



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 #6

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Turkey Sausage Muffin		
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 4x whole fruit/vegetable	Pears- canned, unsweetened	100% Grape Juice	Peaches- canned, unsweetened	Oranges- fresh	Applesauce- unsweetened
Grains/Bread Component 3x Whole Grain, 0x sweet	Whole Wheat Bagel (WG)	Whole Wheat Toast (WG)	Whole Wheat English Muffin (WG)	Malt-O-Meal	Biscuit
Other Foods 1x Meat/Meat Alternate	Cream Cheese	Scrambled Eggs	Turkey Sausage	Raisins	Margarine
LUNCH	Cheesy California Vegetable Chicken Soup	Hamburgers	Parmesan Chicken Thighs (HM)	Beef Tacos	Ham and Macaroni and Cheese (HM)
Fluid Milk	1% Milk	1% Chocolate Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 5x fresh	California Vegetables- frozen	Carrots- fresh	Mashed Potatoes- dried	Tomatoes, Lettuce- fresh	Broccoli- fresh
	Apple Slices- fresh	Baked Beans- canned	Corn- canned	Pineapple Chunks- canned, unsweetened	Grapes- fresh
Grains/Bread Component 4x Whole Grain	Whole Wheat Saltine Crackers (WG)	Whole Wheat Sandwich Rolls (WG)	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Elbows
Meat or Meat Alternate 0x highly processed	Chicken	Ground Beef	Chicken Thighs	Ground Beef, Cheese	Ham, Cheese
Other Foods		Ranch Dressing	Margarine	Sour Cream, Salsa	Ranch Dressing
SUPPLEMENT <i>Serve 2 of 4 choices.</i>				Turkey Stackers	
Fluid Milk		1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	Mandarin Oranges- canned, unsweetened		Pears- fresh		
Grains/Bread Component 2x Whole Grain, 1x sweet	Cinnamon Raisin Bread	Toasted Oats cereal (WG)		Whole Wheat Saltine Crackers (WG)	Blueberry Muffin (sweet)
Meat or Meat Alternate 1x Meat/Meat Alternate				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 Intermediate Eat Smart Center #6

WEEK OF Week 2

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Cinnamon Apple Pancakes	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 4x whole fruit/vegetable	Pineapple- canned, unsweetened	Banana- fresh	Tangerines- fresh	Warm Apple Slices - fresh	100% Pineapple Juice
Grains/Bread Component 3x Whole Grain, 1x sweet	Whole Wheat Toast (WG)	Whole Wheat Toast (WG)	Pumpkin Muffin (sweet)	Pancakes	Toasted Oats cereal (WG)
Other Foods 2x Meat/Meat Alternate	Cottage Cheese; Margarine	Scrambled Egg; Margarine		Cinnamon, Margarine, **no syrup**	
LUNCH	Spaghetti with Meat Sauce	Chicken and Cheese Quesadilla	Sloppy Joes (HM)	Chicken and Noodles	BBQ Diced Pork (HM)
Fluid Milk	1% Milk	1% Chocolate Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 4x fresh	Green Beans- canned	Stewed Tomatoes- canned	Potato Wedges- frozen	Broccoli- fresh	Coleslaw- fresh
	Peaches- canned, unsweetened	Orange Wedges- fresh	Grapes- fresh	Pears- canned, unsweetened	Fruit Cocktail- canned, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Wheat Spaghetti (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Sandwich Rolls (WG)	Noodles	Whole Wheat Bread (WG)
Meat or Meat Alternate 0x highly processed	Ground Beef	Chicken, Cheddar Cheese	Ground Beef	Chicken	Pork
Other Foods	Spaghetti Sauce	Salsa	Sloppy Joe Sauce		BBQ Sauce
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					Cheese Muffin
Fluid Milk		1% Milk			
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	Sliced Apples- fresh			Apricots- canned, unsweetened	
Grains/Bread Component 3x Whole Grain, 1x sweet	Graham Cracker Squares	Pretzels	Granola (WG) (sweet)	Toasted Oats cereal (WG), Corn Flakes cereal	Whole Wheat English Muffin (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate			Yogurt		Cheddar Cheese
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



