



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 #5

WEEK OF Week 1

YEAR 2012

	DATE	DATE	DATE	DATE	DATE
BREAKFAST					Strawberry Apple Waffles
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh F/V	Mixed Fruit- frozen, unsweetened	Sliced Tomato- fresh	Mixed Berries- frozen, unsweetened	Celery Sticks- fresh	Strawberries- frozen, unsweetened
Grains/Bread Component 4x Whole Grain, 1x sweet	Whole Grain Cream of Wheat (WG)	Whole Grain Rice Bread (WG)	Whole Grain Corn Chex cereal (WG)	WG Apple Cinnamon Muffins (WG) (sweet)	Waffles
Other Foods 2x Meat/Meat Alternate		Cottage Cheese	100% Orange Juice	Sunflower Seed Butter	Applesauce- unsweetened ***no syrup**
LUNCH	Chili (HM)	Tuna Noodle Casserole	Country Turkey Ham	Hamburger Pizza (HM)	Chicken and Stuffing
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 4x fresh	Corn- frozen	Carrots- fresh	Green Beans- frozen	Tossed Salad- fresh	Broccoli- fresh
	Oranges- fresh	Mixed Fruit- frozen, unsweetened	Pears- canned, unsweetened	Peaches- frozen, unsweetened	Pineapple- frozen, unsweetened
Grains/Bread Component 3x Whole Grain	Saltine Crackers	Whole Wheat Spaghetti (WG)	Whole Wheat Bread (WG)	Pizza Crust	Whole Wheat Stuffing (WG)
Meat or Meat Alternate 0x highly processed	Ground Beef, Chili Beans	Tuna	Turkey Ham	Cheese, Ground Beef	Chicken
Other Foods	Petite Cut Tomatoes	Cream of Mushroom Soup		Pizza Sauce	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Turkey Ham and Cheese Stackers	Cheese Quesadilla		
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Carrot Sticks- fresh			Grapes- fresh	Apple Slices- fresh
Grains/Bread Component 3x Whole Grain, 0x sweet	Whole Grain Crackers (WG)	Triscuits (WG)	Whole Wheat Tortilla (WG)	Rice Crackers	Pretzels
Meat or Meat Alternate 2x Meat/Meat Alternate		Turkey Ham, Cheese	Cheddar Cheese		
Other Foods					



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 #5

WEEK OF Week 2

YEAR 2012

	DATE	DATE	DATE	DATE	DATE
BREAKFAST					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 4x fresh F/V	Blueberries- fresh	Grapes- fresh	Mixed Fruit- frozen, unsweetened	Apple Slices- fresh	Oranges- fresh
Grains/Bread Component 4x Whole Grain, 1x sweet	Whole Wheat Bread (WG)	Biscuit	Whole Grain Banana Muffin (WG) (sweet)	Oatmeal (WG)	Cheerios cereal (WG)
Other Foods 2x Meat/Meat Alternate		Hardboiled Egg			Turkey Ham Chunks
LUNCH	Aztec Vegetable Beef	Dog in Blanket	Country Ham	Bean Burrito (HM)	Chicken and Rice
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Yellow Squash, Zucchini- fresh	Cucumbers, Tomatoes- fresh	Broccoli- fresh	Corn- frozen	Carrots- fresh
5x fresh	Pears- canned, unsweetened	Mango- frozen, unsweetened	Mixed Berries- frozen, unsweetened	Lettuce/Tomatoes- fresh	Applesauce- unsweetened
Grains/Bread Component 4x Whole Grain	Brown Rice (WG); Whole Wheat Bread (WG)	Croissant	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Brown Rice (WG)
Meat or Meat Alternate 1x highly processed	Ground Beef	Beef Hot Dog	Turkey Ham	Ground Beef, Beans	Chicken
Other Foods	Mixed Vegetables		Whole Wheat Pasta (WG)		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					Trail Mix
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Salsa- canned	Cauliflower- fresh	Peaches- canned, unsweetened	100% Apple Juice
Grains/Bread Component 2x Whole Grain, 1x sweet	Rice Crackers	Whole Grain Tortilla Chips (WG) (sweet)	Whole Grain Crackers (WG)		WG Corn Chex cereal (WG), WG Rice Chex cereal (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate	Yogurt			Cottage Cheese	
Other Foods			Low-Fat Ranch Dressing		Raisins



