



**RurAL CAP**  
Rural Alaska Community Action Program, Inc.

731 E. 8<sup>th</sup> Avenue  
Anchorage, AK 99501  
907.279.2511  
[www.ruralcap.org](http://www.ruralcap.org)

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RurAL CAP  
Child Development Center  
Meals Program RFQ Amendment 1  
12/19/2022

This Amendment to the CDC Meals Program RFQ will change the received date from, Sunday, January 15<sup>th</sup> to Friday, January 20<sup>th</sup>, 2023 at 4:00 p.m. No other changes to the RFQ has been changed.



# REQUEST FOR QUOTATION

Quotations will be received until 4 p.m. on January 15<sup>th</sup>, 2023.

## PURCHASING OFFICE

RurAL CAP  
 ATTN: Darrel Behymer, CPP  
 731 E 8<sup>th</sup> Ave.  
 Anchorage, AK 99508  
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Page 1 of 1 Date 12/15/2022

### VENDOR NOTICE (This is NOT a Purchase Order)

Please provide a copy of your certificate of insurance & business licenses when submitting your bid. If you have questions regarding to the meal plan please direct them to Jenny Murphey ([jmurphey@ruralcap.org](mailto:jmurphey@ruralcap.org)), CC Stefanie O'Brien ([sobrien@ruralcap.org](mailto:sobrien@ruralcap.org)) and Darrel Behymer, CPP ([dbehymmer@ruralcap.org](mailto:dbehymmer@ruralcap.org)).

### VENDOR QUOTATION

Item	Description of Supply or Service	Qty	Unit	Unit Price	Extended Price
	<p>RurAL CAP, Child Development Center (CDC), located at 545 E 5<sup>th</sup> Ave, Anchorage, AK 99501, is seeking 2 meals a day (breakfast &amp; lunch), 5 days a week. There will be 77 breakfast and Lunch, for a total of 154 meals per day, and 770 meals per week. The meals will be prepared buffet style, breakfast and lunch will be delivered by 8 AM Monday – Friday, exception during holidays. Menu plan is attached to follow meal plans. (If you have your own, documents to submit quotes on please use those, and attached this document with it).</p> <p>1. Breakfast</p> <p>2. Lunch</p> <p>Special Needs Meals (individual meals)</p> <p>1. Pescatarian Diet</p> <p>2. Pescatarian Diet</p> <p>3. No whole eggs, or egg whites in meals</p> <p>4. No dairy, no peas, no casin, no tree nuts, no eggs, okay to have baked dairy.</p>	<p>365 Meals</p> <p>365 Meals</p>	<p>P/Week</p> <p>P/Week</p>		
		5 meals	P/Week		
		5 meals	P/Week		
		5 meals	P/Week		
		5 Meals	P/Week		

### THIS SECTION MUST BE COMPLETED BY VENDOR

#### RurAL CAP Payment Terms: Net 30

Company Name	Address	City	State	ZIP Code	Phone Number
Signature		Date	Typed Name and Title		

## Cycle Menu A (Road System): Working Menu Guide

### Friday before:

- Step 1 Print up the correct menu week (check cook's calendar to verify week)
- Step 2 Print or save Production Week Packet that matches menu week
- Step 3 Review menu and make any adjustments if needed (check with food service lead if you need verification)

### Daily Tasks

Write in the dates the meals were served (at the top of each column)

Follow menu closely, using serving sizes noted

**For any changes:** Cross out what was not served, and handwrite any items that were changed

**Add very specific details:** Write in details such as- type of meat, type of crackers, type of fruit, etc.

### End of week:

Review working menu and verify that all details have been written in

General: Name of Center, week served

Dates: Enter a date at the top of every day column

Food Details: Fill in any food details such as type of fruits, meats brands of grains, etc.

Cross out any meals that were not served

Verify that this working menu and your production records match

***Submit documents no later than end of work day on Friday:***

- 1) Working Menu
- 2) Production Record Packet
- 3) Meal Count Sheet
- 4) Parent Board Menu

