



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 #21

WEEK OF Week 1

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Nut Butter and Jelly Wrap		Parfait		
Fluid Milk	1% Chocolate Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Banana- fresh	Kiwi- fresh	Blueberries- frozen, unsweetened	Mandarin Oranges- canned, unsweetened	Strawberries- fresh
Grains/Bread Component 4x Whole Grain	Whole Wheat Tortilla (WG)	Kix cereal (WG)	Post Grape Nuts cereal (WG)	Plain Bagel Thin	Whole Grain Life cereal (WG)
Other Foods 2x Meat/MA, 1x sweet	Soy Nut Butter, Jelly (sweet)		Greek Yogurt		
LUNCH	Crispy Oven-Fried Chicken (HM)	Crunchy Tuna Salad with Celery (HM)	Porcupine Meatballs (HM)	Hawaiian Ham Mini Pizza (HM)	Turkey Chili (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 5x fresh	Roasted Carrots- fresh	Celery; Lettuce Greens- fresh	Steamed Broccoli- fresh	Green Beans- fresh	Peas- frozen
	Roasted Asparagus- fresh	Pears- canned, unsweetened	Applesauce- unsweetened	Pineapple- canned, unsweetened	Cherry Fruit Cocktail- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Whole Wheat Dinner Roll (WG)	White Bread	Brown Rice (WG)	Whole Wheat English Muffin (WG)	Cornbread
Meat or Meat Alternate 0x highly processed	Chicken	Tuna	Ground Beef	Ham, Mozzarella Cheese	Ground Turkey, Chili Beans
Other Foods		Ranch Dressing	Cheese Sauce		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Shrimp Alfredo		Chicken Sandwich		
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Cucumber- fresh		Apple Slices- fresh	Grapes- fresh
Grains/Bread Component 2x Whole Grain, 0x sweet	Spiral Pasta	Wheat Thins (WG)	Whole Wheat Bread (WG)	Club Crackers	Pretzel Thins
Meat or Meat Alternate 2x Meat/Meat Alternate	Tiny Shrimp		Deli Chicken		
Other Foods	Alfredo Sauce				



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WEEK OF Week 2

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Sunshine Taco		Ham Bagel	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Apple Slices- fresh	Peaches- canned, unsweetened	Raspberries- fresh	Applesauce- unsweetened	Grapes- fresh
Grains/Bread Component 3x Whole Grain, 0x sweet	Honey Bunches of Oats cereal	Whole Wheat Tortilla (WG)	Crispix cereal	Whole Wheat Bagel (WG)	Whole Grain Scooby Doo cereal (WG)
Other Foods 2x Meat/Meat Alternate		Egg, Cheese		Ham	
LUNCH	Turkey Casserole	Baked Pork Chops	Parmesan Encrusted Tilapia (HM)	Chicken, Mushroom, Bell Pepper Pizza (HM)	Spaghetti with Meat Sauce
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Spinach Salad- fresh	Corn- frozen	Mashed Potatoes- dried	Green Beans- frozen	Mixed Vegetables- frozen
3x fresh	Kiwi, Strawberries- fresh	Lima Beans- canned	Mixed Fruit- frozen, unsweetened	Mango- frozen, unsweetened	Banana- fresh
Grains/Bread Component 4x Whole Grain	Egg Noodles	Whole Wheat Bread (WG)	Whole Wheat Hamburger Bun (WG)	Whole Wheat Pizza Crust (WG)	Whole Wheat Spaghetti (WG)
Meat or Meat Alternate 0x highly processed	Ground Turkey	Pork Chops	Tilapia	Chicken	Ground Beef
Other Foods					Spaghetti Sauce
SUPPLEMENT <i>Serve 2 of 4 choices.</i>				Turkey Sandwich	
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Pineapple- canned, unsweetened	Peaches- canned, unsweetened		Orange Slices- fresh
Grains/Bread Component 3x Whole Grain, 1x sweet	Animal Crackers	Whole Wheat Chex cereal (WG)	Whole Wheat Fig Newton Bars (WG) (sweet)	Whole Wheat Sandwich Thin (WG)	Saltine Crackers
Meat or Meat Alternate 2x Meat/Meat Alternate	Cottage Cheese			Deli Turkey	
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 3

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Toasted Turkey Sandwich			Chilled Strawberry and Yogurt Soup	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh F/V	Nectarines- fresh	Cantaloupe- fresh	Fruit Cocktail- canned, unsweetened	Strawberries- frozen, unsweetened	Pineapple- canned, unsweetened
Grains/Bread Component 3x Whole Grain, 0x sweet	Whole Wheat Bread (WG)	Apple Cheese Biscuit	Whole Grain Alpha-Bits cereal (WG)	Crescent Roll	Multi-Grain Cheerios cereal (WG)
Other Foods 2x Meat/Meat Alternate	Deli Turkey			Greek Yogurt	
LUNCH	Native American Tacos	Turkey Veggie Meatloaf Cups (HM)	Curried Chicken and Apple and Orange Salad	Mouth Watering Oven-Fried Fish (HM)	BBQ Pork Tenderloin (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Refried Beans- canned	Potatoes- fresh	Normandy Blend Vegetables- fresh	Spinach Salad- fresh	Sweet Potatoes- fresh
7x fresh	Raspberries- fresh	Green Beans- fresh	Apples, Oranges- fresh	Peaches- canned, unsweetened	Tangy Fruit Salad- canned, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Wheat Tortilla (WG)	Whole Wheat Dinner Roll (WG)	Breadstick	Whole Wheat Angel Hair (WG)	Whole Wheat Hamburger Bun (WG)
Meat or Meat Alternate 0x highly processed	Ground Beef	Ground Turkey	Chicken	Fish Fillets	Pork Tenderloin
Other Foods				Honey Mustard Dressing	BBQ Sauce
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Autumn Salad				Caribbean Bean Casserole
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Lettuce Greens, Apples- fresh	Pears- fresh	Grapes- fresh		
Grains/Bread Component 2x Whole Grain, 0x sweet	Ritz Crackers	Graham Crackers	Cheese Its	Whole Wheat Grain First Crackers (WG)	Brown Rice (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate				Hummus	Black Beans
Other Foods					

