



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
 BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
 CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Advanced Eat Smart Center #1

WEEK OF Week 1

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Sunshine Taco	Yogurt Fruit Parfait
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 4x fresh F/V	Raisins	Apple Slices- fresh	Orange Slices- fresh	Green Apples- fresh	Blueberries- fresh
Grains/Bread Component 4x Whole Grain, 0x sweet	Cream of Wheat	Whole Wheat Bagel (WG)	Honey Kix cereal (WG)	Whole Wheat Tortilla (WG)	Cheerios, crushed (WG)
Other Foods 2x Meat/Meat Alternate		Cream Cheese		Egg, Cheese	Vanilla Yogurt
LUNCH	Beef and Noodles	Baked Spaghetti	Chicken Bean Burrito (HM)	Beef Taco Salad	Bowtie Pasta with Zucchini
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 6x fresh	Carrot sticks- fresh	Corn- canned	Corn- canned	Lettuce, Tomatoes- fresh	Zucchini- fresh
	Apple slices- fresh	Pineapple Tidbits- canned, unsweetened	Cantaloupe- fresh	Peaches- canned, unsweetened	Green Grapes- fresh
Grains/Bread Component 3x Whole Grain	Whole Wheat Egg Noodles (WG)	Whole Wheat Spaghetti (WG)	Whole Wheat Tortilla (WG)	Tortilla Chips	Bowtie Pasta
Meat or Meat Alternate 0x highly processed	Beef	Ground Beef	Chicken, Black Beans	Ground Beef	Cheese
Other Foods		Spaghetti Sauce, Cheese	Cheese, Salsa	Refried Beans, Cheese	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Cheese Crackers			Peanut Butter Banana Sandwich
Fluid Milk	Skim Milk	Skim Milk			
Juice, Fruit, or Vegetable 3x whole fruits/vegetables			Fruit Salad- fresh	Peaches- canned, unsweetened	Banana- fresh
Grains/Bread Component 2x Whole Grain, 0x sweet	Pretzel Sticks	Whole Wheat Crackers (WG)	Graham crackers		Whole Wheat Bread (WG)
Meat or Meat Alternate 4x Meat/Meat Alternate	Peanut Butter	Cheese Slice		Cottage Cheese	Peanut Butter
Other Foods					



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WEEK OF Week 2

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Apple French Toast	Egg Muffin	Biscuits and Gravy	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Pineapple- canned, unsweetened	Applesauce- unsweetened	Honeydew- fresh	Kiwi Slices- fresh	Banana Slices- fresh
Grains/Bread Component 3x Whole Grain, 0x sweet	Shredded Wheat cereal (WG)	French Toast sticks	Whole Wheat English Muffins (WG)	Biscuits	Whole Wheat Toast (WG)
Other Foods 2x Meat/Meat Alternate		**no syrup**	Eggs	Gravy	Peach Yogurt
LUNCH	Spanish Rice	Chicken Mini Pizza (HM)	Sloppy Joe (HM)	Porcupine Sliders (HM)	Bean and Ham Soup
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Green Beans- canned	Mixed Vegetables- frozen	Celery Sticks- fresh	Carrots- fresh	Fruit Salad- fresh
6x fresh	Red Grapes- fresh	Mandarin Oranges- canned, unsweetened	Sliced Apples- canned, unsweetened	Cantaloupe- fresh	Orange Slices- fresh
Grains/Bread Component 3x Whole Grain	Brown Rice (WG)	Whole Wheat English Muffin (WG)	Whole Wheat Hamburger Bun (WG)	Slider Bun	Cornbread
Meat or Meat Alternate 0x highly processed	Ground Beef	Chicken	Ground Beef	Ground Turkey	Navy Beans, Turkey Ham
Other Foods		Pizza Sauce, Cheese	Sloppy Joe Sauce	Brown Rice	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Peanut Butter and Apple Pocket				
Fluid Milk	Skim Milk		Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 4x whole fruits/vegetables	Apple- fresh	Strawberries- fresh	Carrot Sticks- fresh	Fruit Salad- fresh	
Grains/Bread Component 2x Whole Grain, 1x sweet	Whole Wheat Tortilla (WG)				Granola Bar (WG) (sweet)
Meat or Meat Alternate 2x Meat/Meat Alternate	Peanut Butter	Vanilla Yogurt			
Other Foods			Ranch Dressing		



