



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 #19

WEEK OF Week 1

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>			Peanut Butter and Banana Sandwich		Yogurt 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>	Peaches- canned, unsweetened	Mandarin Oranges- canned, unsweetened	Banana- fresh	Applesauce- unsweetened	Blueberries- frozen, unsweetened
Grains/Bread Component <b>4x Whole Grain, 1x sweet</b>	Whole Wheat Bagel (WG)	Banana Bread (sweet)	Whole Wheat Toast (WG)	Kix cereal (WG)	Cheerios cereal (WG)
Other Foods <b>2x Meat/Meat Alternate</b>	Low Fat Cream Cheese		Peanut Butter		Vanilla Yogurt
<b>LUNCH</b>	Hamburger	Chicken and Noodles	Tacos	Baked Chicken Patty (CN)	Swedish Meatballs (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	Skim Chocolate Milk	1% Milk
2 Servings of Fruit and/or Vegetables <b>3x fresh</b>	Broccoli- frozen Pineapple- canned, unsweetened	Green Beans- canned Strawberries- frozen, unsweetened	Corn- frozen Orange Wedges- fresh	Carrots- frozen Melon- fresh	Red and Green Pepper Strips- fresh Fruit Cocktail- canned, unsweetened
Grains/Bread Component <b>3x Whole Grain</b>	Whole Wheat Hamburger Bun (WG)	Egg Noodles	Whole Wheat Tortilla (WG)	Whole Wheat Hamburger Bun (WG)	Egg Noodles
Meat or Meat Alternate <b>1x highly processed</b>	Ground Beef	Chicken	Ground Beef	Chicken Patty (CN)	Ground Beef
Other Foods			Shredded Cheese, Lettuce, Salsa		
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>					
Fluid Milk					
Juice, Fruit, or Vegetable <b>4x whole fruits/vegetable</b>		Tropical Fruit- canned, unsweetened	Grapes- fresh	Peaches- frozen	Apple Slices- fresh
Grains/Bread Component <b>2x Whole Grain, 0x sweet</b>	Pretzels	Whole Wheat Graham Crackers (WG)	Whole Wheat Animal Crackers (WG)		
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>	String Cheese			Cottage Cheese	Peanut Butter
Other Foods					



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WEEK OF Week 2

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Apple Waffle Sticks		Peanut Butter Toast		
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole, 2x fresh F/V</b>	Applesauce- unsweetened	Mandarin Oranges- canned, unsweetened	Banana- fresh	Strawberries- frozen, unsweetened	Melon- fresh
Grains/Bread Component <b>3x Whole Grain, 0x sweet</b>	Whole Wheat Waffle Sticks (WG)	English Muffin	Whole Wheat Toast (WG)	Rice Krispies cereal	Cheerios cereal (WG)
Other Foods <b>2x Meat/Meat Alternate</b>	**no syrup**	Hard Boiled Egg	Peanut Butter		
<b>LUNCH</b>	Chicken Breast	Spaghetti with Meat Sauce	Egg and Cheese Breakfast Burrito	Bosco Sticks (CN)	Tuna Noodle Casserole
Fluid Milk	Skim Chocolate Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables  <b>3x fresh</b>	Mixed Vegetables- frozen	Lettuce Salad- fresh	Baked Tater Tots- frozen	Sliced Cucumber- fresh	California Blend- frozen
	Pineapple- canned, unsweetened	Tropical Fruit- canned, unsweetened	Pineapple- canned, unsweetened	Pears- canned, unsweetened	Peaches- canned, unsweetened
Grains/Bread Component <b>3x Whole Grain</b>	Brown Rice Pilaf (WG)	Whole Wheat Spaghetti (WG)	Whole Grain Tortilla (WG)	Bosco Sticks (CN)	Egg Noodles
Meat or Meat Alternate <b>1x highly processed</b>	Chicken	Ground Beef	Egg, Cheese	Bosco Sticks (CN)	Tuna
Other Foods		Spaghetti Sauce; Lite Ranch Dressing	Salsa	Marinara Sauce	
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>	Cheese Sandwich			Junior Trail Mix (HM)	
Fluid Milk					1% Milk
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>		Carrot Sticks- fresh	Peaches- canned, unsweetened	Grapes- fresh	
Grains/Bread Component <b>2x Whole Grain, 1x sweet</b>	Whole Wheat Bread (WG)	Wheat Crackers		Cheerios cereal (WG), Kix cereal (WG)	Cookies (sweet)
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>	Sliced Cheese		Vanilla Yogurt		
Other Foods		Lite Ranch Dressing		Raisins	



