

Child and Adult Care Food Program Menu Record

Week of: January 7 – 11, 2019

	Monday 1/7	Tuesday 1/8	Wednesday 1/9	Thursday 1/10	Friday 1/11
Breakfast Milk Fruit, vegetable, or 100% juice, bread, cereal or bread alternate	Cheerios Pears Milk	Kix Cereal Peaches Milk	Egg Sausage Fruit Cocktail Milk	Waffles Banana Milk	Cantaloupe WG Toast Milk
Lunch Milk Meat or Meat alternate Fruit and/or vegetable (at least two) Bread or bread alternate	Beefy WG Mac n' Cheese Carrots Applesauce Milk	Chicken Breast WG Brown Rice Broccoli Pineapple Milk	Rib Patty WG Bun Green Beans Tropical Fruit Milk	Beef Enchilada WG Tortilla Corn Pears Milk	Cheesy WG Rice Tator Tot Casserole with Chicken Mandarin Oranges Milk
PM Snack <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	String Cheese Toll House Crackers Water	WG Graham Crackers Milk	Bell Peppers Ranch Milk	Chicken Salad Wheat Thins Apple Juice	Goldfish Milk
AM/PM 4K, Preschool & Ranger AM Snack Any 2 of the following components: Milk Fruit, vegetable, or 100% juice, bread, cereal, or bread alternate, meat or meat alternate	Corn Chex Cereal Milk	Raisin WG Brown Rice Pudding Milk	Trail Mix Milk	Cucumbers Ranch Milk	Apple Milk

Menu Subject To Change

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

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

WG = Whole Grain