



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 Intermediate Eat Smart Center #15

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Egg and Cheese Tortilla		
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Apples- fresh; Raisins- dried	Banana- fresh	Peaches- canned, unsweetened	Grapes- fresh	Pears- canned, unsweetened
Grains/Bread Component 4x Whole Grain	Oatmeal (WG)	Cinnamon Cheerios cereal (WG)	Whole Wheat Tortilla (WG)	Waffles	Honey Nut Cheerios cereal (WG)
Other Foods 1x Meat/MA, 1x sweet			Eggs, Cheese	Syrup (sweet)	
LUNCH	Hamburger	Hot Dog	Baked Chicken	Ham	Turkey and Cheese Wrap
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 3x fresh	French Fries- frozen	Baked Beans- canned	Mashed Potatoes- instant	Green Beans- canned	Cole Slaw- fresh
	Pineapple- canned, unsweetened	Melon- fresh	Applesauce- unsweetened	Mixed Fruit- canned, unsweetened	Orange Slices- fresh
Grains/Bread Component 2x Whole Grain	Hamburger Bun	Hot Dog Bun	Dinner Roll	Brown Rice (WG)	Whole Wheat Tortilla (WG)
Meat or Meat Alternate 1x highly processed	Ground Beef	Hot Dog	Chicken	Ham	Turkey, Cheese
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Cheese Crackers			
Fluid Milk	1% Milk			1% Milk	
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Carrots- fresh		Mixed Berries- frozen, unsweetened		Raisins
Grains/Bread Component 1x Whole Grain, 0x sweet		Whole Wheat Crackers (WG)		Saltine Crackers	Pretzels
Meat or Meat Alternate 2x Meat/Meat Alternate		Cheese	Yogurt		
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 fruit/vegetable	Apricots- canned, unsweetened	Strawberries- frozen, unsweetened	Mixed Berries- frozen, unsweetened	Applesauce- unsweetened	Banana- fresh
Grains/Bread Component 2x Whole Grain	Honey Nut Cheerios cereal (WG)	Bagels	Biscuit	Pancakes	Cinnamon Cheerios cereal (WG)
Other Foods 1x Meat/MA, 1x sweet		Yogurt		Syrup (sweet)	
LUNCH	Beef Tacos	Chicken Strips (HM)	Meatballs (CN)	Spaghetti with Meat Sauce	Sausage, Pepper, and Cheese Pizza (CN)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Lettuce, Tomato- fresh	French Fries- frozen	Mixed Vegetables- canned	Spring Leaf Salad- fresh	Romaine Salad- fresh
4x fresh	Peaches- canned, unsweetened	Applesauce- unsweetened	Orange Slices- fresh	Mandarin Oranges- canned, unsweetened	Mixed Fruit- canned, unsweetened
Grains/Bread Component 1x Whole Grain	Taco Shell	Dinner Roll	Macaroni and Cheese	Whole Wheat Spaghetti (WG)	Pizza Crust (CN)
Meat or Meat Alternate 2x highly processed	Ground Beef	Chicken	Meatballs (CN)	Ground Beef	Sausage Pizza (CN)
Other Foods	Corn, Salsa			Spaghetti Sauce	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Trail Mix		Ants on a Log	
Fluid Milk			1% Milk		1% Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Apple Slices- fresh	Raisins		Celery- fresh; Raisins- dried	
Grains/Bread Component 1x Whole Grain, 0x sweet		Cheerios cereal (WG); Pretzels	Graham Crackers		Goldfish Crackers
Meat or Meat Alternate 2x Meat/Meat Alternate	Peanut Butter			Peanut Butter	
Other Foods					



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WEEK OF Week 3

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Peanut Butter Banana Wrap		
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Fruit Cocktail- canned, unsweetened	Pineapple- canned, unsweetened	Banana- fresh	Apricots- canned, unsweetened	Melon- fresh
Grains/Bread Component 3x Whole Grain	Kix cereal (WG)	Bagels	Whole Wheat Tortilla (WG)	French Toast	Honey Nut Cheerios cereal (WG)
Other Foods 1x Meat/MA, 1x sweet			Peanut Butter	Syrup (sweet)	
LUNCH	Beef Taco Salad	Chicken Alfredo	Sloppy Joes (HM)	Chicken and Cheese Quesadilla	Turkey and Cheese Wrap
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Lettuce, Tomato- fresh	Broccoli- frozen	French Fries- frozen	Corn- canned	Lettuce, Tomato- fresh
4x fresh	Apricots- canned, unsweetened	Orange Slices- fresh	Pears- canned, unsweetened	Tropical Fruit- canned, unsweetened	Apple- fresh
Grains/Bread Component 3x Whole Grain	Tortilla Chips	Whole Wheat Spaghetti (WG)	Hamburger Bun	Whole Wheat Tortilla (WG)	Whole Wheat Tortilla (WG)
Meat or Meat Alternate 0x highly processed	Ground Beef	Chicken	Ground Beef	Chicken, Cheese	Turkey, Cheese
Other Foods		Alfredo Sauce	Sloppy Joe Sauce		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Peanut Butter and Jelly Sandwich		Cheese Crackers		
Fluid Milk		1% Milk			
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Carrots- fresh		Celery- fresh	Strawberries- frozen, unsweetened
Grains/Bread Component 2x Whole Grain	Whole Wheat Bread (WG)		Saltine Crackers	Whole Wheat Crackers (WG)	
Meat or Meat Alternate 3x Meat/Meat Alternate	Peanut Butter		Cheese		Yogurt
Other Foods, 1x sweet	Jelly (sweet)			Ranch Dressing	

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 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 fruit/vegetable	Applesauce- unsweetened	Apricots- canned, unsweetened	Melon- fresh	Mixed Berries- frozen, unsweetened	Orange Slices- fresh
Grains/Bread Component 2x Whole Grain, 0x sweet	Biscuit	Kix cereal (WG)	Oatmeal (WG)	Raisin Bread	Bagels
Other Foods 1x Meat/Meat Alternate				Yogurt	
LUNCH	BBQ Pulled Pork (HM)	Salisbury Steak (CN)	Chicken Stir Fry	Beef Lasagna (HM)	Chicken Salad (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Baked Beans- canned	Roasted Potatoes- fresh	Broccoli, Carrots- frozen	Romaine Salad- fresh	Carrot Sticks- fresh
3x fresh	Tropical Fruit- canned, unsweetened	Pears- canned, unsweetened	Mixed Fruit- canned, unsweetened	Peaches- canned, unsweetened	Pineapple- canned, unsweetened
Grains/Bread Component 1x Whole Grain	Hamburger Bun	Dinner Roll	Linguine	Lasagna Noodles	Whole Wheat Crackers (WG)
Meat or Meat Alternate 1x highly processed	Pulled Pork	Salisbury Steak (CN)	Chicken	Ground Beef	Chicken
Other Foods	BBQ Sauce				
SUPPLEMENT <i>Serve 2 of 4 choices.</i>				Peanut Butter Crackers	Trail Mix
Fluid Milk		1% Milk			
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Mixed Berries- frozen, unsweetened		Applesauce- unsweetened		Raisins
Grains/Bread Component 2x Whole Grain, 1x sweet	Granola (WG) (sweet)	Goldfish Crackers	Graham Crackers	Saltine Crackers	Cheerios cereal (WG); Pretzels
Meat or Meat Alternate 1x Meat/Meat Alternate				Peanut Butter	
Other Foods					

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