



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 #15

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Sun Butter n' Apple Pancakes	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 1x fresh F/V	Pears- canned, unsweetened	Peaches- canned, unsweetened	Pineapple- canned, unsweetened	Applesauce- unsweetened	Banana- fresh
Grains/Bread Component 4x Whole Grain	Whole Wheat Chex cereal (WG)	Corn Puffs cereal	Whole Wheat Biscuits (WG)	Whole Wheat Pancakes (WG)	Toasted Oat cereal (WG)
Other Foods 2x Meat/MA, 1x sweet			Boiled Egg; Apple Butter	Sun Butter; **no syrup**	
LUNCH	Cheeseburger Macaroni (HM)	Sweet and Sour Chicken (HM)	Tater Tot Casserole	Hamburger (CN)	Vegetarian Chili (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 3x fresh	Carrots- frozen	Stir Fry Vegetables- frozen	Tater Tots- frozen	Romaine Lettuce, Tomato- fresh	Diced Tomatoes- canned
	Pineapple- canned, unsweetened	Oranges- fresh	Pears- canned, unsweetened	Mixed Fruit- frozen, unsweetened	Apples- fresh
Grains/Bread Component 4x Whole Grain	Whole Wheat Elbows (WG)	Brown Rice (WG)	Whole Wheat Bread (WG)	Whole Wheat Hamburger Bun (WG)	Cornbread
Meat or Meat Alternate 1x highly processed	Ground Turkey, Cheese	Chicken Chunks	Ground Turkey	Beef Patty (CN)	Kidney Beans, Chili Beans, Pinto Beans
Other Foods		Sweet and Sour Sauce			Shredded Cheese; Onions
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Apples- fresh	Strawberries- fresh	Banana- fresh	
Grains/Bread Component 3x Whole Grain, 1x sweet	Whole Grain Tortilla Chips (WG) (sweet)		Whole Wheat Bagel (WG)		Whole Grain Rice Cakes (WG)
Meat or Meat Alternate 4x Meat/Meat Alternate	Black Bean Hummus	Cheese Cubes		Yogurt	Sun Butter
Other Foods			Cream Cheese		



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WEEK OF Week 2

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Egg and Cheese Burrito (HM)	Cheese Muffin	Strawberry French Toast
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh F/V	Pineapple- canned, unsweetened	Pears- canned, unsweetened	Blueberries- frozen, unsweetened	Tomato Slices- fresh	Strawberries- fresh
Grains/Bread Component 5x Whole Grain, 0x sweet	Toasted Oat cereal (WG)	Whole Grain Corn Chex cereal (WG)	Whole Wheat Tortilla (WG)	Whole Wheat English Muffin (WG)	Whole Wheat French Toast (WG) (HM)
Other Foods 2x Meat/Meat Alternate			Scrambled Eggs, Cheese	Cheddar Cheese Slice	**no syrup**
LUNCH	Hamburger Pizza (HM)	Spaghetti with Meat Sauce	Grilled Cheese Sandwich	Soft Chicken Tacos	Turkey and Cheese Sandwich
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Peas- frozen	Green Beans- frozen	Broccoli- frozen	Spinach- fresh	Cucumber Salad- fresh
4x fresh	Peaches- canned, unsweetened	Melon- fresh	Pineapple- canned, unsweetened	Applesauce- unsweetened	Oranges- fresh
Grains/Bread Component 5x Whole Grain	Whole Wheat English Muffins (WG)	Whole Wheat Spaghetti (WG)	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 0x highly processed	Ground Beef, Cheddar Cheese	Ground Turkey	Cheddar Cheese, American Cheese	Chicken, Cheddar Cheese	Turkey, Cheddar Cheese
Other Foods	Spaghetti Sauce	Spaghetti Sauce			
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Sun Butter Pocket			
Fluid Milk	Skim Milk				
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Apples- fresh			Cucumbers- fresh	Banana- fresh
Grains/Bread Component 2x Whole Grain, 0x sweet		Whole Wheat Pita Pocket (WG)	Whole Wheat Crackers (WG)		Goldfish Crackers
Meat or Meat Alternate 3x Meat/Meat Alternate		Sun Butter	Boiled Eggs	Plain Yogurt (Vegetable Dip*HM*)	
Other Foods					



