



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
 COMMUNITY FOOD AND NUTRITION ASSISTANCE (CFNA)
 CHILD AND ADULT CARE FOOD PROGRAM (CACFP)
3 MEAL MENU TEMPLATE (5 DAY)

NAME OF CENTER/FACILITY						
Love-N-Stuff						
GOOD EXAMPLE #1						
YEAR 20XX	WEEK OF June 1 to June 5	DATE 6/1/20XX	DATE 6/2/20XX	DATE 6/3/20XX	DATE 6/4/20XX	DATE 6/5/20XX
BREAKFAST						
Milk		Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Vegetable, fruit, or portions of both		Applesauce	Sliced Peaches	Orange Sections	Grape Juice	Diced Pears
Grain Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate (no more than 3 times per week at breakfast only)		WG Waffle	Oatmeal	WG Bagel	Cheerios	Biscuit
Other Foods			Raisins	Cream Cheese	Whole Wheat Toast	Egg
LUNCH						
		Veg. Beef Soup (HM)		Baked Chicken (HM)		
Milk		Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Meat/Meat Alternates Meat, poultry, or fish or tofu, soy product, or alternate protein products		Lean Ground Beef	Beef Hot Dog (CN)	Chicken Breast	Deli Turkey & Swiss Cheese	Fish Patty (CN)
Vegetable		Broccoli	Tater Tots	Green Beans	Baby Carrots	Mixed Vegetables
Fruit		Pineapple Chunks	Watermelon Cubes	Peaches	Banana	Fruit Salad
Grain		Cornbread	WG Hot Dog Bun	WG Roll	WG Bread	WG Hamburger Bun
Other Foods			Mustard, Ketchup	Ketchup	Mustard, Mayo	Tartar Sauce
SNACK AM or PM (Circle) Serve 2 of 5 components						
		Cheese Quesadilla				
Milk			Skim Milk			Skim Milk
Meat/Meat Alternates		Colby Cheese	Peanut Butter		Mozzarella Cheese	
Vegetables				Carrot Sticks		
Fruit				Apple Slices	Pineapple	Banana
Grain		WG Flour Tortilla	WG Bread			
Other Foods		Mild Salsa	Jelly			
Note: Minimum serving sizes per age group and meal requirements as listed on the Food Charts must be followed for a creditable CACFP meal.						



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NAME OF CENTER/FACILITY Love-N-Stuff						
GOOD EXAMPLE #2						
YEAR 20XX	WEEK OF June 8 to June 12	DATE 6/8/XX	DATE 6/9/XX	DATE 6/10/XX	DATE 6/11/XX	DATE 6/12/XX
BREAKFAST						
Milk		Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Vegetable, fruit, or portions of both		100% Orange Juice	Sliced Peaches	100% Pineapple Juice	Red Grapes	Cinnamon Applesauce
Grain Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate (no more than 3 times per week at breakfast only)		WG Pancakes	WG Toast	Cream of Wheat	WG English Muffin	Bran Flakes Cereal
Other Foods						
LUNCH		Spaghetti/Meat Sauce	Cheese Pizza (HM)		Macaroni/Cheese (HM)	
Milk		Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Meat/Meat Alternates Meat, poultry, or fish or tofu, soy product, or alternate protein products		Ground Beef	Cheese	Roast Beef	Cheese	Corn Dog (CN)
Vegetable		Peas	Tossed Salad	Mashed Potatoes	Broccoli	Baked Fries
Fruit		Pineapple Tidbits	Watermelon Cubes	Peaches	Apricots	Fruit Salad
Grain		WW Spaghetti	WG Pizza Crust	WG Roll	Macaroni	Corndog Breadding CN
Other Foods		Garlic Bread, Sauce	Salad Dressing, Sauce	Beef Gravy	Mustard, Mayo	Ketchup, Mustard
SNACK AM or PM (Circle) Serve 2 of 5 components						
Milk				Skim Milk	Skim Milk	
Meat/Meat Alternates		Mozzarella Cheese	Vanilla Yogurt			
Vegetables				Carrot Sticks		
Fruit		Cantaloupe Cubes	Strawberries			Apple Juice
Grain					WG Bagel	WG Breadstick
Other Foods					Cream Cheese	Pizza Sauce
Note: Minimum serving sizes per age group and meal requirements as listed on the Food Charts must be followed for a creditable CACFP meal.						



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NAME OF CENTER/FACILITY			EXERCISE #4 FIND THE ERRORS			
Bad Apple Day Care						
YEAR 20XX	WEEK OF June 8 to June 12	DATE 6/8/XX	DATE 6/9/XX	DATE 6/10/XX	DATE 6/11/XX	DATE 6/12/XX
BREAKFAST						
Milk	2% Milk		1% Milk	1% Milk	1% Milk	
Vegetable, fruit, or portions of both		Pears	100% Orange Juice		Sliced Bananas	
Grain Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate (no more than 3 times per week at breakfast only)	Toast		WG Oatmeal	WG Cheerios	Sugar Puffed Wheat Cereal***	
Other Foods	Scrambled Eggs	Ham Slice				
LUNCH			Cheese Pizza (HM)			
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	
Meat/Meat Alternates Meat, poultry, or fish or tofu, soy product, or alternate protein products	Hot Dog (CN)	Cheese	Chicken Nuggets (CN)	Hamburger	Peanut Butter	
Vegetable	Pineapple		Mashed Potatoes	Baked Beans	Baby Carrots	
Fruit	Oranges	Banana	Diced Pears	Sweet Potato Fries	Pineapple Chunks	
Grain	Bun	Pizza Crust (HM)	Breading (CN)		Sandwich Bread	
Other Foods					Jelly	
SNACK AM or PM (Circle) Serve 2 of 5 components						
Milk					Whole Chocolate Milk	
Meat/Meat Alternates		Cheese Stick	Strawberry Yogurt**			
Vegetables	Carrot Sticks					
Fruit	Apples			Strawberries		
Grain		Pretzels	Vanilla Wafer	Biscuit	Blueberry Muffin	
Other Foods						

18 grams of added sugar in 6 ounce of yogurt. *Cereal Ingredients: sugar, wheat, dextrose, honey, contains 2% or less of vegetable oil (hydrogenated or partially hydrogenated soybean oil), salt, caramel color, soy lecithin, BHT for freshness. 15 gram of added sugar in 28 grams of cereal.