

SAMPLE MENU

Based on requirements for Child Care Food Program

BREAKFAST

Juice or Fruit
 Cereal and/or Bread*
 (enriched or whole grain)
 Milk
 Other Foods

A.M. SUPPLEMENT

Two of the following:
 Milk or Juice** or
 Fruit or Vegetable or
 Bread or Cereal or Meat
 or Meat Alternate

LUNCH OR SUPPER

Meal or Alternate
 Vegetable and/or Fruit***
 Bread* (enriched or whole grain)
 Milk
 Other foods

P.M. SUPPLEMENT

Two of the following:
 Milk or Juice** or
 Fruit or Vegetable or
 Bread or Cereal or Meat or
 Meat Alternate

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BREAKFAST</u> Juice or Fruit Cereal and/or Bread* (enriched or whole grain) Milk Other Foods	Orange Juice Choice of Cereal 1% Milk	Orange Juice Choice of Cereal 1% Milk	Orange Juice Choice of Cereal 1% Milk	Apple Juice Choice of Cereal 1% Milk Banana	Orange Juice Choice of Cereal 1% Milk Blueberries
<u>A.M. SUPPLEMENT</u> Two of the following: Milk or Juice** or Fruit or Vegetable or Bread or Cereal or Meat or Meat Alternate					
<u>LUNCH OR SUPPER</u> Meal or Alternate Vegetable and/or Fruit*** Bread* (enriched or whole grain) Milk Other foods	Meatball w/ Bowties Tomato Sauce Salad Bread & Butter Fruit Cocktail 1 % Milk	Chicken w/ Gravy Brown Rice Broccoli & Carrots Bread & Butter Banana 1% Milk	Baked Fish Fillet Medium Noodles Mixed Vegetables Bread & Butter Apple 1% Milk	Ground Beef Casserole w/ String Beans & Carrots Bread & Butter Grapes 1% Milk	Pizza Salad Cheese Stick Pear 1% Milk
<u>P.M. SUPPLEMENT</u> Two of the following: Milk or Juice** or Fruit or Vegetable or Bread or Cereal or Meat or Meat Alternate	Oatmeal Cookies Raisins 1% Milk	Pretzels Canned Fruit 1% Milk	Vanilla Wafers Banana 1% Milk	Apple Graham Crackers 1% Milk	Grapes Whole Wheat Crackers 1% Milk

*Or an equivalent serving or cornbread, biscuit, rolls, muffins, etc. made of enriched or whole grain, meal or flour

**Juice may not be served when milk is served as the only other component

***Must include at least two kinds

****IF YOUR CHILD HAS A FOOD ALLERGY, PLEASE SPEAK TO THE OWNER, MANAGER, CHEF OR SERVER****

This instituion is an equal opportunity provider.