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 #5

WEEK OF Week 3

YEAR 2012

	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Cheese Muffin	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Cantaloupe- fresh	Banana- fresh	Peaches- canned, unsweetened	Tomato- fresh	Applesauce- unsweetened
Grains/Bread Component 5x Whole Grain, 0x sweet	Whole Grain Total cereal (WG)	Whole Wheat Bread (WG)	Whole Grain Cream of Wheat (WG)	Whole Wheat English Muffin (WG)	Whole Wheat Bagel (WG)
Other Foods 2x Meat/Meat Alternate		Scrambled Eggs		Cheddar Cheese	
LUNCH	Turkey and Cheese Loaf (HM)	Soft Taco	Chicken Salad (HM)	Spaghetti with Meat Sauce	Tuna Melt
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Green Beans- frozen	Tomatoes, Lettuce- fresh	Cole Slaw- fresh	Tomato Sauce- canned	Cabbage, Potatoes- fresh
4x fresh	Pineapple- canned, unsweetened	Corn- frozen	Tropical Fruit- frozen, unsweetened	Broccoli- fresh	Pears- canned, unsweetened
Grains/Bread Component 5x Whole Grain	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Bread (WG)	Whole Wheat Spaghetti (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 0x highly processed	Turkey, Cheese	Ground Beef	Chicken	Ground Beef	Tuna, Cheese
Other Foods				Spaghetti Sauce	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>				Turkey Wrap	
Fluid Milk	1% Milk				
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Apples- fresh	Cucumber- fresh			Grapes- fresh
Grains/Bread Component 2x Whole Grain, 0x sweet	Whole Grain Rice Chex cereal (WG)		Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Saltine Crackers
Meat or Meat Alternate 3x Meat/Meat Alternate		Cheese Cubes	Hardboiled Eggs	Turkey Slices	
Other Foods					



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 #5

WEEK OF Week 4

YEAR 2012

	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Breakfast Burrito			
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Green Pepper Sticks- fresh	Blueberries- frozen, unsweetened	Grapes- fresh	Raisins and Banana Chips- dried	Apples- fresh
Grains/Bread Component 4x Whole Grain, 0x sweet	Ramen Noodles	Whole Wheat Tortilla (WG)	Whole Grain Rice Krispies cereal (WG)	Whole Grain Cream of Wheat (WG)	Whole Wheat Bread (WG)
Other Foods 2x Meat/Meat Alternate		Scrambled Eggs, Cheese			Yogurt
LUNCH	Chili Cheese Dog	Mexican Chicken	Meatloaf (HM)	Egg Casserole	Hawaiian Turkey
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Vegetable Medley- fresh	Peas- frozen	Mashed Potatoes- dried	Cucumber Salad- fresh	Sweet Potatoes- fresh
4x fresh	Strawberries- frozen, unsweetened	Mixed Fruit- fresh	Corn- frozen	Mango- frozen, unsweetened	Pineapple- canned, unsweetened
Grains/Bread Component 5x Whole Grain	Whole Wheat Bread (WG)	Whole Wheat Spaghetti (WG)	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Brown Rice (WG)
Meat or Meat Alternate 1x highly processed	Hot Dog, Ground Beef, Chili Beans, Cheese	Chicken	Ground Beef	Egg, Ground Turkey	Turkey Ham
Other Foods		Taco Seasoning			Onions, Green Peppers- fresh
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk	1% Milk				1% Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Broccoli- fresh	Banana- fresh	Peaches- canned, unsweetened	
Grains/Bread Component 2x Whole Grain, 1x sweet	Whole Wheat Fig Bar (WG) (sweet)		Whole Grain Rice Cake (WG)		Graham Crackers
Meat or Meat Alternate 2x Meat/Meat Alternate		Cheese Cubes		Cottage Cheese	
Other Foods					