

# Child and Adult Care Food Program Menu Record

Week of: December 3 – 7, 2018

	Monday 12/3	Tuesday 12/4	Wednesday 12/5	Thursday 12/6	Friday 12/7
<b>Breakfast</b> Milk Fruit, vegetable, or 100% juice, bread, cereal or bread alternate	Life Cereal Apple Sauce Milk	Cheesy Eggs Fruit Cocktail Milk	French Toast Strawberries Milk	WG Mini Spooners Peaches Milk	WG Buttered Toast Banana Milk
<b>Lunch</b> Milk Meat or Meat alternate Fruit and/or vegetable (at least two) Bread or bread alternate	Baked WG Mac n' Cheese Peas Carrots Milk	Build-your-own Taco Beef/Bean Corn Tomato Tator-tots WG Taco Shell Milk	Grilled Cheese on WG Bread Cream of Tomato Soup Apple Slices (Apple Sauce) Milk	Braised Pot Roast Potato, Carrot, Celery, Pepper Bread Stick Milk	Chicken and Broccoli Casserole with WG Brown Rice Asparagus Milk
<b>PM Snack</b> <i>including Ranger wrap-around care</i> Any 2 of the following components: Milk Fruit, vegetable, or 100% juice, bread, cereal, or bread alternate, meat or meat alternate	WG Goldfish Crackers Milk	Carrot with Ranch Dip Milk	Wheat Thins Juice	Ham and Cheese Roll-up On WG Tortilla Water	WG Banana Bread Milk
<b>AM/PM 4K, Preschool &amp; Ranger AM Snack</b> Any 2 of the following components: Milk Fruit, vegetable, or 100% juice, bread, cereal, or bread alternate, meat or meat alternate	Graham Cracker Milk	Trail Mix Milk	Animal Crackers Milk	Wheat Thins Milk	Kix Milk

**Menu Subject To Change**

**Items in ( ) are served to children in the Rock N Roller, Creeper, & Scooter rooms.**

**Unflavored Whole (Ages: 1-2) or 1% Milk Served (Ages:2-8)**

**WG = Whole Grain**