

CHILD CARE FOOD PROGRAM

Menu and Meal Component

This is an example menu of our meals. We are currently participating with CDA Nutrition Program

Scott Family Childcare Learning Center

BREAKFAST <small>(first 3 required)</small>	Sun	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
MILK		Milk	Milk	Milk	Milk	Milk	
FRUIT/VEG. or JUICE		banana	applesauce	orange slices	apple slices	banana	
BREAD or BREAD ALT.		cheerios	waffles	wheat toast	wheat bread	cheerios	
ADDITIONAL FOOD					eggs,cheese		
AM SNACK <small>(Choose 2 groups)</small>							
MILK		Milk		Milk	Milk	Milk	
MEAT or MEAT ALT.			string cheese				
FRUIT/VEG. or JUICE			apple juice			orange slices	
BREAD or BREAD ALT.		animal cracker		ritz crakers	animal cracker		
LUNCH <small>(All 5 required)</small>							
MILK		Milk	Milk	Milk	Milk hm	Milk	
MEAT or MEAT ALT.		pep & cheese hm	chicken	cheese	beef,bean&cheese	ground beef hm	
FRUIT or VEG.		lettuce,carrots,cab	green bean	apple slices	corn	lettuce,carrots,cab	
FRUIT or VEG.		apple slices	lettuce,carrots,cab	corn	pears	orange slices	
BREAD or BREAD ALT.		english muffin	wheat bread/butter	wheat bread	tortilla	spag./french bread	
PM SNACK <small>(Choose 2 groups)</small>							
MILK		Milk		Milk	Milk	Milk	
MEAT or MEAT ALT.			string cheese		peanut butter&jelly		
FRUIT/VEG. or JUICE			apple juice			apple slices	
BREAD or BREAD ALT.		animal crackers		ritz crackers	wheat bread		
DINNER <small>(All 5 required)</small>							
MILK		Milk	Milk hm	Milk	Milk		
MEAT or MEAT ALT.		chicken	beef/bean/cheese	chicken/rice	beef/noodle		
FRUIT or VEG.		lettuce,carrots,cab	corn	lettuce,carrots,cab	peas & carrots		
FRUIT or VEG.		green beans	apple slices	green beans	apples		
BREAD or BREAD ALT.		dinner roll	tortilla	dinner roll	corn bread		
EVE. SNACK <small>(Choose 2 groups)</small>							
MILK		Milk	Milk	Milk	Milk		
MEAT or MEAT ALT.				peanut butter&jelly			
FRUIT/VEG. or JUICE		apple slices	pears				
BREAD or BREAD ALT.				wheat bread	oatmeal cookie hm		