



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 #24

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Egg Biscuits		Cheese Sandwich
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 5x fresh F/V	Oranges- fresh	Banana- fresh	Apples- fresh	Cantaloupe- fresh	Oranges- fresh
Grains/Bread Component 3x Whole Grain, 0x sweet	Cheerios cereal (WG)	Oatmeal (WG)	Biscuits	Graham Crackers	Whole Wheat Bread (WG)
Other Foods 3x Meat/Meat Alternate			Eggs	Peanut Butter	Cheese
LUNCH	Chicken and Noodles	Beef Roast	Turkey and Stuffing	Sloppy Joes (HM)	Fish Sticks (CN)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 6x fresh	Baked Potato Wedges- fresh	Mixed Vegetables- frozen	Carrots- fresh	Baked French Fries- frozen	Broccoli- fresh
	Pineapple- canned, unsweetened	Oranges- fresh	Banana- fresh	Apples- fresh	Mixed Fruit- canned, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Wheat Rotini (WG)	Whole Wheat Crackers (WG)	Stuffing	Whole Wheat Sandwich Rolls (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 1x highly processed	Boneless Skinless Chicken Breasts	Beef Roast	Turkey	Ground Beef	Fish Sticks (CN)
Other Foods				Sloppy Joe Sauce	Butter
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Peanut Butter Balls			
Fluid Milk					
Juice, Fruit, or Vegetable 4x whole fruits/vegetable	Apples- fresh		Strawberries- frozen, unsweetened	Oranges- fresh	Carrots- fresh
Grains/Bread Component 2x Whole Grain, 1x sweet	Pretzels	Whole Grain Chex cereals, Cheerios cereal (WG)		Whole Grain Corn Chips (WG) (sweet)	Animal Crackers
Meat or Meat Alternate 2x Meat/Meat Alternate		Peanut Butter	Yogurt		
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 2

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Cheese Quesadilla			Egg Muffin	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 5x fresh F/V	Oranges- fresh	Pineapple- fresh	Pears- fresh	Banana- fresh	Apples- fresh
Grains/Bread Component 4x Whole Grain, 1x sweet	Whole Wheat Tortilla (WG)	Banana Bread (sweet)	Cheerios cereal (WG)	Whole Wheat English Muffins (WG)	Whole Wheat Bagel (WG)
Other Foods 3x Meat/Meat Alternate	Cheese			Eggs	Peanut Butter
LUNCH	Grilled Cheese Sandwich	Chicken and Rice	Spaghetti with Meat Sauce	Hot Dogs	BBQ Pork Roast
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Baked Potato Wedges- fresh	Peas- frozen	Romaine Salad- fresh	Carrots- fresh	Green Beans- canned
6x fresh	Banana- fresh	Peaches- canned, unsweetened	Pineapple- canned, unsweetened	Apples- fresh	Oranges- fresh
Grains/Bread Component 4x Whole Grain	Whole Wheat Bread (WG)	Brown Rice (WG)	Whole Wheat Spaghetti (WG)	Hot Dog Buns	Whole Wheat Crackers (WG)
Meat or Meat Alternate 1x highly processed	Cheese	Boneless Skinless Chicken Breast	Ground Beef	Hot Dogs	Pork Roast
Other Foods			Spaghetti Sauce		BBQ Sauce
SUPPLEMENT <i>Serve 2 of 4 choices.</i>				Cheese Sandwich	
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Cucumber- fresh	Apples- fresh	Carrots- fresh		100% Grape Juice; 100% Apple Juice
Grains/Bread Component 2x Whole Grain, 0x sweet	Whole Wheat Crackers (WG)		Pretzels	Whole Wheat Bread (WG)	Graham Crackers
Meat or Meat Alternate 2x Meat/Meat Alternate		Peanut Butter		Cheese	
Other Foods					

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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Egg Biscuit		Cheese Toast	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 4x fresh F/V	Oranges- fresh	Banana- fresh	Raisins- dried	Apples- fresh	Oranges- fresh
Grains/Bread Component 3x Whole Grain, 0x sweet	Cheerios cereal (WG)	Biscuits	Oatmeal (WG)	Whole Wheat Toast (WG)	Graham Crackers
Other Foods 3x Meat/Meat Alternate		Egg		Cheese	Peanut Butter
LUNCH	Chili Frito Pie	Chicken Nuggets (CN)	Ham and Beans	BBQ Chicken (HM)	Cheeseburger Macaroni (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Pinto Beans- canned	Cucumber- fresh	Corn- frozen	Broccoli- fresh	Romaine Salad- fresh
6x fresh	Cantaloupe- fresh	Oranges- fresh	Pineapple- canned, unsweetened	Banana- fresh	Strawberries- frozen, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Grain Corn Chips (WG)	Whole Wheat Bread (WG)	Cornbread	Whole Wheat Sandwich Rolls (WG)	Whole Wheat Rotini (WG)
Meat or Meat Alternate 1x highly processed	Ground Beef	Chicken Nuggets (CN)	Ham and Beans	Boneless Skinless Chicken Breast	Ground Beef, Cheese
Other Foods		Butter		BBQ Sauce	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Cheese Crackers				
Fluid Milk					1% Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Carrots- fresh	Banana- fresh	Oranges- fresh	
Grains/Bread Component 3x Whole Grain, 1x sweet	Whole Wheat Crackers (WG)	Cheese Its		Whole Grain Rice Cakes (WG)	Brownies (sweet)
Meat or Meat Alternate 2x Meat/Meat Alternate	Cheese		Yogurt		
Other Foods					

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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Cheese Toast	Peanut Butter Raisin Waffles			Peanut Butter Banana Bagel
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 4x fresh F/V	Apples- fresh	Raisins	Oranges- fresh	Cucumber- fresh	Banana- fresh
Grains/Bread Component 3x Whole Grain, 1x sweet	Whole Wheat Toast (WG)	Waffles	Cheerios cereal (WG)	Pop-Tart (sweet)	Whole Wheat Bagel (WG)
Other Foods 3x Meat/Meat Alternate	Cheese	Peanut Butter **no syrup**			Peanut Butter
LUNCH	Beef Nachos	Turkey and Noodles	BBQ Pork Loin	Mini Hamburger Pizza (HM)	Chicken and Cheese Quesadilla
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Romaine Salad- fresh	Mixed Vegetables- frozen	Romaine Salad- fresh	Corn- frozen	Carrots- fresh
6x fresh	Grapes- fresh	Applesauce- unsweetened	Banana- fresh	Strawberries- frozen, unsweetened	Apples- fresh
Grains/Bread Component 3x Whole Grain	Tortilla Chips	Whole Wheat Spaghetti (WG)	Whole Wheat Sandwich Rolls (WG)	Biscuit	Whole Wheat Tortilla (WG)
Meat or Meat Alternate 1x highly processed	Ground Beef, Cheese	Turkey	Pork Loin	Ground Beef, Cheese	Chicken, Cheese
Other Foods			BBQ Sauce		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Cheese Sandwich			
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Carrots, Cauliflower- fresh		Apples- fresh	Oranges- fresh	100% Apple Juice
Grains/Bread Component 2x Whole Grain, 0x sweet	Whole Wheat Crackers (WG)	Whole Wheat Bread (WG)		Animal Crackers	Whole Wheat Toast (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate		Cheese	Peanut Butter		
Other Foods					

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