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 #6

WEEK OF Week 3

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Biscuits and Gravy			
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 4x whole fruit/vegetable	Peaches- canned, unsweetened	Mandarin Oranges- canned, unsweetened	Banana- fresh	100% Apple Juice	Pears- canned, unsweetened
Grains/Bread Component 1x Whole Grain, 0x sweet	Whole Wheat English Muffin (WG)	Biscuit	Corn Flakes cereal	Cinnamon Toast	Malt-O-Meal
Other Foods 1x Meat/Meat Alternate	Margarine	Gravy		Hardboiled Egg	
LUNCH	Turkey Sandwich	Mostaccioli (HM)	Bean and Cheese Burrito (HM)	Porcupine Meatballs (HM)	Chicken Chili (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Chocolate Milk	1% Milk
2 Servings of Fruit and/or Vegetables 4x fresh	Lettuce, Tomatoes- fresh	Tossed Salad with Romaine Lettuce- fresh	Corn- canned	Mashed Potatoes- dried	Carrot Sticks- fresh
	Fruit Cocktail- canned, unsweetened	Green Beans- canned	Pineapple- canned, unsweetened	Mixed Vegetables- canned	Fruit Salad- fresh
Grains/Bread Component 3x Whole Grain	Whole Wheat Bread (WG)	Mostaccioli	Whole Wheat Tortilla (WG)	Whole Wheat Bread (WG)	Corn Muffin
Meat or Meat Alternate 0x highly processed	Cold Turkey	Ground Beef	Bean, Cheddar Cheese	Ground Beef	Chicken, Chili Beans
Other Foods		Tomato Sauce, Parmesan Cheese; Salad Dressing		Margarine	Margarine
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Cheese Crackers			Ham Sandwich
Fluid Milk			1% Milk		
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Applesauce - unsweetened		Apple Slices- fresh	Grapes- fresh	
Grains/Bread Component 2x Whole Grain, 1x sweet	Sweet Corn Muffin (sweet)	Whole Wheat Saltine Crackers (WG)			Whole Wheat Bread (WG)
Meat or Meat Alternate 3x Meat/Meat Alternate		Cheddar Cheese		Yogurt	Ham
Other Foods	Cinnamon				Mayonnaise



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 #6

WEEK OF Week 4

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST					Apple Pancakes
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 4x whole fruit/vegetable	Oranges- fresh	Fruit Cocktail- canned, unsweetened	100% Grape Juice	Blueberries- frozen	Applesauce- unsweetened
Grains/Bread Component 3x Whole Grain, 1x sweet	Banana Nut Muffin (sweet)	Whole Wheat Toast (WG)	Whole Wheat English Muffin (WG)	Oatmeal (WG)	Pancake
Other Foods 1x Meat/Meat Alternate		Scrambled Eggs, Margarine	Margarine	Raisins	Margarine **no syrup**
LUNCH	Fish Shapes (CN)	Grilled Cheese with Tomato/Pasta Soup (HM)	Egg Salad Sandwich (HM)	Beef Tacos	Meatloaf (HM)
Fluid Milk	1% Chocolate Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	California Mix Vegetables- frozen	Tomatoes in Tomato/Pasta Soup- canned	Carrot Sticks- fresh	Lettuce, Tomatoes- fresh	Corn- canned
2x fresh	Peaches- canned, unsweetened	Pears- canned, unsweetened	Applesauce- unsweetened	Apricots- canned, unsweetened	Mashed Potatoes- dried
Grains/Bread Component 5x Whole Grain	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 1x highly processed	Fish Shapes (CN)	Cheese	Egg	Ground Beef	Ground Beef
Other Foods	Tartar Sauce, Margarine	Pasta in Tomato/Pasta Soup		Salsa	Margarine
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Turkey Cracker Sandwich		
Fluid Milk				1% Milk	1% Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	Celery, Carrots- fresh	Banana- fresh			
Grains/Bread Component 2x Whole Grain, 1x sweet		Ritz Crackers	Whole Wheat Saltine Crackers (WG)	Pumpkin Bar (sweet)	Toasted Oats cereal (WG), Corn Flakes
Meat or Meat Alternate 2x Meat/Meat Alternate	Cottage Cheese		Turkey		
Other Foods			Mayonnaise		



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 #6

WEEK OF Week 5

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Apple French Toast			Sun Butter Toast	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 4x whole fruit/vegetable	Applesauce- unsweetened	Banana- fresh	Peaches- canned, unsweetened	Mandarin Oranges- canned, unsweetened	100% Grape Juice
Grains/Bread Component 5x Whole Grain, 0x sweet	French Toast (WG) (HM)	Whole Wheat Bread (WG)	Oatmeal (WG)	Whole Wheat Toast (WG)	Whole Wheat Bagel (WG)
Other Foods 1x Meat/Meat Alternate	**no syrup**	Margarine	Raisins	Sun Butter	Margarine; Cream Cheese
LUNCH	Broccoli and Cheese Soup with a Ham Sandwich	Chicken Nuggets (CN)	Hamburger Pizza (HM)	Chili (HM)	Chicken and Noodles
Fluid Milk	1% Milk	1% Milk	1% Chocolate Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Tossed Salad- fresh	Mashed Potatoes- dried	Mixed Vegetables- canned	Chili Beans- canned	Green Beans- canned
4x fresh	Fruit Cocktail- canned, unsweetened	Orange Wedges- fresh	Pineapple Chunks- canned, unsweetened	Carrot Sticks- fresh	Apples- fresh
Grains/Bread Component 3x Whole Grain	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Pizza Crust	Whole Wheat Saltine Crackers (WG)	Egg Noodles
Meat or Meat Alternate 1x highly processed	Ham	Chicken Nuggets (CN)	Ground Beef, Mozzarella Cheese	Ground Beef	Chicken
Other Foods	Broccoli and Cheese Soup; Low Fat Dressing				
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk				1% Milk	
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Pears- canned, unsweetened		Grapes- fresh		Kiwi Slices- fresh
Grains/Bread Component 1x Whole Grain, 1x sweet		Whole Wheat Saltine Crackers (WG)	Graham Crackers	Corn Flakes cereal	Vanilla Wafers (sweet)
Meat or Meat Alternate 2x Meat/Meat Alternate	Yogurt	Hardboiled Egg			
Other Foods					