request a sample of such items by Bidder.

The Bidder shall provide a traditional Thanksgiving, Christmas, and Easter meal at no additional cost to the program on a mutually agreed upon date. These meals will also follow holiday menu supplied by CC-ADM's consulting dietician.

The Bidder shall be flexible regarding the number of meals to be provided at each site from day to day. CC-ADM will notify the Bidder by 2:00 P.M. of each serving day the number of meals required for the next serving day only if there is a change in the allocated number of meals to a site. This will constitute a purchase order which will cover the maximum billings for that order. At the time the contract is awarded, CC-ADM will give the Bidder the name of the people who have the authority to make a change in the number of daily meals.

The Bidder must adhere to a strict time schedule for delivering the meals by 6:00 A.M. to Children's Village Boystown, 10:00 A.M. to New Life and at 11:00A.M. to St. Luke's to include breakfast for the following day. Time span for delivery schedule between food packaging and delivery is not to exceed 2 hours. Preference will be given to Bidder that can deliver the best quality in the shortest delivery time.

CC-ADM is not required to pay for meals that does not meet proper specifications and as per approved menu.

Time for completed delivery may be a factor in determining the successful bidder in addition to the availability of a sample tasting of unitized and review of boxed meals and packaging.

Upon delivery of meals at the program, an authorized representative of CC-ADM shall sign and record time of delivery on receipt in multiple copies evidencing receipt of such food, with one (1) copy to be retained by the Bidder and one (1) copy to be retained by CC-ADM. The delivery of disposable supplies shall occur at mutually convenient times between CC-ADM and the Bidder, and the type and number of surplus supplies to be stored at CC-ADM's site will be mutually agreed upon.

All records shall be kept on file for a minimum of seven (7) years after final payment on contract and all other pending matters, including any audit or litigation regarding the contract are closed. The Bidder shall agree that authorized auditors and officials, upon request shall have access to all such records for audit and review at a reasonable time and place.

The Bidder shall provide units of deliverables as specified in the contract to be received and accepted by the designated Supervisor prior to payment.

INCIDENT REPORTING

The Bidder shall notify CC-ADM immediately but no later than 24 hours from the Bidder's awareness or discovery of conditions that may materially affect the Bidder's ability to perform services required to be performed under any contract. Such notice shall be made orally to the Program Director (by Phone) with an email to immediately follow.

The Bidder shall immediately acknowledge any reasonable suspicion of abuse or neglect or exploitation of a child, aged person, or disabled adult to the Florida Abuse Hotline on the statewide toll-free telephone number (1-800-96- ABUSE). As required by Chapter 39 and 41.5,F.S., this provision is binding upon the Bidder and their employees.

COMPENSATION:

Bidder shall provide CC-ADM an invoice for services performed pursuant to this Agreement weekly. Time is of the essence in completion of the work. The invoice must be on the Bidder's letterhead and be approved by the designated Supervisor before it will be accepted for payment. Any dispute between the parties regarding payment will be resolved by the Chief Executive Officer of CC-ADM in his sole discretion. Bidder's performance will be evaluated prior to the contract ending, using the Independent Bidder's Evaluation Form.

All food served shall be from an approved source. The Bidder agrees (in the event that U.S.D.A. food becomes available) to accept and use, to the maximum extent possible, donated foods from the U.S. Department of Agriculture and to conform to all requirements of the U.S.D.A., the State of Florida, and any other regulatory body regarding the use, handling, records, and storage of donated food. The Bidder agrees to purchase U.S. grown foods when possible.

When delivered to the program, the food shall be wholesome and of good quality. All raw food used in the preparation of meals from Bidder shall be of high quality and meet state, federal, and local guidelines. No home prepared or home canned food shall be used in the preparation of these meals.

No equipment will be furnished or maintained by the CC-ADM in the provision of meals, therefore, the Bidder shall supply and maintain approved automotive vehicles, insulated containers, and other appropriate equipment, service ware, cups, straws, napkins, accessories, and condiments appropriate for the storage, preparation, delivery, and the serving of hot and cold foods, abiding by all safety measures and sanitary practices in handling operations.

Standard Contractual Requirements:

NOW, THEREFORE, and in consideration of the mutual covenants and agreements herein contained, and for other good and valuable consideration, the receipt of which is hereby acknowledged, CC-ADM and the Bidder hereby agree as follows:

1. Recitals. The above recitals are true and correct.

2. Bidder Duties. Bidder agrees to faithfully perform the duties required to the best of their ability, to devote the time needed for the performance of such duties, to faithfully and promptly account to CC-ADM including the submission of all supporting documentation as to any matters requiring such accounting and to refrain from becoming engaged in any other business, during the tenure of this Agreement, which would serve to detract from Bidder's ability to discharge the duties which formulate the subject matter of this Agreement in the full and complete manner contemplated herein. Bidder further represents that it and its employees are properly licensed and authorized to provide the services pursuant to this Agreement. Bidder hereby represents that it has sufficient resources, both human and capital to fulfill the terms of this Agreement. More specifically, Bidder agrees that it has the staffing capability and will provide individuals to meet CC-ADM's staffing needs upon four (4) hours' notice via email. Failure of Bidder to timely fulfill this duty, shall be a default and grounds for immediate termination of this Agreement.

Bidder acknowledges that certain federally funded contracts require all recipients and subrecipients to comply with the Davis-Bacon Act including but not limited to payment of minimum wage rates not less than those contained in the wage determination decision of the Secretary of Labor. Bidder agrees to strictly comply with all the Davis-Bacon Act requirements, if applicable. In the event there is any uncertainty regarding the applicability of the Davis-Bacon Act to this Agreement, Bidder shall consult in writing in advance with the CC-ADM Contract Manager.

