



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 #17

WEEK OF Week 1

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>		French Toast (HM)		Biscuits and Gravy	Toasted Cheese
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole, 1x fresh F/V</b>	Strawberries- frozen, unsweetened	Pears- canned, unsweetened	Peaches- canned, unsweetened	Pineapple- fresh	Applesauce- unsweetened
Grains/Bread Component <b>4x Whole Grain, 0x sweet</b>	Cheerios cereal (WG)	Whole Wheat French Toast (WG) (HM)	Cream of Wheat	Whole Wheat Biscuits (WG)	Whole Wheat Toast (WG)
Other Foods <b>2x Meat/Meat Alternate</b>		Eggs, Cinnamon **no syrup**		Gravy	Sliced Cheese
<b>LUNCH</b>	Chicken Noodle Soup (HM)	Tater Tot Casserole	Bean and Cheese Burrito (HM)	Turkey Meatloaf (HM)	Upside Down Pizza Casserole
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables <b>5x fresh</b>	Carrots, Celery- fresh	Tater Tots- frozen	Peas- frozen	Green Beans- frozen	Celery, Carrots- fresh
	Apple Slices- fresh	Broccoli- frozen	Pears- canned, unsweetened	Mashed Potatoes- fresh	Banana- fresh
Grains/Bread Component <b>5x Whole Grain</b>	Whole Wheat Saltine Crackers (WG)	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Bread (WG)	Whole Wheat Biscuits (WG)
Meat or Meat Alternate <b>0x highly processed</b>	Chicken, Sliced Cheese	Ground Beef	Beans, Cheese	Ground Turkey	Ground Beef, Cheese
Other Foods	Egg Noodles				
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>			Trail Mix		
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>	Banana Slices- fresh	Strawberries- frozen, unsweetened			Green Pepper Sticks- fresh
Grains/Bread Component <b>2x Whole Grain, 1x sweet</b>	Animal Crackers		Mini Pretzels, Animal Crackers	Whole Wheat Pumpkin Bread (WG) (HM) (sweet)	Whole Wheat Saltine Crackers (WG)
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>		Yogurt			Hummus
Other Foods			Craisins- dried		



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WEEK OF Week 2

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Strawberry Waffles	Egg and Cheese Burrito	Parfait		
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole, 1x fresh F/V</b>	Strawberries- frozen, unsweetened	Pineapple- fresh	Peaches- canned, unsweetened	Peaches- canned, unsweetened	Pears- canned, unsweetened
Grains/Bread Component <b>4x Whole Grain, 0x sweet</b>	Whole Wheat Waffles (WG)	Whole Wheat Tortilla (WG)	Cheerios cereal (WG)	Grits	Whole Wheat Bread (WG)
Other Foods <b>2x Meat/Meat Alternate</b>	**no syrup**	Eggs, Cheese	Yogurt		
<b>LUNCH</b>	Cheeseburger Soup (HM)	Grilled Cheese Sandwich	Chili (HM)	Chicken Teriyaki	Shepherd's Pie
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Broccoli- fresh	Celery Sticks- fresh	Corn- frozen	Green Beans- frozen	Mashed Potatoes- fresh
<b>5x fresh</b>	Applesauce- unsweetened	Homemade Potato Chips- fresh (HM)	Pears- canned, unsweetened	Pineapple- fresh	Strawberries- frozen, unsweetened
Grains/Bread Component <b>4x Whole Grain</b>	Brown Rice (WG)	Whole Wheat Bread (WG)	Cornbread	Brown Rice (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate <b>0x highly processed</b>	Ground Beef, Cheese	Cheese Slices	Ground Beef, Beans	Chicken	Ground Beef, Cheese
Other Foods					
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>			Cheese Quesadilla		
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>		Banana Slices- fresh		Orange Slices- fresh	Apple Slices- fresh
Grains/Bread Component <b>2x Whole Grain, 0x sweet</b>	Cheez-Its		Whole Wheat Tortilla (WG)	Whole Wheat Graham Crackers (WG)	Mini Pretzels
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>		Sunflower Seed Butter	Shredded Cheese		
Other Foods					



