



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 #19

WEEK OF Week 1

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Apricot Pancakes				
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole FV, 1x fresh</b>	Apricots- canned, unsweetened	Banana- fresh	Pears- canned, unsweetened	Applesauce- unsweetened	Mixed Fruit- canned, unsweetened
Grains/Bread Component <b>2x Whole Grain, 1x sweet</b>	Pancake	Whole Grain Corn Chex (WG)	Pumpkin Bread (sweet)	Oatmeal (WG)	French Toast
Other Foods	**no syrup**				**no syrup**
<b>LUNCH</b>	Chicken Patty (CN)	Ground Beef and Spanish Rice	Tuna and Noodles	Chicken Quesadilla	Tater Tot Casserole
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables <b>3x fresh</b>	Steamed Carrots- frozen	Pinto Peans- canned	Baked Sweet Potatoes- fresh	Steamed Broccoli- frozen	Mixed Vegetables- canned
	Peas- frozen	Pineapple- canned, unsweetened	Baked Apples- fresh	Peaches- canned, unsweetened	Orange Slices- fresh
Grains/Bread Component <b>3x Whole Grain</b>	Hamburger Bun	Spanish Brown Rice (WG)	Egg Noodles	Whole Wheat Tortilla (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate <b>1x highly processed</b>	Chicken Patty (CN)	Ground Beef	Tuna	Chicken, Cheese	Ground Beef
Other Foods					Tater Tots
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>			Parfait		
Fluid Milk		1% Milk		1% Milk	
Juice, Fruit, or Vegetable <b>2x whole fruits/vegetable</b>	100% Tomato Juice		Blueberries- frozen, unsweetened	Carrot Sticks- fresh	
Grains/Bread Component <b>3x Whole Grain, 0x sweet</b>		Whole Wheat Graham Crackers (WG)	Cheerios cereal (WG)		Whole Grain Rice Chex cereal (WG)
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>	Cottage Cheese		Yogurt		Yogurt
Other Foods					



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WEEK OF Week 2

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Cheese Muffin	Berry Cream of Wheat			Peach Waffles
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole F/V, 1x fresh</b>	Orange Slices- fresh	Strawberries, Blueberries- frozen, unsweetened	Mixed Fruit- canned, unsweetened	Pineapple- canned, unsweetened	Peaches- canned, unsweetened
Grains/Bread Component <b>1x Whole Grain, 1x sweet</b>	English Muffin	Cream of Wheat	Apple Oatmeal Muffin (sweet)	Whole Grain Rice Krispies cereal (WG)	Waffle
Other Foods <b>1x Meat/Meat Alternate</b>	American Cheese				**no syrup**
<b>LUNCH</b>	Fish Sticks (CN)	Pizza Pasta Casserole	Beef Stew	Chicken Pot Pie (HM)	Grilled Cheese Sandwich
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Green Beans- canned	Carrot Sticks- fresh	Mixed Vegetables (in stew)- frozen	Mixed Vegetables (in chicken pot pie)- frozen	Lima Beans- canned
<b>3x fresh</b>	Apricots- canned, unsweetened	Pears- canned, unsweetened	Sliced Bell Peppers- fresh	Apple Slices- fresh	Mixed Fruit- canned, unsweetened
Grains/Bread Component <b>1x Whole Grain</b>	Bread Stick	Rotini	Cornbread	Crust	Whole Wheat Bread (WG)
Meat or Meat Alternate <b>1x highly processed</b>	Fish Sticks (CN)	Ground Beef, Cheese	Beef	Chicken	Cheese
Other Foods			Tomato Sauce		
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>	Parfait		Birthday Celebration	Cheese Crackers	
Fluid Milk		1% Milk	1% Milk		1% Milk
Juice, Fruit, or Vegetable <b>2x whole fruits/vegetable</b>	Strawberries- frozen, unsweetened	Banana- fresh			
Grains/Bread Component <b>2x Whole Grain, 1x sweet</b>	Whole Wheat Bran Flakes cereal (WG)		Chocolate Chip Cookie (sweet)	Wheat Crackers	Whole Grain Cinnamon Toast Crunch cereal (WG)
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>	Yogurt			American Cheese	Hard Boiled Egg
Other Foods					