3. Indemnification: Bidder shall indemnify CC-ADM including, without limitation, CC-ADM's agents, members of the Board of Directors, employees, invitees or guests, and any of CC-ADM's other contractors from and against claims, losses, costs, damages and expenses (including, without limitation, reasonable attorneys' fees) relating to injury or death of any person or damage to real or personal property resulting directly from a claim of negligence of Bidders in the performance of his/her obligations. CC-ADM shall indemnify the Bidder including, without limitation, Bidder's agents, members of the Board of Directors, employees, invitees or guests, and any of Bidder's other contractors from and against claims, losses, costs, damages and expenses (including, without limitation, reasonable attorneys' fees) relating to injury or death of any person or damage to real or personal property resulting directly from a claim of negligence of Bidder. The prevailing party in any indemnification action shall be entitled to recover reasonable attorney fees.

Bidder hereby acknowledges that it has performed a background investigation on its employees to determine their suitability to provide the requested services and that each of its employees is qualified to provide said services.

This provision shall survive termination of the Agreement.

4. Term and Termination: CC-ADM expressly reserves its full rights during the term hereof and particularly the right to discharge Bidder for cause, and, at its option, to terminate this Agreement on that account, without notice. Notwithstanding the above, this Agreement may be terminated for any reason by either party upon the giving of thirty (30) days written notice to the other party. Upon termination without cause, Bidder shall be entitled to receive his/her compensation due to the date of termination.

This Agreement may be funded in whole or in part through third party funders (grants, gifts, subsidies, etc.). If the Agreement is at all funded by third parties and such funding is terminated, interrupted, reduced or suspended, CC-ADM shall be entitled to immediately terminate this Agreement and be solely responsible for payment of services which were provided through the date on which Bidder was notified of the termination.

5. Background Screening: The Bidder agrees to comply with all background screening policies and procedures of CC-ADM including but not limited to civil/criminal history check, credit history, references and educational verification. The Bidder will furnish CC-ADM with fingerprints of any employee of Bidder prior to provision of services upon request. For Program(s) who serve minors and elderly populations: fingerprints will be requested, and clearance obtained prior to any provision of services if services will occur during operating hours.

6. Assignment: CC-ADM acknowledges that the services to be rendered by the Bidder are unique and personal. Accordingly, the Bidder may not assign or subcontract any rights or delegate any of duties or obligations under this Agreement to another individual, corporation, partnership, or other legal entity. CC-ADM has regular mechanisms to ensure the quality of services provided.

7. Independent Contractor: Bidder agrees that in all respects Bidder's relationship to CC-ADM will be that of an Independent Contractor, and that he / she will not act or represent that he / she is acting as an agent of CC-ADM or incur any obligation on the part of CC-ADM without written authority of CC-ADM. Services provided shall be by the Bidder and its employees, subject to the administrative supervision of the Bidder and not as employees of CC-ADM. Personnel policies, tax responsibilities, social security, health insurance, income tax and payroll withholding, employee benefits, workers' compensation, unemployment compensation, travel, per diem policies and other similar administrative procedures applicable to services rendered under this Agreement shall be exclusively those of the Bidder.

8. Fair Labor Standards Act: Bidder further agrees that Bidder is solely responsible for compliance with all applicable employment laws with regard to its employees including but not limited the payment of minimum wage and overtime pursuant to the Fair Labor Standards Act and any requirements associated with the Family and Medical Leave Act and the Affordable Care Act. The parties presume that Bidder's assigned employees are nonexempt from laws requiring premium pay for overtime. Bidder agrees to pay all of its assigned employees engaged pursuant to this agreement with CC-ADM time and one half for all hours worked in excess of forty (40) in a workweek. Bidder will charge CC-ADM time and one half for those premium hours worked in excess of forty (40) in a workweek pursuant to paragraph 20 herein. Bidder will be solely responsible for paying any such overtime due to its assigned employees.

In addition to paragraph 3, Bidder shall indemnify CC-ADM for claims, losses, damages or expenses (including attorney's fees and costs) related to Bidder's failure to perform the obligations outlined in this paragraph, provided, however, that Bidder shall not be required to indemnify CC-ADM for claims arising out of CC-ADM's failure to comply with applicable laws. Notwithstanding the foregoing, CC-ADM agrees to comply with laws applicable to Bidder's assigned employees while Bidder's assigned employees are on assignment with CC-ADM.

9. Notices. All notices and demands, whether required or desired, shall be given only in writing and delivered or sent to the party to whom directed by certified United States mail, return receipt requested, postage prepaid, to the address set forth below:

1505 NE 26th Street.
Wilton Manors, FL 33305

10. Sections: Sections and other captions contained in this Agreement are for reference purposes only and are in no way intended to describe, interpret, define, or limit the scope, extent, or intent of this Agreement or any provision hereof.

11. Severability: Each provision in this Agreement is intended to be severable, and if any term or provision hereof is illegal or invalid or for any reason whatsoever, such illegality or invalidity shall not effect the validity of the remainder of this Agreement.

12. Choice of Law: This Agreement, and the rights of the parties, shall be governed by and construed or enforced in accordance with the laws of the State of Florida and in the venue of Miami-Dade County.

13. Integrated Agreement. This Agreement constitutes the entire understanding and agreement of the parties hereto with respect to the subject matter hereof, and there are no agreements, understandings, restrictions, representations or other warranties among the parties other than those set forth herein or herein provided for.

14. Modification: This Agreement may be modified, revised, or amended only by the advance written consent of both parties.