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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>				Strawberry Oatmeal	Cheese Sandwich
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole, 1x fresh F/V</b>	Banana Slices- fresh	Pears- canned, unsweetened	Pineapple- fresh	Strawberries- frozen, unsweetened	Applesauce- unsweetened
Grains/Bread Component <b>4x Whole Grain, 0x sweet</b>	Cheerios cereal (WG)	English Muffin	Corn Muffin (HM) (WG)	Oatmeal (WG)	Whole Wheat Bread (WG)
Other Foods <b>2x Meat/Meat Alternate</b>			Cottage Cheese		Sliced Cheese
<b>LUNCH</b>	Vegetable Beef Soup (HM)	Pagogi	Cheesy Chicken Noodle Casserole	Turkey Sloppy Joes (HM)	Ham and Bean Soup
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Celery, Carrots- fresh	Diced Potatoes- fresh	Corn- frozen	Broccoli- frozen	Green Beans- frozen
<b>3x fresh</b>	Pears- canned, unsweetened	Peaches- canned, unsweetened	Apple Slices- fresh	Pears- canned, unsweetened	Peaches- canned, unsweetened
Grains/Bread Component <b>4x Whole Grain</b>	Whole Wheat Saltine Crackers (WG)	Brown Rice (WG); Whole Wheat Bread (WG)	Egg Noodles; Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Cornbread
Meat or Meat Alternate <b>0x highly processed</b>	Ground Beef	Ground Beef	Chicken, Shredded Cheese	Ground Beef	Ham, Beans
Other Foods				Sloppy Joe Sauce	
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>	Tomatoes- fresh	Carrots- fresh		Apple Slices- fresh	
Grains/Bread Component <b>3x Whole Grain, 1x sweet</b>		Whole Wheat Tortilla (WG)	Whole Wheat Graham Crackers (WG)		Whole Wheat Banana Bread (WG) (sweet)
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>	Cottage Cheese	Sunflower Seed Butter		Sunflower Seed Butter	
Other Foods					

MO 580-1463 (6-04)

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

\*\*WG = whole grain

\*\*\*HM = home made

CACFP-218



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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>			Egg Sandwich	Apple Pancakes	Fruit and Yogurt Burrito
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole, 1x fresh F/V</b>	Peaches- canned, unsweetened	Pears- canned, unsweetened	Banana- fresh	Applesauce- unsweetened	Strawberries- frozen, unsweetened
Grains/Bread Component <b>3x Whole Grain, 0x sweet</b>	Corn Flakes cereal	Whole Wheat Biscuits (WG)	Whole Wheat Bread (WG)	Pancakes	Whole Wheat Tortilla (WG)
Other Foods <b>2x Meat/Meat Alternate</b>			Eggs	**no syrup**	Yogurt
<b>LUNCH</b>	Turkey Hot Dog	Spaghetti with Meat Sauce	Chicken and Cheese Quesadilla	Hamburger Macaroni and Cheese (HM)	Cheesy Chili Pie
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Green Beans- frozen	Carrots, Cucumbers- fresh	Corn- frozen	Broccoli- frozen	Mixed Vegetables- fresh
<b>5x fresh</b>	Diced Potatoes- fresh	Peaches- canned, unsweetened	Pineapple- fresh	Pears- canned, unsweetened	Apple Slices- fresh
Grains/Bread Component <b>5x Whole Grain</b>	Whole Wheat Bread (WG)	Whole Wheat Spaghetti (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Elbows (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate <b>1x highly processed</b>	Turkey Hot Dog	Ground Beef	Chicken, Shredded Cheese	Ground Beef	Ground Beef, Chili Beans
Other Foods		Spaghetti Sauce	Salsa	Velveeta	Fritos Chips, Shredded Cheese
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>			Frozen Strawberry Graham Sandwich		
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>	Apple Slices- fresh		Strawberries- frozen, unsweetened		Green Pepper Sticks- fresh
Grains/Bread Component <b>2x Whole Grain, 0x sweet</b>		Mini Pretzels	Whole Wheat Graham Crackers (WG)	Cheez-Its Crackers	Whole Wheat Saltine Crackers (WG)
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>	Sliced Cheese				Hard Boiled Egg
Other Foods					