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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Blueberry Pancakes		Sun Butter and Banana Muffin	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Strawberries- fresh	Blueberries- frozen, unsweetened	Fruit Cocktail- canned, unsweetened	Banana- fresh	Grapes- fresh
Grains/Bread Component 3x Whole Grain, 0x sweet	Corn Puffs cereal	Whole Wheat Pancakes (WG)	Corn Flakes cereal	Whole Wheat English Muffins (WG)	Oatmeal (WG)
Other Foods 2x Meat/Meat Alternate	Yogurt	**no syrup**		Sun Butter	
LUNCH	Tater Tot Casserole	Chicken Salad (HM)	Macaroni and Cheese with Chicken (HM)	Beef Nachos	Chicken Nuggets (CN)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Tater Tots- frozen	Cucumbers- fresh	Broccoli Salad- fresh	Diced Tomatoes- fresh	Sweet Potatoes- fresh
6x fresh	Peaches- canned, unsweetened	Oranges- fresh	Pineapple- canned, unsweetened	Mixed Fruit- frozen, unsweetened	Melon- fresh
Grains/Bread Component 5x Whole Grain	Whole Wheat Bread (WG)	Triscuits (WG)	Whole Wheat Elbows (WG)	Whole Grain Tortilla Chips (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 1x highly processed	Ground Turkey	Chicken	Chicken Chunks, American Cheese	Ground Beef	Chicken Nuggets (CN)
Other Foods	Cream of Mushroom, Cream of Chicken			Salsa, Sour Cream	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Cheese Crackers				
Fluid Milk			Skim Milk		
Juice, Fruit, or Vegetable 3x whole fruits/vegetable			Apples- fresh	Peaches- canned, unsweetened	Banana- fresh
Grains/Bread Component 2x Whole Grain, 0x sweet	Whole Wheat Crackers (WG)	Whole Wheat Biscuit (WG)			Graham Crackers
Meat or Meat Alternate 3x Meat/Meat Alternate	Cheese Slice	Boiled Egg		Yogurt	
Other Foods					



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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Sun Butter and Banana Pocket	French Toast (HM)	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 1x fresh F/V	Peaches- canned, unsweetened	Applesauce- unsweetened	Banana- fresh	Pears- canned, unsweetened	Blueberries- frozen, unsweetened
Grains/Bread Component 4x Whole Grain, 0x sweet	Whole Grain Rice Chex cereal (WG)	Oatmeal (WG)	Whole Wheat Pita Bread (WG)	Whole Wheat French Toast (WG) (HM)	Corn Flake cereal
Other Foods 2x Meat/Meat Alternate	Yogurt	Raisins	Sun Butter	**no syrup**	
LUNCH	Scrambled Eggs	Grilled Cheese Sandwich	BBQ Chicken (HM)	Baked Pasta	Salisbury Steak (CN)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Yellow Squash- fresh	Tomato Soup- canned	Green Beans- frozen	Cauliflower- frozen	Mashed Potatoes- frozen
3x fresh	Grapes- fresh	Pears- canned, unsweetened	Peaches- canned, unsweetened	Fruit Cocktail- canned, unsweetened	Melon- fresh
Grains/Bread Component 4x Whole Grain	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Whole Wheat Hamburger Bun (WG)	Whole Wheat Spaghetti (WG)	Dinner Roll
Meat or Meat Alternate 1x highly processed	Scrambled Eggs	Cheddar Cheese, American Cheese	Chicken Breast	Ground Turkey	Beef Patty (CN)
Other Foods			BBQ Sauce	Spaghetti Sauce	Brown Gravy
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk					
Juice, Fruit, or Vegetable 4x whole fruits/vegetable	Sliced Yellow Peppers- fresh	Strawberries- fresh	Carrot Sticks- fresh	Blueberries- frozen, unsweetened	
Grains/Bread Component 2x Whole Grain, 0x sweet	Triscuits (WG)	Whole Wheat Bagel (WG)			Cheez It Crackers
Meat or Meat Alternate 3x Meat/Meat Alternate			Cottage Cheese	Yogurt	Cheese Sticks
Other Foods		Cream Cheese			

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

***HM = home made

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