

# Child and Adult Care Food Program Menu Record

Week of: January 14 – 18, 2019

	<b>Monday 1/14</b>	<b>Tuesday 1/15</b>	<b>Wednesday 1/16</b>	<b>Thursday 1/17</b>	<b>Friday 1/18</b>
<b>Breakfast</b> Milk Fruit, vegetable, or 100% juice, bread, cereal or bread alternate	Corn Flakes Peaches Milk	Oatmeal Baked Apples Milk	Yogurt Strawberries Milk	Raisin Bran Banana Milk	Waffle with Berry Compote Milk
<b>Lunch</b> Milk Meat or Meat alternate Fruit and/or vegetable (at least two) Bread or bread alternate	Sweet and Sour Chicken WG Brown Rice Broccoli Mandarin Oranges Milk	Hamburger WG Bun Sweet Potato Fries Tropical Fruit Milk	Chicken Parmesan WG Rotini Zucchini Fruit Cocktail Milk	Beef Stew with Potatoes, Carrots and Celery WG Biscuit Pears Milk	Tomato Soup and Salad Bar (mixed greens, ham, carrots, pepper, cheese) WG Breadstick Apple (Applesauce) 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	Saltine Crackers String Cheese Milk	Animal Crackers Milk	Watermelon Pretzels Water	WG Goldfish Milk	WG Zucchini 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	Gardettos Milk	Corn Flakes Milk	Carrots Ranch Dip Milk	Animal Crackers 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**