**Name of Center:** \_\_\_\_\_ **Anchorage Winter Cycle Menu - Week 1** **Month:** \_\_\_\_\_ **Year:** \_\_\_\_\_

\*Meat/alternate may be substituted for grain at breakfast up to 3X per week

**Milk Type ages 2+ (1% or Fat Free):**

**\*IF ANY RECIPE CALLS FOR CHICKEN or BEEF BROTH USE VEGETABLE BROTH BECAUSE OF VEGETARIAN CHILDREN**

Required Amount Ages 3-5	Meals	Monday	Planned Serving Size	Tuesday	Planned Serving Size	Wednesday	Planned Serving Size	Thursday	Planned Serving Size	Friday	Planned Serving Size
	<b>Write Dates:</b>										
	<b>(B)Breakfast</b>	<b>Bagel &amp; Strawberries</b>	1 slice portion	<b>Cinnamon apple oatmeal</b>	3/4 cup portion	<b>Oat Muffins</b>	1/2 muffin portion	<b>Breakfast Pizza</b>	1/2 muffin portion	<b>Boiled Eggs &amp; Fruit</b>	1/2 egg portion
6 fluid oz.	Fluid Milk	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz
1/2 cup	Vegetables, fruit or both #	Diced strawberries	1/2 cup	Applesauce or diced apples	1/2 cup	Fresh Fruit: _____	1/2 cup	Diced strawberries & blueberries	1/2 cup	Fruit: _____	1/2 cup
1/2 serving	Grain and/OR**	WW Bagel	1/4 bagel = 0.5 oz eq	Oatmeal	1/4 cup cooked = 0.5 oz eq	Oat Muffin (recipe)	1/2 muffin = 0.5 oz eq	WW English Muffin	1/2 muffin = 1 oz	x	x
1/2 oz	Meat/Meat Alternative	Cream Cheese	2 TB or 1/2 oz					Sunflower butter	1 TB = 0.5 oz	Boiled Egg	1/2 egg = 1 ounce
	<b>(L) Lunch</b>	<b>Pasta W/WO meatballs</b>	1/3 cup portion pasta	<b>Tuna Sandwich</b>	1/2 sandwich portion	<b>* Black Bean W/WO Reindeer Soup</b>	3/4 cup portion	<b>Shredded Salmon &amp; Veggies</b>		<b>Chicken or Bean/Cheese Chimichanga</b>	1/2 Chimichanga
6 fluid oz.	Fluid Milk	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz
1 1/2 oz	Meat/Meat Alt	Meatballs sub with Chickpea Pasta	3 pieces = 1.5 oz 1/2 cup cooked = 1.5 oz M/A	Tuna	1.5 ounces	Reindeer sausage & Black beans (recipe)	2 oz	Baked Salmon, shredded	1/3 cup ~ 1.5 oz	Shredded Chicken or sub Beans (Recipe)	1 1/2 oz of chicken or 2 oz beans
1/4 cup	Vegetable	Green Beans	1/4 cup	Boiled Carrots	1/4 cup	Soup vegetables (potato, onion, tomatoes)	1/4 cup - see recipe	Roasted Broccoli	1/4 cup	Corn	1/4 cup
1/4 cup	Fruit#	Fruit: _____	1/4 cup	Frozen diced strawberries	1/4 cup	Fruit: _____	4 oz = 1/2 cup	Blueberries	1/4 cup	Mixed fruit cup	4 oz = 1/2 cup
1/2 serving	Grain**	WG penne sub with WW Roll	1/4 cup cooked = 1/2 oz eq 1 roll = 1 oz eq	Whole wheat bread	1 slice = 1 oz eq	MJM Savory wheat crackers	1/2 bag = 1 oz	WG Brown Rice	1/4 cup cooked = 0.5 oz eq	WW Tortilla	1/2 Tortilla = 1 oz eq
<b>AM or PM Snack</b> <i>One serving from each of any two groups</i>											
		<b>Boiled Egg &amp; Veggies</b>		<b>Zucchini Muffin &amp; Peaches</b>		<b>Fruit and Yogurt</b>		<b>Ants on a Log</b> <small>(replace celery with toast when celery runs out)</small>	<b>Fruity Tortilla Roll Ups</b>		
1/2 oz	Meat/Meat Alt	Boiled Egg	1 egg = 2 oz			Low sugar yogurt	1/4 cup = 0.5 oz	Sunflower butter	1 1/2 oz	Cream Cheese	1 packet = 1 oz
1/2 cup	Vegetable	Peas & Carrot mix	1/2 cup					Celery sticks	1/2 cup	Chopped Strawberries	1/2 cup
1/2 cup	Fruit			Peach slices	1/2 cup	Fruit: _____	1/2 cup	Raisins/ dry fruit <i>(not a complete component)</i>	1/8 cup		
1/2 serving	Grain**			Whole Wheat Muffin	1/2 muffin = 0.5 oz eq					Whole wheat tortilla	1/2 tortilla = 1 oz