15. Confidentially / Property Interests. The Bidder shall not, without the express prior written Consent of CC-ADM, use, divulge, furnish or make accessible to anyone any Confidential Information (as defined below), except in connection with the performance of its obligations under this Agreement. The Bidder agrees to uphold the standards of providers of professional services including all confidentiality requirements as to its clients. The Bidder further agrees that, upon termination of this Agreement, the Bidder shall immediately return to CC-ADM any and all copies of material constituting or containing Confidential Information together with any property belonging to CC-ADM. The term "Confidential Information" includes (a) all documents and other materials containing information relating to the management or operation of CC-ADM or its programs, including all memoranda, manuals, handbooks, production books, educational material and audio or visual recordings; (b) all methods, techniques and procedures utilized in providing services to clients of CC-ADM not readily available through sources in the public domain; and (c) all trademarks, trade names and service marks of CC-ADM and any affiliate of CC-ADM. Any computer or technical systems, procedures and controls employed by CC-ADM are to remain the property of CC-ADM and are not, at any time, to be utilized, distributed, copied or otherwise employed or acquired by Bidder except as authorized by CC-ADM or except as may be required by law. In addition, CC-ADM agrees that it will not, directly or indirectly, disclose to any Bidder's assigned employee(s) or any third party any Bidder's assigned employees or healthcare professional's information, rate or other remuneration information disclosed by Bidder to CC-ADM or any other information contained in this Agreement, except to the extent that such information is required to be disclosed by law, court or governmental order. CC-ADM acknowledges that all information regarding rates and other remuneration, as between Bidder and Bidder's assigned employees and CC-ADM and Bidder, is considered proprietary by Bidder.

16. Records Retention/Access. The Bidder shall retain any and all records produced in conjunction with this Independent Contractor Agreement for a period of seven (7) years after final payment on contract and all other pending matters, including any audit or litigation regarding the contract are closed. Bidder shall provide access to all records to CC-ADM, Inc., funding agent, the federal government, the Comptroller General of the United States and all of their representatives. The access to records shall include any and all books, documents, papers, and records of the Bidder which are pertinent to this Contract for purposes of making an audit, examination, excerpt or transcription.

17. Insurance. Bidder shall maintain for the term of this Agreement, Commercial General Liability coverage in the minimum amount of One Million Dollars (\$1,000,000) each occurrence combined single limit bodily injury and property damage. The policy shall include premises, operations and independent Contractor's. CC-ADM shall be included as an additional insured. Bidder shall be in compliance with Florida's Workers' Compensation Law.

18. Third Party Beneficiaries. Neither CC-ADM nor Bidder intends to directly or substantially benefit a third party by this Agreement. Therefore, the parties agree that there are no third-party beneficiaries of this Agreement and that no third party shall be entitled to assert a claim against either of them based upon this Agreement. The parties expressly acknowledge that it is not their intent to create any rights or obligations in any third person or entity under this Agreement.

19. Prior Agreements Superseded. This document incorporates and includes all prior negotiations, correspondence, conversations, agreements and understandings applicable to the matters contained herein; and the parties agree that there are no commitments, agreements, or understandings concerning the subject matter of this Agreement that are not contained in this document. Accordingly, it is agreed that no deviation from the terms hereof shall be predicated upon any prior representations or agreements whether oral or written. In the event of a conflict between the terms of this Agreement and any RFP, attachments, proposals or any other document, then the documents shall be interpreted and given priority with this Agreement first and then any RFP, attachment or proposal in descending order of importance.

20. Compensation.

1) Bidder shall be compensated by CC-ADM for services provided pursuant to this Agreement. Bidder shall render services to CC-ADM on a fee-for-service basis with Bidder's payment contingent upon successful results as agreed upon by the parties in advance. In no event shall the fees paid to Bidder exceed the amount agreed upon.

2) Bidder shall provide to CC-ADM a weekly invoice for services performed by Bidder pursuant to this Agreement and in accordance with the terms. Time is of the essence in completion of the work. The invoice must be on the Bidder's letterhead and be approved by the Program Administrator before it will be accepted for payment. CC-ADM shall pay Bidder within thirty (30) days of invoice date. Bidder will accept payment in the following forms: cash, check and electronic funds transfer. Any other form of payment may incur a processing fee. CC-ADM will submit, in writing, any and all objections to the invoices to Bidder within fifteen (15) days after the invoice date. Failure to so notify Bidder of any objections will constitute acceptance of the invoice and waiver by CC-ADM of such objections. Bidder performance will be evaluated prior to the contract ending, using the Independent CC-ADM's Evaluation Form.

21. Rates listed in this Agreement and any attached exhibits do not include state and local sales tax, gross receipts tax or other applicable taxes. Services provided that are subject to such taxes will be billed at the appropriate rate plus the applicable taxes, payable by the CC-ADM. Taxability will be determined based on the location where the service is provided. If CC-ADM is exempt from such taxes or should not be charged for other legal reasons, it is CC-ADM's duty to provide proof of exemption to Bidder. In the event that CC-ADM utilizes a third-party billing system that does not provide an option to bill for tax, CC-ADM will be billed separately for the tax due. In the event certain taxes arise from either (a) a determination that the CC-ADM was not exempt or (b) a determination such services should have been taxable and for which no taxes were charged, Bidder shall separately invoice those amounts and CC-ADM shall be responsible to pay such amounts according to the terms noted in Section 20.2 of this Agreement.

22. This section applies to services for the St. Luke's Prevention Program:

1) This contract hereby incorporates by reference and requires adherence to all applicable provisions of CC-ADM's contract and any amendments thereto with Thriving Mind's and Thriving Mind's Prime Contract with the Department of Children and Families, KH225 and any amendments thereto, which can be found at the ME's website, www.sfbhn.org. In case of conflict between this contract with the provisions, terms and conditions of the DCF Prime Contract and/or the Thriving Mind's Contract, the provisions, terms and conditions of the Thriving Mind's Contract with CC-ADM will prevail over this subcontract.

