



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 #20

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 1x fresh F/V	Pineapple- canned, unsweetened	Pears- canned, unsweetened	Peaches- canned, unsweetened	Applesauce- unsweetened	Banana- fresh
Grains/Bread Component 4x Whole Grain, 0x sweet	Cheerios cereal (WG)	WG Banana Muffin (HM) (WG) **not a sweet item**	Whole Wheat Toast (WG)	Whole Wheat Biscuit (WG)	Crispix cereal
Other Foods 2x Meat/Meat Alternate			Hard Boiled Egg	Yogurt	
LUNCH	Ham Sandwich	Beef and Vegetable Soup (HM)	Spaghetti with Meat Sauce	Chicken and Rice	Chef Salad
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 4x fresh	Cole Slaw- fresh	Mixed Vegetables- frozen	Green Beans- canned	Carrots- canned	Romaine Lettuce- fresh
	Mandarin Oranges- canned, unsweetened	Peaches- canned, unsweetened	Apples- fresh	Pineapple- canned, unsweetened	Oranges- fresh
Grains/Bread Component 4x Whole Grain	Whole Wheat Bread (WG)	Saltine Crackers	Whole Wheat Elbows (WG)	Brown Rice (WG)	Wheat Thins (WG)
Meat or Meat Alternate 0x highly processed	96% Fat Free Deli Ham	Ground Beef	Ground Beef	Diced Chicken	Turkey, Egg, Cheese
Other Foods			Spaghetti Sauce	Gravy	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					Cheese Sandwich
Fluid Milk	1% Milk			1% Milk	
Juice, Fruit, or Vegetable 3x whole F/V, 1x sweet	Baked Sweet Potatoes and Apples-sugar added(sweet)	Pineapple- canned, unsweetened	Clementine- fresh		
Grains/Bread Component 2x Whole Grain			Wheat Thins (WG)	Cheese Its	Whole Wheat Bread (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate		Cottage Cheese			Cheese Slice
Other Foods					



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WEEK OF Week 2

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 1x fresh, 1x sweet	Peaches- canned, unsweetened	Banana- fresh	Grapefruit- canned, sweetened (sweet)	Applesauce- unsweetened	Pineapple- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Bagel	Cheerios cereal (WG)	Whole Wheat Toast (WG)	Oatmeal (WG)	Corn Flakes cereal
Other Foods 2x Meat/Meat Alternate	Cream Cheese	Yogurt	Hard Boiled Egg		
LUNCH	Roast Beef and Swiss Cheese Sandwich	Chicken and Rice Soup	Chicken Salad Sandwich (HM)	Chili Macaroni (HM)	Tuna Fish
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Peas- canned	Romaine Salad- fresh	Cucumbers- fresh	Carrots- canned	Corn- canned
4x fresh	Apples- fresh	Oranges- fresh	Peaches- canned, unsweetened	Pears- canned, unsweetened	Mandarin Oranges- canned, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Wheat Bread (WG)	Brown Rice (WG)	Sandwich Thins	Whole Wheat Elbows (WG)	Wheat Thins (WG)
Meat or Meat Alternate 0x highly processed	99.8% Fat Free Deli Roast Beef, Swiss Cheese	Chicken	Chicken	Ground Beef	Tuna
Other Foods		Salad Dressing			
SUPPLEMENT <i>Serve 2 of 4 choices.</i>				Cheese Crackers	Apple Pancakes
Fluid Milk	1% Milk	1% Milk	1% Milk		
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Pineapple- canned, unsweetened		Pears- fresh		Applesauce- unsweetened
Grains/Bread Component 2x Whole Grain, 0x sweet	Wheat Thins (WG)	Pita Bread		Ritz Crackers	Whole Wheat Pancakes (WG)
Meat or Meat Alternate 3x Meat/Meat Alternate		Hummus	Yogurt	Cheese	
Other Foods					**no syrup**