**Name of Center:** \_\_\_\_\_ **Anchorage Winter Cycle Menu - Week 2** **Month:** \_\_\_\_\_ **Year:** \_\_\_\_\_

\*Meat/alternate may be substituted for grain at breakfast up to 3X per week

**Milk Type ages 2+ (1% or Fat Free):**

**\*IF ANY RECIPE CALLS FOR CHICKEN or BEEF BROTH USE VEGETABLE BROTH BECAUSE OF VEGETARIAN CHILDREN**

Required Amount Ages 3-5	Meals	Monday	Planned Serving Size	Tuesday	Planned Serving Size	Wednesday	Planned Serving Size	Thursday	Planned Serving Size	Friday	Planned Serving Size
	Write Dates:										
	(B)Breakfast	Pancakes & Berries	1 pancake portion	Cold Cereal	1/2 cup or 1 box	Blueberry Oatmeal Squares	3x3x1 inch square portion	Scrambled Eggs		Apple Slices & Sausage Patty	
6 fluid oz.	Fluid Milk	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz
1/2 cup	Vegetables, fruit or both #	Frozen mixed berries	1/2 cup	Fruit: _____	1/2 cup	Blueberries & Applesauce (recipe)	1/2 cup	Fruit: _____	1/2 cup	Apples, sliced	1/2 cup
1/2 serving	Whole Grain	WW Pancakes	1 small pancake= 0.5 oz eq	WG original cheerios	1 box = .62 oz	Oatmeal (recipe)	1/4 cup dry= 1 oz eq	WW Bread	1/2 slice= 0.5 oz eq	x	x
1/2 oz	Meat/Meat Alternative	Sunflower butter	1 TB = 0.5 oz					Scrambled Eggs	1/2 egg= 1 oz	Turkey Sausage Patty Sub Sunbutter	1= 1 oz 1TB = 0.5 oz
	(L) Lunch	Egg Salad on Toast	1/2 slice portion	Bean Burritos	1/2 wrap portion	Chicken or Fish and Veggies	3/4 cup portion	*Red Beans and Rice	3/4 cup portion	Tuna Dip and Crackers	1/3 cup portion
6 fluid oz.	Fluid Milk	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz
1 1/2 oz	Meat/Meat Alt	Boiled Egg mixture	1.5 oz mixture	Beans & Shredded Cheddar Cheese	1/4 cup beans + 1 TB cheese= 1.5 oz	Baked Chicken (recipe) or Fish	1 1/2 oz	Kidney Beans (recipe)	1.5 oz	Tuna Dip	1/3 cup
1/4 cup	Vegetable	Frozen peas	1/4 cup	Shredded cabbage & diced canned tomatoes	1/4 cup	Roasted or mashed potatoes	1/4 cup	Green Bell Peppers & Garlic (recipe)	1/4 cup	Celery sticks	1/4 cup
1/4 cup	Fruit or 2nd vegetable	Fresh fruit: _____	1/4 cup	Pineapple	1/4 cup	Peas & Carrot Mix	1/4 cup	Mixed fruit cup	4 oz= 1/2 cup	Leftover fruit	1/4 cup
1/2 serving	Grain**	Whole wheat bread	1/2 slice = 1/2 oz eq	WG tortilla	1/2 tortilla= 1/2 oz eq	Whole wheat roll	1 mini roll = 0.5 oz eq	WG Brown Rice (recipe)	0.5 oz eq	Wheat Thins	6 crackers = 0.5 oz eq
<b>AM or PM Snack One serving from each of any two groups</b>											
		Applesauce & Crackers		Blueberry Oatmeal Squares		Cold cereal & Fruit		Boiled Eggs & Carrot Sticks		Cheese & Crackers	
1/2 oz	Meat/Meat Alt							Boiled Egg	1 egg= 2 oz	Sliced cheddar cheese	1 1/2 oz
1/2 cup	Vegetable							Carrot sticks	1/2 cup		
1/2 cup	Fruit#	Applesauce	1/2 cup	blueberries, applesauce (recipe)	1/2 cup	Diced strawberries	1/2 cup				
1/2 serving	Grain**	WG graham crackers	1 full cracker= 1/2 oz eq	Oatmeal bars (recipe)	1/4 cup dry= 1 oz eq	Cheerios box	1 box= .67 oz			MJM Savory wheat crackers	1/2 bag= 1 oz