23. This section applies to services for the Children's Village/Boystown Program:

1) Reporting Requirements and Retaliation. It is the policy of Catholic Charities of the Archdiocese of Miami, Inc. that all staff, volunteers, and contractors are required to report any allegations of abuse (including sexual), harassment, or neglect to 1-800-962-2873 - Department of Children and Families Child Protective Services, if the incident being reported is sexual abuse, the incident shall also be reported to the Office of Refugee Resettlement Hotline at 1-800-203-7001. Additionally, all program staff, contractors, volunteer and all minors are prohibited from retaliating against any person who reports, complains about, or participates in an investigation of alleged sexual abuse or harassment. All reports of illegal and dishonest activities should be reported to the Risk Manager by calling 1-954-315-2602.

UPDATED CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS:

CHILD AND ADULT MEALS



USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. Under the updated child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. The changes made to the meal patterns are based on the Dietary Guidelines for Americans, scientific recommendations from the National Academy of Medicine, and stakeholder input. CACFP centers and day care homes must comply with the updated meal patterns by October 1, 2017.

Updated Child and Adult Meal Patterns



Greater Variety of Vegetables and Fruits

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- Juice is limited to once per day.



More Whole Grains

- At least one serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grain component; and
- Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).



More Protein Options

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu counts as a meat alternate.



Age Appropriate Meals

- A new age group to address the needs of older children 13 through 18 years old.



Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.



Making Every Sip Count

- Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older and adults;
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs; and
- Yogurt may be served in place of milk once per day for adults only.



Additional Improvements

- Extends offer versus serve to at-risk afterschool programs; and
- Frying is not allowed as a way of preparing foods on-site.

Breakfast Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup
Vegetables, fruit, or both	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
Grains	½ serving	½ oz eq*	½ serving	½ oz eq*	1 serving	1 oz eq*	2 servings	2 oz eq*

*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.
Oz eq = ounce equivalents

Lunch and Supper Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup*
Meat and meat alternates	1 oz	1 oz	1 ½ oz	1 ½ oz	2 oz	2 oz	2 oz	2 oz
Vegetables	¼ cup	⅛ cup	½ cup	¼ cup	¾ cup	½ cup	1 cup	½ cup
Fruits		⅛ cup		¼ cup		¼ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	2 servings	2 oz eq

*A serving of milk is not required at supper meals for adults
Oz eq = ounce equivalents

Snack Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup
Meat and meat alternates	½ oz	½ oz	½ oz	½ oz	1 oz	1 oz	1 oz	1 oz
Vegetables	½ cup	½ cup	½ cup	½ cup	¾ cup	¾ cup	½ cup	½ cup
Fruit		½ cup		½ cup		¾ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1oz eq	1 servings	1 oz eq

Select 2 of the 5 components for snack.
Oz eq = ounce equivalents

Note: All serving sizes are minimum quantities of the food components that are required to be served.

