

CHILD AND ADULT CARE FOOD PROGRAM MENU FORM - Keep on file for 3 years

WEEK # 1

CALENDAR DATES: 5/5/09, 6/2/09, 6/30/09, 7/28/09, 8/25/09

Approved By:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Bread or Bread Equivalent	Cold Cereal	Pancakes	Cold Cereal	Cream of Wheat	Cold Cereal
Fruit, Vegetable, or 100% Juice	Blueberries	Applesauce	Strawberries	Mandarin Oranges	Bananas
+ Additional Food (Optional)		Syrup			
SAS ADD-IN	Bagels		Yogurt w/Granola		English Muffin
LUNCH					
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alternate	HM Macaroni & Cheese	BBQ Chicken	Ham & Cheese Sandwich	Beef Hot Dogs	HM Mozza. Cheese Pizza
Vegetable	Zucchini & Squash	Cooked Broccoli	Cooked Carrots (CDC)	Baked Beans	Corn
Fruit	Diced Pears	Cantaloupe	Apples	Watermelon	Fresh Fruit Salad
Bread or Bread Equivalent	Dinner Roll	White Rice	Potato Bread	Hot Dog Bun/Dinner Roll	English Muffin
+ Additional Food (Optional)				(Inf/Tod) Pork Tenderloin	
SAS ADD-IN			LT/Oranges/Chips		
PM SNACK (Choose 2 of 4)					
Fluid Milk	Milk		Milk		
Meat or Meat Alternate				Yogurt	
Fruit, Vegetable, or 100% Juice	Baked Potato	Bananas		Cherries	100% Apple Juice
Bread or Bread Equivalent		Graham Crackers	Vanilla Wafers		Goldfish Crackers
+ Additional Food (Optional)	Water	Water	Water	Water	Water
SAS ADD-IN	Cheese/Salsa/Sour Cream	Pudding	Pineapple Cream Cheese	Granola Bars	Fish in a River
	<i>Included Vitamin C /A ☑</i>	<i>Included Vitamin C ☑</i>	<i>Included Vitamin C /A ☑</i>	<i>Included Vitamin C ☑</i>	<i>Included Vitamin C /A ☑</i>

Menus are subject to change at the discretion of the kitchen to accommodate for center celebrations, individual birthdays, or prime vendor specials or sales.

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WEEK # 2

DATES: 5/12/09, 6/09/09, 7/07/09, 8/4/09 9/1/09

Approved By:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Bread or Bread Equivalent	Cold Cereal	French Toast	Cold Cereal	Oatmeal	Cold Cereal
Fruit, Vegetable, or 100% Juice	Honeydew	Diced Peaches	Orange Juice	Apricots	Bananas
+ Additional Food (Optional)		Syrup			
SAS ADD-IN	Bagels		Yogurt w/Granola		English Muffin
LUNCH					
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alternate	Ground Turkey Sauce	Chicken Soft Taco	Bologna & Cheese Sand.	Beef Sloppy Joes	Baked LemonPepper Fish
Vegetable	Eggplant	Tomato/Cucumber Salad	Mixed Greens Salad(CDC)	Green Bean Salad	Peas
Fruit	Nectarines	Pineapple	Apples	Orange Wedges	Fresh Fruit Salad
Bread or Bread Equivalent	Baked Ziti	Flour Tortilla	Wheat Bread	Hamburger Bun	Hush Puppies
+ Additional Food (Optional)	Bread Sticks	Shredded Cheese			
SAS ADD-IN			LT/Oranges/Chips		
PM SNACK (Choose 2 of 4)					
Fluid Milk		Milk			
Meat or Meat Alternate			Hard Boiled Eggs	Yogurt	
Fruit, Vegetable, or 100% Juice	100% Grape Juice	Cinnamon Apples		Fresh Fruit Topping	Purple Cow Shake
Bread or Bread Equivalent	Pierogies		Ritz Crackers		Animal Crackers
+ Additional Food (Optional)	Water	Water	Water	Water	Water
SAS ADD-IN	Cookies	Celery w/peanut butter	Jello	Graham Crackers	Trail Mix
	<i>Included Vitamin C/A ☑</i>	<i>Included Vitamin C ☑</i>	<i>Included Vitamin C/A ☑</i>	<i>Included Vitamin C ☑</i>	<i>Included Vitamin C/A ☑</i>

