



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 #16

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>					Breakfast Burrito
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>4x whole fruit/vegetable</b>	100% Grape Juice	Strawberries- frozen, unsweetened	Applesauce- unsweetened	Apricots- canned, unsweetened	Mandarin Oranges- canned, unsweetened
Grains/Bread Component <b>4x Whole Grain, 0x sweet</b>	Cheerios cereal (WG)	Whole Wheat Toast (WG)	Bagel	Whole Wheat French Toast (WG)	Whole Wheat Tortilla (WG)
Other Foods <b>2x Meat/Meat Alternate</b>		Strawberry Yogurt	Hash Browns- frozen		Egg, Cheese
<b>LUNCH</b>	Turkey Roll Up	Taco Salad	Spaghetti with Meat Sauce	Chicken Patty on Bun (CN)	Macaroni and Cheese with Ham (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables <b>1x fresh</b>	Peas- frozen Pineapple- canned, unsweetened	Romaine Lettuce- fresh Mixed Fruit- canned, unsweetened	Green Beans- frozen Apple Slices- canned, unsweetened	Mixed Vegetables- frozen Pears- canned, unsweetened	Broccoli- frozen Peaches- canned, unsweetened
Grains/Bread Component <b>3x Whole Grain</b>	Whole Wheat Tortilla (WG)	Corn Chips	Whole Wheat Linguine (WG)	Hamburger Bun	Whole Wheat Elbows (WG)
Meat or Meat Alternate <b>1x highly processed</b>	Turkey	Ground Beef	Ground Beef	Chicken Patty (CN)	Ham, Cheese
Other Foods			Spaghetti Sauce		
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>		Cheese Crackers			
Fluid Milk	1% Milk				1% Milk
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>			Oranges- fresh	Applesauce- unsweetened	Celery- fresh
Grains/Bread Component <b>1x Whole Grain, 1x sweet</b>	Blueberry Muffin (sweet)	Wheat Thins (WG)	French Bread Bites	Multi-Grain Club Crackers	
Meat or Meat Alternate <b>1x Meat/Meat Alternate</b>		Cheese			
Other Foods					



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WEEK OF Week 2

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>4x whole fruit/vegetable</b>	100% Apple Juice	Oranges- fresh	Apple Slices- canned, unsweetened	Mandarin Oranges- canned, unsweetened	Peaches- canned, unsweetened
Grains/Bread Component <b>4x Whole Grain, 1x sweet</b>	Kix cereal (WG)	Whole Wheat Toast (WG)	Raisin Bread	Oatmeal (WG)	Whole Wheat Muffins (WG) (sweet)
Other Foods <b>1x Meat/Meat Alternate</b>		Cottage Cheese			
<b>LUNCH</b>	Beef Stroganoff	Breakfast for Lunch	Meatloaf (HM)	BBQ Chicken (HM)	Chef Salad
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables  <b>1x fresh</b>	Peas- frozen	Tater Tots- frozen	Mashed Potatoes- dried	Baked Beans- canned	Romaine Lettuce- fresh
	Pineapple- canned, unsweetened	Pears- canned, unsweetened	Strawberries- frozen, unsweetened	Mixed Fruit- canned, unsweetened	Apricots- canned, unsweetened
Grains/Bread Component <b>1x Whole Grain</b>	Egg Noodles	Pancakes	Whole Wheat Bread (WG)	Dinner Roll	Multi-Grain Crackers
Meat or Meat Alternate <b>1x highly processed</b>	Beef	Sausage	Ground Beef	Chicken	Sliced Turkey
Other Foods				BBQ Sauce	
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>	Cheese Roll Up				
Fluid Milk		1% Milk			1% Milk
Juice, Fruit, or Vegetable <b>2x whole fruits/vegetable</b>			Grapes- fresh		Cauliflower- fresh
Grains/Bread Component <b>1x Whole Grain, 1x sweet</b>	Whole Wheat Tortilla (WG)	Monster Cookies (sweet)		Animal Crackers	
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>	Cheese		Cheese Cubes	Strawberry Yogurt	
Other Foods					