New Life Family Center

Attachment A

CYCLE 1	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<i>Continental</i>	<i>Bagel</i>	<i>Yogurt and Granola</i>	<i>Continental</i>	<i>Bagel</i>	<i>Yogurt and Granola</i>	<i>Tortilla and eggs</i>
8oz- Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
4oz- Fruit Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
4oz Fruit	1ea. Fresh Orange	1 ea. Fresh Apple	1 ea. Fresh Banana	1 ea. Fresh Orange	1 ea. Fresh Orange	1 ea. Fresh Banana	1 ea. Fresh Apple
2 Servings of Grains- 1 slice- Bread or	3/4 c. Cheerios	2 oz Whole Wheat Bagel	1/2 c. Granola	3/4 c. Raisin Bran	2 oz Whole Wheat Bagel	1/2 c. Granola	2 oz. WW Tortilla Warp
3/4c- Cereal	0.9 oz Whole Wheat Bread	See Above	0.9 oz Whole Wheat Bread	0.9 oz Whole Wheat Bread	See Above	0.9 oz Whole Wheat Bread	1 sl- Cheddar Cheese in Wrap
1oz- Protein *optional		1 oz. Hard Boiled Egg	6 oz. Yogurt		1 oz. Hard Boiled Egg	6 oz. Yogurt	1 scrambled eggs in Wrap
	1 tsp. Margarine, 1 tsp. Jelly	1 tsp. Cream Cheese, 1 tsp. Jelly	1 tsp. Margarine, 1 tsp. Jelly	1 tsp. Margarine, 1 tsp. Jelly	1 tsp. Cream Cheese, 1 tsp. Jelly	1 tsp. Margarine, 1 tsp. Jelly	1oz- Tomato Salsa on the side
LUNCH	<i>Tuna Salad Wrap</i>	<i>Ham & Cheese Sub</i>	<i>Turkey and Cheese</i>	<i>Chicken Salad Sandwich</i>	<i>Corned Beef & Mustard</i>	<i>3 Cheese sandwich</i>	<i>Ham and Cheese Wrap</i>
8oz- Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
4oz- Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
4oz- Protein/ 2 oz for Children	4 oz. Tuna Salad	3oz Ham & 1 oz. Provolone Cheese	3oz Turkey & 1 oz. Swiss Cheese	4 oz. Chicken Salad	4 zo. Corned Beef	3 Cheese Sandwich, 1oz ea. Provolone, Swiss, American	3oz Ham & 1 oz. Provolone Cheese
Optional	1/4c-Shred L & T Garni	1/2c Shred L&T Garni	1/2c Shred L&T Garni	1/4c-Shred L & T Garni	1/4c-Shred L & T Garni	1/4c-Shred L & T Garni	1/4c-Shred L & T Garni
1/2c Vegetable	1/2 c. Baby Carrots	4oz 3 Bean Salad	1/2 c. Orange and Red Peppers	1/2 c. Baby Carrots	1/2 c. Cucumbers	4oz 3 Bean Salad	1/2 c. Baby Carrots
1/2c Vegetable or Fruit	1 ea. Fresh Apple	1 ea. Fresh Orange	1/2 c. Tropical Fruit Cup	1 ea. Fresh Apple	1 ea. Fresh Banana	1/2 c. Peaches in Juice	1 ea. Fresh Apple
2 svg.- Grain/Bread	2 oz. WW Tortilla Warp	1- Whole Wheat Sub Roll	1 ea. (1.8 oz) Whole Wheat Cuban Bread	0.9 oz Multi Grain Bread	0.9 oz Rye Bread	0.9 oz Whole Wheat Bread	2 oz. WW Tortilla Warp
				0.9 oz Multi Grain Bread	0.9 oz Rye Bread	0.9 oz Whole Wheat Bread	
	1ea Ketchup, Mustard Mayo	1 ea. Mustard & Mayo Pkt.	1 ea. Mustard & Mayo Pkt.	1ea Ketchup, Mustard Mayo	1ea Ketchup, Mustard Mayo	1ea Ketchup, Mustard Mayo	1ea Ketchup, Mustard Mayo
DINNER	<i>Ball Park</i>	<i>Chicken Tenders</i>	<i>Arroz Imperial</i>	<i>Macitas de Puerco</i>	<i>Breaded Chicken Marsala</i>	<i>Turkey Fricassee</i>	<i>Bacalao a la Vizcaina</i>
8oz- Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
4oz- Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
1c Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
1/8oz Salad Dressing	Italian Dressing	Caesar Dressing	Ranch Dressing	French Dressing	Thousand Island	Italian Dressing	Ranch dressing
4oz- Protein/ 2 oz for Children	4 oz. Beef Patty	4 oz. Chicken Tenders w/ Gravy	7 oz. Imperial Rice (2 1/2 oz. Shredded Chicken. 1/2 oz Mozzarella Cheese, 1/2 c. Yellow Rice)	4 oz. Masitas de Puerco	4 oz. Breaded chicken w/ Marsala Sauce	4 oz. Turkey Fricassee w/ potato, olives, & pepper	4 oz. Bacalao a la Vizcaina
	1/2c-Shred L & T Garni	1/2 c. Mashed Potatoes	1/2 c. Oven Fried plantains	1/2 c. Fufu de Platano	1/2 c. Mashed potatoes	1/2 c. Green Beans	1/2 c. Mixed vegetables
1/2c Vegetable	1/2c Sweet Potato Fries	1/2 c Kernel Corn	1/2 c. Broccoli	1/2 c. Congri	1/2 c. Italian Vegetables	1/2 c. White Rice	1/2 c. Boiled Boniato
1/2c Vegetable or Fruit	1ea Fresh Apple	1/2 c. Fruit mix (Canned in Juice)	1ea Fresh Apple	1/2 c. Pineapple in juice	1/2 c. Tropical Fruit Cup	1 ea. Banana	1/2 c. applesauce
2 svg.- Grain/Bread	1-6" WW Bun	1 sl. Multigrain Bread	0.9 oz Whole Wheat Bread	0.9 oz Whole Wheat Dinner Roll	0.9 oz Whole Wheat Bread	0.9 oz Whole Wheat Dinner Roll	1/2 c. White Rice
	1ea Ketchup Must & Mayo						0.9 oz Whole Wheat Dinner Roll
	Relish, Kraut, Jalapeno	1t. Margarine	1t. Margarine	1t. Margarine	1t. Margarine	1t. Margarine	1t. Margarine