**Name of Center:** \_\_\_\_\_ **Anchorage Winter Cycle Menu - Week 3** **Month:** \_\_\_\_\_ **Year:** \_\_\_\_\_

\*Meat/alternate may be substituted for grain at breakfast up to 3X per week

**Milk Type ages 2+ (1% or Fat Free):**

**\*IF ANY RECIPE CALLS FOR CHICKEN or BEEF BROTH USE VEGETABLE BROTH BECAUSE OF VEGETARIAN CHILDREN**

Required Amount Ages 3-5	Meals	Monday	Planned Serving Size	Tuesday	Planned Serving Size	Wednesday	Planned Serving Size	Thursday	Planned Serving Size	Friday	Planned Serving Size
	Write Dates:										
(B)Breakfast	<b>Breakfast Plate</b>			Blueberry Muffin		Apple Porridge		Scrambled Eggs		Fruit & Yogurt	
6 fluid oz.	Fluid Milk	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz
½ cup	Vegetables, fruit or both	Diced strawberries	1/2 cup	Kiwi slices or other fresh fruit	1/2 cup	Applesauce or pureed apples	1/2 cup	Fresh fruit: _____	1/2 cup	Fresh berries: _____	1/2 cup
½ serving	Whole Grain	Whole wheat bread	1/2 slice= 1/2 oz eq	Muffin	1 muffin= 1 oz eq	Oatmeal	1/4 cup cooked- 1/2 oz eq	English Muffin	1/4 muffin = 0.5 oz eq		
½ oz	Meat/Meat Alternative	Turkey Sausage patty - Sub Sunbutter	1= 1.5 oz 1TB = 0.5 oz					Scrambled Eggs	1/2 egg= 1 oz	Yogurt	1/3 cup
	<b>(L) Lunch</b>	<b>Canadian Bacon and/or Cheese Pizza</b>	1 Indiv. Pizza portion	<b>Salmon Bake</b>		<b>Tomato Soup &amp; Grilled Cheese</b>	1 Cup Portion	<b>Chicken or Bean/Cheese Chimichanga</b>	1/2 Chimichanga	<b>Asian Tuna Burger</b>	1 Burger portion
6 fluid oz.	Fluid Milk	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz
1 ½ oz	Meat/Meat Alt	Shredded Mozzarella & diced Canadian bacon	1 1/2 oz mix - Omit Meat for veggie Pizza	Fresh Salmon (Recipe)	2 oz	Sliced Cheese	1 1/2 oz	Shredded Chicken or sub Beans (Recipe)	1 1/2 oz of chicken or 2 oz beans	Canned Tuna (recipe)	2 oz
¼ cup	Vegetable	Mixed vegetables, Pizza Sauce (sauce not creditable)	1/4 cup mixed veggies	Pepper Onion Mix	1/4 cup	Tomatoes in soup (write full cup amount from recipe)	1/4 cup	Corn	1/4 cup	Tomato, Lettuce, Onion Bell Pepper (recipe)	1/2 cup
¼ cup	Fruit or 2nd Veg	Canned peaches	1/4 cup	Blueberries	1/4 cup	Tangerine Fruit cup	4 oz= 1/2 cup	Mixed fruit cup	4 oz = 1/2 cup	Diced strawberries	1/4 cup
½ serving	Whole Grain	WG Pizza Dough (recipe)	1 Piece = 2 oz eq	Brown Rice	1/4 cup cooked= 0.5 oz eq	Whole wheat bread	1/2 slice= 0.5 oz eq	WW Tortilla	1/2 Tortilla = 1 oz eq	WW Hamburger Bun	1 Bun = 2 oz
<b>AM or PM Snack</b> <i>One serving from each of any two groups</i>											
		<b>Veggies &amp; Egg</b>		<b>Crackers &amp; Applesauce</b>		<b>Cheese Stick and Fruit</b>		<b>Apples 'Cookies'</b>		<b>Cheesy Veggies</b>	
½ oz	Meat/Meat Alt	Boiled Egg	1 egg= 2 oz			Cheese Sticks	1 stick= 1 oz	Sunbutter	3 TB= 1 1/2 oz	Shredded Cheese	1 1/2 oz
½ cup	Vegetable	Carrot Sticks	1/2/ cup							Fz mixed vegetables	1/2 cup
½ cup	Fruit or 2nd Veg			Applesauce	1/2 cup	Mixed Berries	1/2 cup	Thin apple slices, blueberries	1/2 cup		
½ serving	Whole Grain			WW Wheat Thins	6 crackers= 0.5 oz eq						

Name of Center: \_\_\_\_\_

**Anchorage Winter Cycle Menu - Week 4**

Month: \_\_\_\_\_

Year: \_\_\_\_\_

\*Meat/alternate may be substituted for grain at breakfast up to 3X per week

Milk Type ages 2+ (1% or Fat Free):