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WEEK # 3

CALENDAR DATES: 5/19/09, 6/16/09, 7/14/09, 8/11/09, 9/08/09

Approved By:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Bread or Bread Equivalent	Cold Cereal	Waffles	Cold Cereal	Cream of Wheat	Cold Cereal
Fruit, Vegetable, or 100% Juice	Halved Grapes	Fresh Peaches	Mandarin Oranges	Fruit Cocktail	Bananas
+ Additional Food (Optional)		Syrup			
SAS ADD-IN	Bagels		Yogurt w/Granola		English Muffin
LUNCH					
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alternate	Beef-a-Roni Sauce	Caesar Chicken	Turkey/Cheese Sand.	Sausage Patty	Mozz. Cheese Pizza
Vegetable	Cooked Broccoli	Romaine Lettuce	Cole Slaw (CDC)	Cucumber Salad	Baked Sweet Pot. FF
Fruit	Mandarin Oranges	Cantaloupe	Apples	Watermelon	Fresh Fruit Salad
Bread or Bread Equivalent	Elbow Macaroni	Bread Sticks	Seedless Rye Bread	Hamburger Bun	French Bread
+ Additional Food (Optional)	Dinner Roll	Elbow Mac (Inf/Tods)			
SAS ADD-IN			LT/Oranges/Chips		
PM SNACK (Choose 2 of 4)					
Fluid Milk		Milk			Milk
Meat or Meat Alternate			Cheese Slices	Peach/Yogurt Popsicles	
Fruit, Vegetable, or 100% Juice	100% Orange Juice				
Bread or Bread Equivalent	Soft Pretzels	Brownie	Ritz Crackers	Animal Crackers	Graham S'Mores
+ Additional Food (Optional)	Water	Water	Water	Water	Water
SAS ADD-IN	Cheese Dip	Ice Cream	Veggie Sticks and Dip	Granola Bar	Ice Pops
	<i>Included Vitamin C/A ☑</i>	<i>Included Vitamin C ☑</i>	<i>Included Vitamin C/A ☑</i>	<i>Included Vitamin C ☑</i>	<i>Included Vitamin C/A ☑</i>

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WEEK # 4

CALENDAR DATES: 5/26/09, 6/23/09, 7/21/09, 8/18/09, 9/15/09

Approved By:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Bread or Bread Equivalent	Cold Cereal	French Toast	Cold Cereal	Cream of Wheat	Cold Cereal
Fruit, Vegetable, or 100% Juice	Nectarines	Applesauce	Cantaloupe	Fruit Cocktail	Bananas
+ Additional Food (Optional)		Syrup			
SAS ADD-IN	Bagels		Yogurt w/Granola		English Muffin
LUNCH					
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alternate	Turkey Spaghetti Sauce	Breaded Chicken Breast	PB Jelly & String Cheese	Beef Cheeseburgers	Scrambled Eggs
Vegetable	Lima Beans	Cooked Cauliflower	Veggie Platter	Red Potato Salad	Hash Browns
Fruit	Apricots	Fresh Peaches	Apples	Pineapples	Fresh Fruit Salad
Bread or Bread Equivalent	Spaghetti	Macaroni Salad	White Bread	Hamburger Bun	Buttered Wheat Toast
+ Additional Food (Optional)	Garlic Bread		Ranch Dip		Sausage Links
SAS ADD-IN			LT/Oranges/Chips		
PM SNACK (Choose 2 of 4)					
Fluid Milk	Milk		Milk		Milk
Meat or Meat Alternate				Yogurt	Peanut Butter, Raisins
Fruit, Vegetable, or 100% Juice	HomemadeBanana Bread	100% Grape Juice		100% Apple Juice	
Bread or Bread Equivalent		Saltines & Cheese Dip	Chocolate Chip Cookies		Happy Face Rice Cakes
+ Additional Food (Optional)	Water	Water	Water	Water	Water
SAS ADD-IN	Vanilla Pudding	Nachos and Taco Dip	Trail Mix	Bananas	Honey Milk Ball
	<i>Included Vitamin C /A ☑</i>	<i>Included Vitamin C ☑</i>	<i>Included Vitamin C /A ☑</i>	<i>Included Vitamin C ☑</i>	<i>Included Vitamin C /A ☑</i>

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