New Life Family Center

CYCLE 2	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<i>Continental</i>	<i>Bagel</i>	<i>Yogurt and Granola</i>	<i>Continental</i>	<i>Bagel</i>	<i>Yogurt and Granola</i>	<i>Tortilla and eggs</i>
8oz- Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
4oz- Fruit Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
4oz Fruit	1ea. Fresh Orange	1 ea. Fresh Apple	1 ea. Fresh Banana	1 ea. Fresh Orange	1 ea. Fresh Orange	1 ea. Fresh Banana	1 ea. Fresh Apple
2 Servings of Grains- 1 slice- Bread or	3/4 c. Cheerios	2 oz Whole Wheat Bagel	1/2 c. Granola	3/4 c. Raisin Bran	2 oz Whole Wheat Bagel	1/2 c. Granola	2 oz. WW Tortilla Warp
3/4c- Cereal	0.9 oz Whole Wheat Bread	See Above	0.9 oz Whole Wheat Bread	0.9 oz Whole Wheat Bread	See Above	0.9 oz Whole Wheat Bread	1 sl- Cheddar Cheese in Wrap
1oz- Protein *optional		1 oz. Hard Boiled Egg	6 oz. Yogurt		1 oz. Hard Boiled Egg	6 oz. Yogurt	1 scrambled eggs in Wrap
	1 tsp. Margarine, 1 tsp. Jelly	1 tsp. Cream Cheese, 1 tsp. Jelly	1 tsp. Margarine, 1 tsp. Jelly	1 tsp. Margarine, 1 tsp. Jelly	1 tsp. Cream Cheese, 1 tsp. Jelly	1 tsp. Margarine, 1 tsp. Jelly	1oz- Tomato Salsa on the side
LUNCH	<i>Chicken Salad Wrap</i>	<i>Ham & Cheese Sandwich</i>	<i>Turkey and Cheese</i>	<i>Tuna Salad Sandwich</i>	<i>Corned Beef & Mustard</i>	<i>Medianoche</i>	<i>Ham and Cheese Wrap</i>
8oz- Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
4oz- Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
4oz- Protein/ 2 oz for Children	4 oz. Chicken Salad	3oz Ham & 1 oz. Provolone Cheese	3oz Turkey & 1 oz. Swiss Cheese	4 oz. Tuna Salad	4 zo. Corned Beef	3 oz. Pork, Ham, & 1 oz. Swiss Cheese	3oz Ham & 1 oz. Provolone Cheese
Optional	1/4c-Shred L & T Garni	1/2c Shred L&T Garni	1/2c Shred L&T Garni	1/4c-Shred L & T Garni	1/4c-Shred L & T Garni	1/4c-Shred L & T Garni	1/4c-Shred L & T Garni
1/2c Vegetable	1/2 c. Baby Carrots	4oz 3 Bean Salad	1/2 c. Orange and Red Peppers	1/2 c. Baby Carrots	1/2 c. Cucumbers	4oz 3 Bean Salad	1/2 c. Baby Carrots
1/2c Vegetable or Fruit	1 ea. Fresh Apple	1 ea. Fresh Orange	1/2 c. Tropical Fruit Cup	1 ea. Fresh Apple	1 ea. Fresh Banana	1/2 c. Peaches in Juice	1 ea. Fresh Apple
2 svg.- Grain/Bread	2 oz. WW Tortilla Warp	0.9 oz Whole Wheat Bread	1 ea. (1.8 oz) Whole Wheat Cuban Bread	0.9 oz Multi Grain Bread	0.9 oz Rye Bread	0.9 oz Whole Wheat Bread	2 oz. WW Tortilla Warp
		0.9 oz Whole Wheat Bread		0.9 oz Multi Grain Bread	0.9 oz Rye Bread	0.9 oz Whole Wheat Bread	
	1ea Ketchup, Mustard Mayo	1 ea. Mustard & Mayo Pkt.	1 ea. Mustard & Mayo Pkt.	1ea Ketchup, Mustard Mayo	1ea Ketchup, Mustard Mayo	1ea Ketchup, Mustard Mayo	1ea Ketchup, Mustard Mayo
DINNER	<i>Ball Park</i>	<i>Meat Casserole</i>	<i>Pork Fricassee</i>	<i>Stuffed Peppers</i>	<i>Arroz Con Pollo</i>	<i>Tilapia with pepper and lemon Sauce</i>	<i>Breaded Chicken with Broccoli and cheese</i>
8oz- Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
4oz- Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
1c Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
1/8oz Salad Dressing	Italian Dressing	Caesar Dressing	Ranch Dressing	French Dressing	Thousand Island	Italian Dressing	Ranch dressing
4oz- Protein/ 2 oz for Children	2 Hot Dogs in 1 Bun	4 oz Ground Beef cooked w/	4 oz. Pork Fricassee	1 ea. Stuffed Pepper (3oz Ground Beef & tomato sauce)	8 oz. Arroz con Pollo a la Chorrera (w/ 3oz Chicken & 1/2 c. Rice)	4oz. Tilapia Fish with Pepper & Lemon Sauce	1 ea. 4 oz Breaded Chicken stuffed w/ broccoli and Cheese
	1/2c-Shred L & T Garni	Onion, Olive, Raisins (in casserole)	1/2 c. Fried Plantains	1/2 c. Mixed Vegetables	1/2 c. Oven Fried Plantains	1/2 c. Caribbean Veg	1/2 c. Mixed Vegetables inside rice
1/2c Vegetable	1/2c Sweet Potato Fries	1/2c Baked Corn Gratin	1/2 c. Mixed Veg Salad		1/2 c. String Beans	1/2 c. Oven Fried Plantains	1/2 c. Boniato
1/2c Vegetable or Fruit	1ea Fresh Apple	1-Fresh Banana	1/2 c. Peaches in juice	1/2 c. Tropical Fruit in Juice	1ea Fresh Apple	1ea Fresh Orange	1 ea. Fresh Citrus Fruit in Season
2 svg.- Grain/Bread	1-6" WW Bun		1 c. Tamal en Casuela	1/2 c. White Rice	1/2 c. White Rice in Arroz zón Pollo	1/2 c. White Rice	1 c. Yellow Rice (with 1/2 c. Mixed Vegetables inside)
	1ea Ketchup Must & Mayo	0.9 oz Whole Wheat Dinner Roll	0.9 oz Whole Wheat Bread	1 ea. Whole Wheat Roll	0.9 oz Whole Wheat Bread	0.9 oz Whole Wheat Dinner Roll	1 ea. Cornbread Muffin
	Relish, Kraut, Jalapeno	1t. Margarine	1t. Margarine	1t. Margarine	1t. Margarine	1t. Margarine	1t. Margarine