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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>				Peanut Butter Apple Sandwich	Yogurt Parfaits
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole, 1x fresh F/V</b>	Blueberries- frozen, unsweetened	Fruit Cocktail- canned, unsweetened	Strawberries- frozen, unsweetened	Sliced Apples- fresh	Blueberries- frozen, unsweetened
Grains/Bread Component <b>5x Whole Grain, 0x sweet</b>	Whole Grain Corn Flakes cereal (WG)	Whole Wheat Pancakes (WG)	Kix cereal (WG)	Whole Wheat Toast (WG)	Cheerios cereal (WG)
Other Foods <b>2x Meat/Meat Alternate</b>		**no syrup**		Peanut Butter	Vanilla Yogurt
<b>LUNCH</b>	Cheese Pizza (CN)	Macaroni and Cheese (HM)	Tater Tot Casserole	Turkey and Cheese Sandwich w/ Tomato Soup	Meatloaf (HM)
Fluid Milk	1% Milk	Skim Chocolate Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Lettuce Salad- fresh	Green Beans- canned	Peas- frozen	Cream of Tomato Soup- canned	California Blend Vegetables- frozen
<b>3x fresh</b>	Fruit Cocktail- canned, unsweetened	Grapes- fresh	Orange Wedges- fresh	Pears- canned, unsweetened	Mandarin Oranges- canned, unsweetened
Grains/Bread Component <b>4x Whole Grain</b>	Whole Wheat Crust (WG)	Elbows	Whole Wheat Dinner Roll (WG)	Whole Wheat Bread (WG)	Whole Wheat Dinner Roll (WG)
Meat or Meat Alternate <b>1x highly processed</b>	Cheese Pizza (CN)	Cheese	Ground Beef	Turkey, Cheese	Ground Beef
Other Foods	Lite Ranch Dressing		Tater Tots- frozen		
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>	Peanut Butter Crackers				
Fluid Milk					
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>		Applesauce- unsweetened	Banana- fresh		Pineapple- canned, unsweetened
Grains/Bread Component <b>2x Whole Grain, 0x sweet</b>	Wheat Crackers	Whole Wheat Animal Crackers (WG)	Whole Wheat Bagel (WG)	Pretzels	
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>	Peanut Butter			String Cheese	Cottage Cheese
Other Foods					



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WEEK OF Week 4

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole, 3x fresh F/V</b>	Tropical Fruit- canned, unsweetened	Melon- fresh	Banana- fresh	Mandarin Oranges- canned, unsweetened	Sliced Apples- fresh
Grains/Bread Component <b>3x Whole Grain, 0x sweet</b>	Whole Wheat Bagel (WG)	Whole Grain Corn Flakes cereal (WG)	Rice Krispies cereal	Raisin Bread	Whole Wheat Biscuit (WG)
Other Foods <b>2x Meat/Meat Alternate</b>	Peanut Butter	Hard Boiled Egg			Lite Margarine
<b>LUNCH</b>	Baked Chicken Nuggets (CN)	Sloppy Joe (HM)	Turkey and Cheese Sandwich	Ham Slice	Mexican Chicken Casserole
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Peas- frozen	Corn- frozen	Lettuce Salad- fresh	Green Beans- canned	Sautéed Zucchini- fresh
<b>3x fresh</b>	Orange Wedges- fresh	Apple Slices- fresh	Tropical Fruit- canned, unsweetened	Baked Sweet Potato Fries- frozen	Pears- canned, unsweetened
Grains/Bread Component <b>4x Whole Grain</b>	Breading (CN)	Whole Wheat Hamburger Bun (WG)	Whole Wheat Bread (WG)	Whole Wheat Dinner Roll (WG)	Whole Wheat Spaghetti (WG)
Meat or Meat Alternate <b>1x highly processed</b>	Chicken Nuggets (CN)	Ground Beef	Turkey, Cheese	Ham	Chicken
Other Foods	Mashed Potatoes; Chicken Gravy	Sloppy Joe Sauce	Lite Ranch Dressing		
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>	Cheese Quesadilla			Junior Trail Mix (HM)	
Fluid Milk		1% Milk			
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>			Carrot Sticks- fresh	Grapes- fresh	Peaches- canned, unsweetened
Grains/Bread Component <b>2x Whole Grain, 1x sweet</b>	Whole Wheat Tortilla (WG)	Cookies (sweet)	Wheat Crackers	Cheerios cereal (WG), Kix cereal (WG)	
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>	Sliced Cheese				Vanilla Yogurt
Other Foods			Lite Ranch Dressing	Raisins	

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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