



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 #3

WEEK OF Week 1

YEAR 2012

	DATE	DATE	DATE	DATE	DATE
BREAKFAST					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 4x whole fruit/vegetable	Banana- fresh	Peaches- canned, unsweetened	100% Orange Juice	Mangoes- frozen, unsweetened	Applesauce- unsweetened
Grains/Bread Component 3x Whole Grain, 0x sweet	Whole Wheat Toast (WG)	Biscuits	Oatmeal (WG)	Pancakes	Whole Wheat Bagels (WG)
Other Foods				**no syrup**	
LUNCH	Macaroni and Cheese (HM)	Chicken Sandwich (CN)	Ham and Cheese Sandwich	Ham and Navy Beans	Sloppy Joes (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Peas- canned	Cauliflower- frozen	Mixed Vegetables- canned	Carrots- canned	Corn- canned
2x fresh	Mandarin Oranges- canned, unsweetened	Fruit Cocktail- canned, unsweetened	Apples- fresh	Grapes- fresh	Fruit Cocktail- canned, unsweetened
Grains/Bread Component 1x Whole Grain	Elbows	Hamburger Bun	Whole Wheat Bread (WG)	Cornbread	Hamburger Bun
Meat or Meat Alternate 1x highly processed	Cheese	Grilled Chicken Patty (CN)	Ham/Cheese	Ham/Navy Beans	Ground Beef
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Trail Mix	Cheese Crackers	Month Birthday Celebration
Fluid Milk			1% Milk		1% Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	100% Apple Juice	Peaches- canned, unsweetened	Raisins		
Grains/Bread Component 2x Whole Grain, 1x sweet	Graham Crackers		Kix cereal (WG), Cheerios cereal (WG)	Triscuits (WG)	Cupcakes (sweet)
Meat or Meat Alternate 2x Meat/Meat Alternate		Yogurt		Cheese	
Other Foods					



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WEEK OF Week 2

YEAR 2012

	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Cinnamon Toast		Strawberry Waffles	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 4x whole fruit/vegetable	100% Orange Juice	Grapefruit- fresh	Grapes- fresh	Strawberries- frozen, unsweetened	Apricots- canned, unsweetened
Grains/Bread Component 1x Whole Grain, 1x sweet	Kix cereal (WG)	Whole Wheat Toast (WG)	Cream of Wheat	Waffles	Whole Grain Rice Chex cereal (WG)
Other Foods		Cinnamon		**no syrup**	
LUNCH	Bean Burrito (HM)	Beanie Weanies	Fish Sticks (CN)	Chicken Noodle Soup (HM)	BBQ Pork Sandwich (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Mixed Green Salad- fresh	Apples- fresh	Parsley Potatoes- canned	Carrots- canned	Plum- canned, unsweetened
4x fresh	Banana- fresh	Green Beans- canned	Applesauce- unsweetened	Pineapple- canned, unsweetened	Stewed Tomatoes- canned
Grains/Bread Component 2x Whole Grain	Whole Wheat Tortilla (WG)	Whole Wheat Dinner Roll (WG)	Breading (CN)	Egg Noodles	Hamburger Bun
Meat or Meat Alternate 2x highly processed	Beans	Hot Dogs, Pork and Beans	Fish Sticks (CN)	Chicken	Shredded Pork
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Cheese Sandwich		Holiday Celebration
Fluid Milk	1% Milk	1% Milk		1% Milk	1% Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable		Carrot and Raisin Salad- fresh		Baked Apples- fresh	
Grains/Bread Component 1x Whole Grain, 1x sweet	Graham Crackers		Whole Wheat Bread (WG)		Cookies (sweet)
Meat or Meat Alternate 1x Meat/Meat Alternate			Cheese		
Other Foods					



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WEEK OF Week 3

YEAR 2012

	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Peach Cream of Rice			
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 4x whole fruit/vegetable	Pears- canned, unsweetened	Peaches- canned, unsweetened	Pineapple- canned, unsweetened	Grapefruit- fresh	Applesauce- unsweetened
Grains/Bread Component 3x Whole Grain, 0x sweet	Croissants	Cream of Rice	Whole Wheat Toast (WG)	Cheerios cereal (WG)	Whole Wheat Bagels (WG)
Other Foods					
LUNCH	BBQ Sandwich (CN)	Goulash	Hot Dog	Vegetable Beef Soup (HM)	Chicken Quesadilla (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 4x fresh	Grapes- fresh	Tomatoes- canned	Asparagus- frozen	Mixed Vegetables- canned	Mixed Green Salad- fresh
	Tropical Fruit- canned, unsweetened	Pears- canned, unsweetened	Banana- fresh	Apple- fresh	Pears- canned, unsweetened
Grains/Bread Component 2x Whole Grain	Hot Dog Bun	Elbows	Hot Dog Bun	Triscuits (WG)	Whole Wheat Tortilla (WG)
Meat or Meat Alternate 2x highly processed	BBQ Riblet (CN)	Ground Beef	Hot Dog	Ground Beef	Chicken, Cheese
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk					
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	100% Apple Juice	Carrot and Raisin Salad	Oranges- fresh		
Grains/Bread Component 2x Whole Grain, 1x sweet	Whole Grain Rice Cake (WG)	Tortilla Chips (sweet)	Whole Grain Chex Cereal Mix (WG)	Pretzels	Animal Crackers
Meat or Meat Alternate 2x Meat/Meat Alternate				Cheese	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 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 4x whole fruit/vegetable	Bananas- fresh	Peaches- canned, unsweetened	Mandarin Oranges- canned, unsweetened	Plums- canned, unsweetened	100% Orange Juice
Grains/Bread Component 3x Whole Grain, 1x sweet	Biscuits	Orange Cranberry Muffin (sweet)	Whole Wheat Toast (WG)	Kix cereal (WG)	Oatmeal (WG)
Other Foods					
LUNCH	Chicken Vegetable Soup (HM)	Tuna Sandwich	Spanish Rice	Chicken Nuggets (CN)	Ham and Cheese Sandwich
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Mixed Vegetables- canned	Green Beans- canned	Peas- canned	Apples- fresh	Carrots- canned
1x fresh	Oranges- fresh	Mandarin Oranges- canned, unsweetened	Pineapple- canned, unsweetened	Mashed Potatoes	Apricots- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Egg Noodles	Whole Wheat Bread (WG)	Brown Rice (WG)	Breading (CN)	Whole Wheat Bread (WG)
Meat or Meat Alternate 2x highly processed	Chicken	Tuna	Ground Beef	Chicken Nuggets (CN)	Ham/Cheese
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Cinnamon Toast				
Fluid Milk		1% Milk			
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	100% Apple Juice		Grapes- fresh	Bananas- fresh	
Grains/Bread Component 2x Whole Grain, 0x sweet	Whole Wheat Toast (WG)	Animal Crackers		Graham Crackers	Triscuits (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate			Cottage Cheese		Hardboiled Eggs
Other Foods	Cinnamon				