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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Apple Pancakes				Peanut Butter and Banana Pocket
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Applesauce- unsweetened	Grapes- fresh	Peaches- canned, unsweetened	Cantaloupe- fresh	Banana- fresh
Grains/Bread Component 3x Whole Grain, 1x sweet	Pancakes	Whole Wheat Toast (WG)	Blueberry Muffin (sweet)	Whole Wheat English Muffins (WG)	Whole Wheat Tortilla (WG)
Other Foods 2x Meat/Meat Alternate	**no syrup**	Scrambled Eggs			Peanut Butter
LUNCH	Mexican Pizza (HM)	Grilled Cheese Sandwich	Turkey Club	Taco Soup (HM)	Bean and Cheese Burritos (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Carrots- fresh	Cooked Spinach- frozen	Celery Sticks- fresh	Chili Beans, Tomatoes, Corn- canned	Corn- canned
6x fresh	Fruit Salad- fresh	Apple Slices- fresh	Banana- fresh	Orange Slices- fresh	Sliced Apples- canned, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Wheat Tortilla (WG)	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Tortilla Chips	Whole Wheat Tortilla (WG)
Meat or Meat Alternate 0x highly processed	Refried Beans, Mozzarella Cheese	Cheese	Turkey, Cheese	Ground Beef	Ground Beef
Other Foods	Tomato Paste, Salsa		Lettuce, Tomato, Ranch	Cheese	Refried Beans, Cheese
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Peanut Butter and Banana Pocket			Junior Trail Mix
Fluid Milk	Skim Milk	Skim Milk		Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetables	Watermelon- fresh	Banana- fresh			Raisins- dried
Grains/Bread Component 2x Whole Grain, 0x sweet	Cheez Its	Whole Wheat Tortilla (WG)	Animal Crackers	Graham Crackers	Cheerios cereal (WG), Kix cereal (WG)
Meat or Meat Alternate 3x Meat/Meat Alternate		Peanut Butter	Vanilla Yogurt	Peanut Butter	
Other Foods					



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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Cinnamon Toast	Biscuits and Gravy	Peanut Butter Pancakes and Cinnamon Applesauce	Sunshine Taco
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Raisins- dried	Fruit Salad- fresh	Oranges- fresh	Applesauce- unsweetened	Orange Slices- fresh
Grains/Bread Component 3x Whole Grain, 0x sweet	Oatmeal (WG)	Whole Wheat Toast (WG)	Biscuits	Pancakes	Whole Wheat Tortilla (WG)
Other Foods 2x Meat/Meat Alternate		Cinnamon	Gravy	Peanut Butter; Cinnamon **no syrup**	Eggs, Cheese
LUNCH	Macaroni and Cheese with Spinach and Ham (HM)	Chicken Noodle Soup (HM)	Beef Vegetable Soup (HM)	Chicken Salad Wrap (HM)	Chicken n' Spinach Alfredo Pizza
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Spinach Salad- fresh	Kidney Beans- canned	Mixed Vegetables- frozen	Broccoli- fresh	Carrots- fresh
5x fresh	Pineapple- canned, unsweetened	Apple Slices- fresh	Peaches- canned, unsweetened	Red Grapes- fresh	Mandarin Oranges- canned, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Wheat Elbows (WG)	Whole Wheat Egg Noodles (WG)	Crackers	Whole Wheat Tortilla (WG)	Whole Wheat English Muffin (WG)
Meat or Meat Alternate 0x highly processed	Ham, Cheese	Chicken	Ground Beef	Chicken	Chicken
Other Foods	Spinach	Carrots, Celery, Onion- fresh			Spinach, Alfredo Sauce, Mozzarella Cheese
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Peanut Butter Sandwich			
Fluid Milk	Skim Milk	Skim Milk	Skim Milk		Skim Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Green Apple- fresh			Carrots- fresh	Banana- fresh
Grains/Bread Component 3x Whole Grain, 1x sweet		Whole Wheat Bread (WG)	Granola Bar (WG) (sweet)		Cheerios cereal (WG)
Meat or Meat Alternate 3x Meat/Meat Alternate	Vanilla Yogurt	Peanut Butter		String Cheese	
Other Foods					