New Life Family Center

CYCLE 3	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<i>Continental</i>	<i>Bagel</i>	<i>Yogurt and Granola</i>	<i>Continental</i>	<i>Bagel</i>	<i>Yogurt and Granola</i>	<i>Tortilla and eggs</i>
8oz- Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
4oz- Fruit Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
4oz Fruit	1ea. Fresh Orange	1 ea. Fresh Apple	1 ea. Fresh Banana	1 ea. Fresh Orange	1 ea. Fresh Orange	1 ea. Fresh Banana	1 ea. Fresh Apple
2 Servings of Grains- 1 slice- Bread or	3/4 c. Cheerios	2 oz Whole Wheat Bagel	1/2 c. Granola	3/4 c. Raisin Bran	2 oz Whole Wheat Bagel	1/2 c. Granola	2 oz. WW Tortilla Warp
3/4c- Cereal	0.9 oz Whole Wheat Bread	See Above	0.9 oz Whole Wheat Bread	0.9 oz Whole Wheat Bread	See Above	0.9 oz Whole Wheat Bread	1 sl- Cheddar Cheese in Wrap
1oz- Protein *optional		1 oz. Hard Boiled Egg	6 oz. Yogurt		1 oz. Hard Boiled Egg	6 oz. Yogurt	1 scrambled eggs in Wrap
	1 tsp. Margarine, 1 tsp. Jelly	1 tsp. Cream Cheese, 1 tsp. Jelly	1 tsp. Margarine, 1 tsp. Jelly	1 tsp. Margarine, 1 tsp. Jelly	1 tsp. Cream Cheese, 1 tsp. Jelly	1 tsp. Margarine, 1 tsp. Jelly	1oz- Tomato Salsa on the side
LUNCH	<i>Tuna Salad Wrap</i>	<i>Ham & Cheese Sub</i>	<i>Turkey and Cheese</i>	<i>Chicken Salad Sandwich</i>	<i>Corned Beef & Mustard</i>	<i>3 Cheese sandwich</i>	<i>Ham and Cheese Wrap</i>
8oz- Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
4oz- Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
4oz- Protein/ 2 oz for Children Optional	4 oz. Tuna Salad	3oz Ham & 1 oz. Provolone Cheese	3oz Turkey & 1 oz. Swiss Cheese	4 oz. Chicken Salad	4 zo. Corned Beef	3 Cheese Sandwich, 1oz ea. Provolone, Swiss,	3oz Ham & 1 oz. Provolone Cheese
1/4c- Shred L & T Garni	1/4c-Shred L & T Garni	1/2c Shred L&T Garni	1/2c Shred L&T Garni	1/4c-Shred L & T Garni	1/4c-Shred L & T Garni	1/4c-Shred L & T Garni	1/4c-Shred L & T Garni
1/2c Vegetable	1/2 c. Baby Carrots	4oz 3 Bean Salad	1/2 c. Orange and Red Peppers	1/2 c. Baby Carrots	1/2 c. Cucumbers	4oz 3 Bean Salad	1/2 c. Baby Carrots
1/2c Vegetable or Fruit	1 ea. Fresh Apple	1 ea. Fresh Orange	1/2 c. Tropical Fruit Cup	1 ea. Fresh Apple	1 ea. Fresh Banana	1/2 c. Peaches in Juice	1 ea. Fresh Apple
2 svg.- Grain/Bread	2 oz. WW Tortilla Warp	1- Whole Wheat Sub Roll	1 ea. (1.8 oz) Whole Wheat Cuban Bread	0.9 oz Multi Grain Bread	0.9 oz Rye Bread	0.9 oz Whole Wheat Bread	2 oz. WW Tortilla Warp
				0.9 oz Multi Grain Bread	0.9 oz Rye Bread	0.9 oz Whole Wheat Bread	
	1ea Ketchup, Mustard Mayo	1 ea. Mustard & Mayo Pkt.	1 ea. Mustard & Mayo Pkt.	1ea Ketchup, Mustard Mayo	1ea Ketchup, Mustard Mayo	1ea Ketchup, Mustard Mayo	1ea Ketchup, Mustard Mayo
DINNER	<i>Pizza</i>	<i>Tortilla Espanola</i>	<i>Chicken Fricassee</i>	<i>Sheperd's Pie</i>	<i>Shredded Pork</i>	<i>Paella</i>	<i>Lasagna</i>
8oz- Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
4oz- Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
1c Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
1/8oz Salad Dressing	Italian Dressing	Caesar Dressing	Ranch Dressing	French Dressing	Thousand Island	Italian Dressing	Ranch dressing
4oz- Protein/ 2 oz for Children	2 slices Pizza	7oz. Tortilla Española	4 oz. Chicken Fricassee (with Potatoes, Olives, Peppers & Onions)	8 oz. Shepherd's Pie	4 oz. Shredded Roast Pork in 1oz. Garlic Sauce	8 oz. Fish, Chicken, Chorizo & Ham Paella	12 oz. Meat and Vegetables Lasagna 4 oz. Meat in Lasagna
	Cheese, Veggie, or Meat	(3oz egg, 1/2 c. Potato & Onion)	1 oz. Potatoes, Olives, Peppers & Onions in fricassee	(3oz Ground beef, 1oz Cheddar Cheese & 1/2 c. Mashed Potatoes)		1/2 c. Oven Fried Plantains	1/2 c. Mixed vegetables in Lasagna
1/2c Vegetable	4 oz- 3 Bean Salad	1/2 c. Oven fried Plantains	1/2 c. Mixed Vegetables	1/2 c. String beans	1/2 c. Yuca w/ Mojo	1/2 c. Mixed Vegetables	1/2 c. Italian Green Beans with Vinaigrette
1/2c Vegetable or Fruit	4 oz Applesauce	1/2 c. Peaches in juice	1/2 c. Mandarin in Juice	1 ea. Fresh Seasonal Fruit	1/2 c. Tropical Fruit in Juice	1 ea. Orange	1 ea. Fresh Pear
2 svg.- Grain/Bread		1/2 c. White Rice	1/2 c. Yellow Rice		1 c. Moros	1/2 c. Rice in Paella	1/2 c. Pasta in Lasagna
		4 ea. WW Cuban Crackers	0.9 oz Whole Wheat Dinner Roll	0.9 oz Whole Wheat Dinner Roll	0.9 oz Whole Wheat Bread	0.9 oz Whole Wheat Bread	0.9 oz. WW Garlic Roll
		1 t. Margarine	1 t. Margarine	1 t. Margarine	1 t. Margarine	1 t. Margarine	1 t. Margarine