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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>		Berry Pancakes	Biscuits and Gravy		Apricot Oatmeal
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>4x whole fruit/vegetable</b>	100% Orange Juice	Blueberries, Strawberries- frozen, unsweetened	Applesauce- unsweetened	Mandarin Oranges- canned, unsweetened	Apricots- canned, unsweetened
Grains/Bread Component <b>2x Whole Grain, 0x sweet</b>	Rice Krispies cereal	Pancakes	Biscuits	Whole Wheat Toast (WG)	Oatmeal (WG)
Other Foods <b>1x Meat/Meat Alternate</b>		**no syrup**	Gravy	Scrambled Eggs	
<b>LUNCH</b>	Ham and Beans	Fish Sticks (CN)	Chicken Stir-Fry	Turkey Roll Up	Lasagna (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Navy Beans- canned	Peas- frozen	Broccoli- frozen	Mixed Vegetables- frozen	Romaine Salad- fresh
<b>2x fresh</b>	Mixed Fruit- canned, unsweetened	Pears- canned, unsweetened	Banana- fresh	Pineapple- canned, unsweetened	Peaches- canned, unsweetened
Grains/Bread Component <b>1x Whole Grain</b>	Cornbread	Breading (CN)	White Rice	Whole Wheat Tortilla (WG)	Lasagna Noodles
Meat or Meat Alternate <b>1x highly processed</b>	Ham	Fish Sticks (CN)	Chicken	Turkey	Ground Beef
Other Foods					
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>					
Fluid Milk	1% Milk		1% Milk		1% Milk
Juice, Fruit, or Vegetable <b>2x whole fruits/vegetable</b>		Carrots- fresh		Apples- fresh	
Grains/Bread Component <b>1x Whole Grain, 1x sweet</b>	Cheese Its		Graham Crackers	Wheat Thins (WG)	Rice Krispie Treats (sweet)
Meat or Meat Alternate <b>1x Meat/Meat Alternate</b>		Cottage Cheese			
Other Foods					



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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>					Apricot Cream of Wheat
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>4x whole fruit/vegetable</b>	100% Apple Juice	Apples- canned, unsweetened	Banana- fresh	Peaches- canned, unsweetened	Apricots- canned, unsweetened
Grains/Bread Component <b>3x Whole Grain, 1x sweet</b>	Kix cereal (WG)	Whole Wheat Toast (WG)	Pumpkin Muffins (sweet)	Crescent Rolls	Whole Grain Cream of Wheat (WG)
Other Foods <b>1x Meat/Meat Alternate</b>		Eggs			
<b>LUNCH</b>	Chicken Alfredo	Turkey Tacos	Beef Vegetable Goulash	Grilled Ham and Cheese Sandwich	Chef Salad
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Broccoli- frozen	Lettuce, Tomato- fresh	Peas- frozen	Green Beans- frozen	Romaine Lettuce- fresh
<b>2x fresh</b>	Mixed Fruit- canned, unsweetened	Pears- canned, unsweetened	Applesauce- unsweetened	Pineapple- canned, unsweetened	Mandarin Oranges- canned, unsweetened
Grains/Bread Component <b>4x Whole Grain</b>	Whole Wheat Linguine(WG)	Whole Wheat Tortilla (WG)	Whole Wheat Elbows (WG)	Whole Wheat Bread (WG)	Multi-Grain Crackers
Meat or Meat Alternate <b>0x highly processed</b>	Chicken	Ground Turkey	Ground Beef	Ham, Cheese	Sliced Chicken
Other Foods	Alfredo Sauce				
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>					
Fluid Milk			1% Milk		1% Milk
Juice, Fruit, or Vegetable <b>2x whole fruits/vegetable</b>	Strawberries- frozen, unsweetened	Oranges- fresh			
Grains/Bread Component <b>1x Whole Grain, 1x sweet</b>			Animal Crackers	Wheat Thins (WG)	Cinnamon Rolls (sweet)
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>	Strawberry Yogurt	Cottage Cheese		Tuna	
Other Foods					