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 3

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Apple n' Yogurt Pancakes			Cheese Toast
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 1x fresh F/V	Peaches- canned, unsweetened	Applesauce- unsweetened	Pineapple- canned, unsweetened	Banana- fresh	Pears- canned, unsweetened
Grains/Bread Component 3x Whole Grain, 0x sweet	Crispix cereal	Whole Wheat Pancakes (WG)	Whole Wheat Biscuit (WG)	Rice Krispie cereal	Whole Wheat Toast (WG)
Other Foods 3x Meat/Meat Alternate		Yogurt; **no syrup**	Cottage Cheese		Cheese
LUNCH	Ground Beef and Spanish Rice	Chicken Alfredo	Turkey Sandwich	Cheeseburger	Cheese Pizza (CN)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Corn- canned	Broccoli- frozen	Mixed Vegetables- canned	Green Beans- canned	Romaine Salad- fresh
3x fresh	Pears- canned, unsweetened	Mandarin Oranges- canned, unsweetened	Apples- fresh	Peaches and Pears- canned, unsweetened	Clementine- fresh
Grains/Bread Component 3x Whole Grain	Brown Rice (WG)	Whole Wheat Elbows (WG)	Whole Wheat Bread (WG)	Hamburger Bun	Pizza Crust (CN)
Meat or Meat Alternate 1x highly processed	Ground Beef	Chicken	99.8% Fat Free Deli Turkey	Ground Beef, Cheese	Cheese (CN)
Other Foods		Alfredo Sauce			Salad Dressing
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk	1% Milk			1% Milk	
Juice, Fruit, or Vegetable 3x whole F/V, 1x sweet	Baked Apples- sugar added (sweet)			Cucumbers- fresh	Peaches- canned, unsweetened
Grains/Bread Component 2x Whole Grain		Wheat Thins (WG)	Whole Wheat Tortilla (WG)		
Meat or Meat Alternate 3x Meat/Meat Alternate		Cheese Cubes	Bean Dip		Yogurt
Other Foods				Yogurt for Vegetable Dip	



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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Apple n' Yogurt Waffles	Cheese Quesadilla	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 1x fresh, 1x sweet	Pears- canned, unsweetened	Mandarin Oranges- canned, unsweetened	Warm Sliced Apples- fresh	Grapefruit- canned, sweetened (sweet)	Applesauce- unsweetened
Grains/Bread Component 3x Whole Grain	Corn Flakes cereal	Whole Wheat Toast (WG)	Waffles	Whole Wheat Tortilla (WG)	Cheerios cereal (WG)
Other Foods 3x Meat/Meat Alternate		Hard Boiled Egg	Yogurt; **no syrup**	Cheese	
LUNCH	Chicken Tacos	Sloppy Joes (HM)	Red Beans and Rice	Grilled Cheese Sandwich and Tomato Soup	Fish Sticks (CN)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Black Bean Salad- canned	Green Beans- canned	Carrots- canned	Peas- canned	Cole Slaw- fresh
3x fresh	Pineapple- canned, unsweetened	Peaches- canned, unsweetened	Pears- canned, unsweetened	Apples- fresh	Clementine- fresh
Grains/Bread Component 3x Whole Grain	Whole Wheat Tortilla (WG)	Hamburger Bun	Brown Rice (WG)	Whole Wheat Bread (WG)	Breading (CN)
Meat or Meat Alternate 1x highly processed	Chicken	Ground Beef	Red Beans	Cheese	Fish Sticks (CN)
Other Foods		Sloppy Joe Sauce		Tomato Soup- canned	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>				Pita Pizza	Ham Sandwich
Fluid Milk	1% Milk		1% Milk		1% Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Apples- fresh		Banana- fresh		Pineapple- canned, unsweetened
Grains/Bread Component 2x Whole Grain, 0x sweet		Wheat Thins (WG)	Goldfish Crackers	Pita Bread	Whole Wheat Bread (WG)
Meat or Meat Alternate 3x Meat/Meat Alternate		Yogurt		Mozzarella Cheese	96% Fat Free Deli Ham
Other Foods					