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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Pear Pancakes				
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole F/V, 2x fresh</b>	Pears- canned, unsweetened	Strawberries, Kiwi- fresh	Banana- fresh	Applesauce- unsweetened	Apricots- canned, unsweetened
Grains/Bread Component <b>3x Whole Grain, 1x sweet</b>	Pancake	Whole Grain Rice Krispies cereal (WG)	Pumpkin Bread (sweet)	Oatmeal (WG)	Whole Wheat Bagel (WG)
Other Foods	**no syrup**				Cream Cheese
<b>LUNCH</b>	Apple Tuna Sandwich	Enchilada Casserole	Turkey and Cheese Rollup	Beef Lasagna (HM)	Chicken Nuggets (CN)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Steamed Broccoli- frozen	Pinto Beans- canned	Baked Sweet Potatoes- fresh	Mixed Vegetables- canned	Peas- frozen
<b>3x fresh</b>	Pineapple- canned, unsweetened	Orange Slices- fresh	Baked Apples- fresh	Peaches- canned, unsweetened	Mixed Fruit- canned, unsweetened
Grains/Bread Component <b>2x Whole Grain</b>	Whole Wheat Bread (WG)	Corn Tortilla	Whole Wheat Tortilla (WG)	Lasagna	Bread Stick
Meat or Meat Alternate <b>1x highly processed</b>	Tuna	Ground Beef, Cheese	Turkey, Cheese	Ground Beef, Cheese	Chicken Nuggets (CN)
Other Foods	Apples- fresh				
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>			Parfait		
Fluid Milk		1% Milk		1% Milk	
Juice, Fruit, or Vegetable <b>2x whole fruits/vegetable</b>	100% Tomato Juice	Carrot Sticks- fresh	Blueberries- frozen, unsweetened		
Grains/Bread Component <b>3x Whole Grain, 0x sweet</b>			Whole Grain Rice Chex cereal (WG)	Whole Wheat Graham Crackers (WG)	Cheerios cereal (WG)
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>	Cottage Cheese		Yogurt		Yogurt
Other Foods					



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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Cheese Muffin	Berry Cream of Wheat			Peach Waffles
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole F/V, 1x fresh</b>	Orange Slices- fresh	Strawberries, Blueberries- frozen, unsweetened	Mixed Fruit- canned, unsweetened	Pineapple- canned, unsweetened	Peaches- canned, unsweetened
Grains/Bread Component <b>1x Whole Grain, 1x sweet</b>	English Muffin	Cream of Wheat	Apple Oatmeal Muffin (sweet)	Whole Grain Corn Chex cereal (WG)	Waffle
Other Foods <b>1x Meat/Meat Alternate</b>	American Cheese				**no syrup**
<b>LUNCH</b>	Chicken Tetrazzini	Cheeseburger (CN)	Quiche	Ham and Cheese Rollup	Beef Shepherd's Pie
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Green Beans- canned	Lima Beans- canned	Mixed Vegetables- canned	Steamed Cauliflower- frozen	Peas, Carrots, Potatoes- frozen
<b>3x fresh</b>	Apricots- canned, unsweetened	Carrot Sticks- fresh	Pears- canned, unsweetened	Sliced Bell Peppers- fresh	Apple Slices- fresh
Grains/Bread Component <b>2x Whole Grain</b>	Spaghetti	Hamburger Bun	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Dinner Roll
Meat or Meat Alternate <b>1x highly processed</b>	Chicken	Beef Patty (CN), Cheese	Egg	Ham, Cheese	Ground Beef
Other Foods					
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>			Parfait		Cheese Crackers
Fluid Milk		1% Milk		1% Milk	
Juice, Fruit, or Vegetable <b>2x whole fruits/vegetable</b>	Applesauce- unsweetened		Strawberries- frozen, unsweetened		
Grains/Bread Component <b>2x Whole Grain, 0x sweet</b>	Whole Grain Cinnamon Toast Crunch cereal (WG)	Animal Crackers	Whole Grain Rice Krispies cereal (WG)	Pretzels	Wheat Crackers
Meat or Meat Alternate <b>4x Meat/Meat Alternate</b>	Yogurt		Yogurt	Hard Boiled Egg	American Cheese
Other Foods					