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WEEK OF Week 4

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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, 2x fresh F/V	Kiwi- fresh	Orange Slices- fresh	Pineapple and Mango- frozen, unsweetened	Pears- canned, unsweetened	Mixed Berries- frozen, unsweetened
Grains/Bread Component 4x Whole Grain, 0x sweet	Whole Grain Dora the Explorer cereal (WG)	Eggo Waffle	Whole Grain Fiber One Original cereal (WG)	Whole Grain Oatmeal Pancakes (WG)	Whole Grain Kellogg's Rice Krispies cereal (WG)
Other Foods 2x Meat/Meat Alternate		Cheese Stick **no syrup**		Cottage Cheese **no syrup**	
LUNCH	Baked Panko Breaded Flounder (HM)	Beef Fajita Crunchy Tacos	Pork Stir-Fry	Broccoli Quiche	Ginger-Grape Grilled Chicken Salad
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Steamed Baby Carrots- fresh	Baked Zucchini- fresh	Asian Stir-Fry Vegetables- frozen	Broccoli- fresh	Romaine Lettuce- fresh
8x fresh	Apple Slices- fresh	Chunky Mixed Fruit- canned, unsweetened	Banana- fresh	Cherry Fruit Salad- fresh	Grapes- fresh
Grains/Bread Component 3x Whole Grain	Whole Wheat Sandwich Thin (WG)	Whole Grain Taco Shell (WG)	Brown Rice (WG)	Crust	Breadstick
Meat or Meat Alternate 0x highly processed	Flounder	Beef	Pork	Egg, Cheese	Chicken
Other Foods			Soy Sauce		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Peas and Pasta	Strawberry Fruit Salad	Grilled Cheese Sandwich	Ham and Crackers	Bean and Cheese Burrito (HM)
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Peas- frozen	Romaine Lettuce, Strawberries- fresh	Broccoli- fresh		
Grains/Bread Component 3x Whole Grain, 0x sweet	Whole Wheat Angel Hair (WG)	Croutons	Whole Wheat Bread (WG)	Toasted Crackers	Whole Wheat Tortilla (WG)
Meat or Meat Alternate 3x Meat/Meat Alternate			Cheese	Ham	Refried Beans, Cheese
Other Foods					



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WEEK OF Week 5

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Cinnamon Toast			Parfait	Fruit Pizza
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh F/V	Applesauce- unsweetened	Plums- fresh	Chunky Mixed Fruit- canned, unsweetened	Mixed Berries- frozen, unsweetened	Oranges, Kiwi, Banana- fresh
Grains/Bread Component 4x Whole Grain, 0x sweet	Whole Wheat Toast (WG)	Whole Grain Kashi Honey Sunshine cereal (WG)	Whole Wheat Biscuits (WG)	Whole Grain Sesame Street cereal (WG)	Cornbread Crust
Other Foods 2x Meat/Meat Alternate	Cinnamon	Sunflower Seeds		Greek Yogurt	Cream Cheese
LUNCH	Ham, Egg, and Cornbread Breakfast Skillet	Chicken Quinoa Stew	Turkey and Cucumber Salad	Cheeseburger	Lemon Fish (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Green Beans- canned	Corn- canned; Potatoes- fresh	Cauliflower- fresh; Cucumbers- fresh	Peas- canned	Edamame with Corn- frozen
3x fresh	Grapes- fresh	Mandarin Oranges- canned, unsweetened	Peaches- canned, unsweetened	Pineapple- canned, unsweetened	Pears- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Cornbread	Whole Wheat Dinner Roll (WG)	Wheat Thins (WG)	Whole Wheat Hamburger Bun (WG)	White Bread
Meat or Meat Alternate 0x highly processed	Ham, Egg	Chicken	Turkey	Ground Beef, Cheese	Fish Fillet
Other Foods		Quinoa (WG)			
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Cheese Quesadilla		
Fluid Milk					1% Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Tropical Fruit- canned, unsweetened	Strawberries- fresh		Apple Slices- fresh	
Grains/Bread Component 3x Whole Grain, 1x sweet	Whole Wheat Goldfish Crackers (WG)	Vanilla Wafers (sweet)	Whole Wheat Tortilla (WG)		Whole Grain Rice Chex cereal (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate			Cheese	Soy Nut Butter	
Other Foods					