**\*IF ANY RECIPE CALLS FOR CHICKEN or BEEF BROTH USE VEGETABLE BROTH BECAUSE OF VEGETARIAN CHILDREN**

Required Amount Ages 3-5	Meals	Monday	Planned Serving Size	Tuesday	Planned Serving Size	Wednesday	Planned Serving Size	Thursday	Planned Serving Size	Friday	Planned Serving Size
	Write Dates:										
	<b>(B) Breakfast</b>	<b>Waffles &amp; Sunbutter</b>	1/2 waffle portion	<b>Cold Cereal &amp; Fruit</b>		<b>Blueberry Oatmeal Squares</b>		<b>Potato &amp; Egg Scramble</b>		<b>Pumpkin Muffins</b>	
6 fluid oz.	Fluid Milk	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz
1/2 cup	Vegetables, fruit or both	Frozen mixed berries	1/2 cup	Diced strawberries	1/2 cup	Applesauce, blueberries (recipe)	1/2 cup	Roasted potatoes	1/2 cup	Frozen mixed berries	1/2 cup
1/2 serving	Whole Grain	WG waffle	1/2 waffle or 17 g = 1/2 oz eq	Cheerios box	1 box= .67 oz	Oatmeal	1/4 cup dry= 1 oz eq	Whole wheat toast	1/2 slice= 1/2 oz eq	Muffin	1 muffin= 1 oz eq
1/2 oz	Meat/Meat Alternative	Sunflower butter	1 TB= 1 oz					Scrambled Eggs	1/2 egg= 1 oz		
	<b>(L) Lunch</b>	<b>Great Garden Soup</b>	2/3 cup portion	<b>*White Chicken and/or Bean Chili</b>	3/4 Cup Portion	<b>Fiesta Bowl</b>		<b>Baked Salmon &amp; Veggies</b>		<b>Macaroni W/O red meat sauce</b>	
6 fluid oz.	Fluid Milk	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz	Nonfat milk	6 fluid oz
1 1/2 oz	Meat/Meat Alt	Kidney Beans (recipe)	1 1/2 oz	Shredded Chicken and White Beans (recipe)	1 1/2 ounces Omit Chicken in portion for veggie	Beans or diced chicken	1 1/2 oz	Fresh Salmon	1 1/2 oz	Ground Turkey sub with Chickpea Pasta for Veggie	1.5 oz 1/2 cup cooked = 1.5 oz M/A
1/4 cup	Vegetable	Soup Vegetables (recipe)	1/4 cup	Corn & Onion mix (recipe)	1/4 cup	Frozen corn or mixed vegetables	1/4 cup	Stir Fry Veggie Mix	1/4 cup	Canned green beans or leftover veggies	1/4 cup
1/4 cup	Fruit or 2nd Veg	Mixed fruit cup	4 oz= 1/2 cup	Diced strawberries	1/4 cup	Tangerine	1= 1/4 cup	Mixed berries	1/4 cup	Canned pears	1/4 cup
1/2 serving	Whole Grain	Wheat Thins	6 crackers= 0.5 oz eq	WW Roll	1 roll = 1 oz eq	Brown Rice	1/4 cup cooked= 0.5 oz eq	Brown Rice	1/4 cup cooked- 0.5 oz eq	WG Elbow Pasta sub with WW Roll for veggie	1/4 cup cooked = 1/2 oz eq 1 roll = 1 oz eq
<b>AM or PM Snack</b> <i>One serving from each of any two groups</i>											
		<b>Bean Wrap</b>		<b>Cheese &amp; Cracker Art</b>		<b>Apple-nut Toast</b>		<b>Zucchini Muffins &amp; Applesauce</b>		<b>Boiled Egg &amp; Carrots</b>	
1/2 oz	Meat/Meat Alt	Refried or pureed beans with cheese	1/4 cup	Small diced cheese	0.5 oz	Sunbutter	1 TB= 1/2 oz			Boiled Egg	1 egg= 2 oz
1/2 cup	Vegetable									Carrot Sticks	1/2 cup
1/2 cup	Fruit					Thinly sliced apples	1/2 cup	Applesauce	1/2 cup		
1/2 serving	Whole Grain	WG tortilla	1/2 tortilla= 0.5 oz eq	Wheat Thins	6 crackers= 0.5 oz eq	Whole wheat toast	1/2 slice= 0.5 oz eq	Muffin	1 mini muffin= 0.5 oz eq		