New Life Family Center

CYCLE 4	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<i>Continental</i>	<i>Bagel</i>	<i>Yogurt and Granola</i>	<i>Continental</i>	<i>Bagel</i>	<i>Yogurt and Granola</i>	<i>Tortilla and eggs</i>
8oz- Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
4oz- Fruit Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
4oz Fruit	1ea. Fresh Orange	1 ea. Fresh Apple	1 ea. Fresh Banana	1 ea. Fresh Orange	1 ea. Fresh Orange	1 ea. Fresh Banana	1 ea. Fresh Apple
2 Servings of Grains- 1 slice- Bread or	3/4 c. Cheerios	2 oz Whole Wheat Bagel	1/2 c. Granola	3/4 c. Raisin Bran	2 oz Whole Wheat Bagel	1/2 c. Granola	2 oz. WW Tortilla Warp
3/4c- Cereal	0.9 oz Whole Wheat Bread	See Above	0.9 oz Whole Wheat Bread	0.9 oz Whole Wheat Bread	See Above	0.9 oz Whole Wheat Bread	1 sl- Cheddar Cheese in Wrap
1oz- Protein *optional		1 oz. Hard Boiled Egg	6 oz. Yogurt		1 oz. Hard Boiled Egg	6 oz. Yogurt	1 scrambled eggs in Wrap
	1 tsp. Margarine, 1 tsp. Jelly	1 tsp. Cream Cheese, 1 tsp. Jelly	1 tsp. Margarine, 1 tsp. Jelly	1 tsp. Margarine, 1 tsp. Jelly	1 tsp. Cream Cheese, 1 tsp. Jelly	1 tsp. Margarine, 1 tsp. Jelly	1oz- Tomato Salsa on the side
LUNCH	<i>Chicken Salad Wrap</i>	<i>Ham & Cheese Sandwich</i>	<i>Turkey and Cheese</i>	<i>Tuna Salad Sandwich</i>	<i>Corned Beef & Mustard</i>	<i>Medianoche</i>	<i>Ham and Cheese Wrap</i>
8oz- Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
4oz- Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
4oz- Protein/ 2 oz for Children	4 oz. Chicken Salad	3oz Ham & 1 oz. Provolone Cheese	3oz Turkey & 1 oz. Swiss Cheese	4 oz. Tuna Salad	4 zo. Corned Beef	3 oz. Pork, Ham, & 1 oz. Swiss Cheese	3oz Ham & 1 oz. Provolone Cheese
Optional	1/4c-Shred L & T Garni	1/2c Shred L&T Garni	1/2c Shred L&T Garni	1/4c-Shred L & T Garni	1/4c-Shred L & T Garni	1/4c-Shred L & T Garni	1/4c-Shred L & T Garni
1/2c Vegetable	1/2 c. Baby Carrots	4oz 3 Bean Salad	1/2 c. Orange and Red Peppers	1/2 c. Baby Carrots	1/2 c. Cucumbers	4oz 3 Bean Salad	1/2 c. Baby Carrots
1/2c Vegetable or Fruit	1 ea. Fresh Apple	1 ea. Fresh Orange	1/2 c. Tropical Fruit Cup	1 ea. Fresh Apple	1 ea. Fresh Banana	1/2 c. Peaches in Juice	1 ea. Fresh Apple
2 svg.- Grain/Bread	2 oz. WW Tortilla Warp	0.9 oz Whole Wheat Bread	1 ea. (1.8 oz) Whole Wheat Cuban Bread	0.9 oz Multi Grain Bread	0.9 oz Rye Bread	0.9 oz Whole Wheat Bread	2 oz. WW Tortilla Warp
		0.9 oz Whole Wheat Bread		0.9 oz Multi Grain Bread	0.9 oz Rye Bread	0.9 oz Whole Wheat Bread	
	1ea Ketchup, Mustard Mayo	1 ea. Mustard & Mayo Pkt.	1 ea. Mustard & Mayo Pkt.	1ea Ketchup, Mustard Mayo	1ea Ketchup, Mustard Mayo	1ea Ketchup, Mustard Mayo	1ea Ketchup, Mustard Mayo
DINNER	<i>Arroz Imperial</i>	<i>Celebration Day</i>	<i>BBQ Pork</i>	<i>Breaded Chicken</i>	<i>Fried Fish Sticks</i>	<i>Meatloaf</i>	<i>Salmon Patties</i>
8oz- Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
4oz- Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
1c Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
1/8oz Salad Dressing	Ranch Dressing	Caesar Dressing	Ranch Dressing	French Dressing	Thousand Island	Italian Dressing	Italian Dressing
4oz- Protein/ 2 oz for Children	7 oz. Imperial Rice (2 1/2 oz. Shredded Chicken. 1/2 oz Mozzarella Cheese, 1/2 c. Yellow Rice)	2 slices Pizza	4oz Pork w/ BBQ Sauce	1 ea. 4 oz Breaded Chicken stuffed	4pc Fish Stick	4oz Meat Loaf with gravy	4 oz. Salmon Patties
1/2c Vegetable	1/2 c. Oven Fried plantains	Cheese, Veggie, or Meat	4oz Collard Greens	w/ Broccoli and Cheese	1/2 C. Steamed broccoli	1/2 c. Mashed potatoes	1/2 c. Caribbean Veg
1/2c Vegetable or Fruit	1/2 c. Broccoli		4oz Corn in Rice	4oz Sweet Potato Mash	1 pk. Baked Pot. Chips	1/2 c. Green beans	1/2 c. Oven Fried Plantains
	1ea Fresh Apple	1ea Fresh Apple	1-Fresh Banana	1/2 c. Peaches in juice	1/2 c. Tropical Fruit in Juice	1ea Fresh Apple	1ea Fresh Orange
2 svg.- Grain/Bread	0.9 oz Whole Wheat Bread		1 cup Rice (with Corn)	1/2 c- Brown Rice	1 c. Rice		1/2 c. White Rice
	1/2 C. Yellow rice (in Imperial Rice)		0.9 oz Whole Wheat Dinner Roll	0.9 oz Whole Wheat Dinner Roll	0.9 oz Whole Wheat Bread	0.9 oz Whole Wheat Dinner Roll	1-6" WW Bun
	1t. Margarine		1t. Margarine	1t. Margarine	1t. Margarine	1t. Margarine	1t. Margarine

Menus Developed by Focus Nutrition Consultants, Inc.

Dietitian Signature: Michelle Lora MS, RD, DM, CDE

Date: April 28, 2019