

21-Day Sample Cycle Menu

Child and Adult Care Food Program

The abbreviation to the left of each menu item indicates the meal pattern component supplied. The following abbreviations are used: G/B = Grains/Breads; M/MA = Meat/Meat Alternate; F/V = Fruit/Vegetable; Other = Other additional food items served but not necessary to meet meal pattern requirements. This menu meets the Child and Adult Care Food Program Meal requirements for children ages 3-5 years; and may contain foods which present a choking hazard for younger children such as raw vegetables, raisins, pretzels, apples and grapes. Please substitute appropriate foods for children less than three years of age. All bread and bread alternates must be made with enriched or whole grains. Offer water as a beverage when a fluid is not included as one of the components of the snack. USDA Child Care Recipes, Food for Health and Fun were used and are available at the following website: <http://www.nal.usda.gov/childcare/Recipes/childcare.html>

Monday	Tuesday	Wednesday	Thursday	Friday
Day 1 – Breakfast F/V: <u>Applesauce</u> G/B: <u>Banana muffin</u> Milk: <u>Milk</u> Other _____	Day 2 – Breakfast F/V: <u>Fresh mixed fruit</u> G/B: <u>Biscuit</u> Milk: <u>Milk</u> Other <u>Jelly</u>	Day 3 – Breakfast F/V: <u>100% cranapple juice</u> G/B: <u>Cinnamon raisin bagel</u> Milk: <u>Milk</u> Other _____	Day 4 – Breakfast F/V: <u>Sliced apples</u> G/B: <u>Oven French toast</u> Milk: <u>Milk</u> Other <u>Maple Syrup</u>	Day 5 – Breakfast F/V: <u>Seasonal melon</u> G/B: <u>High fiber cold cereal</u> Milk: <u>Milk</u> Other _____
Day 1 – Lunch M/MA: <u>Mac & cheese/ham D-20</u> F/V 1: <u>Cooked peas</u> F/V 2: <u>Orange slices</u> G/B: <u>Macaroni (above)</u> Milk: <u>Milk</u> Other _____	Day 2 – Lunch M/MA: <u>Spanish rice D-22</u> F/V 1: <u>Green beans</u> F/V 2: <u>Steamed corn</u> G/B: <u>Whole wheat dinner roll</u> Milk: <u>Milk</u> Other _____	Day 3 – Lunch M/MA: <u>Baked chicken D-29</u> F/V 1: <u>Steamed broccoli</u> F/V 2: <u>Sliced peaches</u> G/B: <u>Bread</u> Milk: <u>Milk</u> Other _____	Day 4 – Lunch M/MA: <u>Turkey & cheese sand</u> F/V 1: <u>Mixed veg w/ carrots</u> F/V 2: <u>Apple wedges</u> G/B: <u>Hoagie roll</u> Milk: <u>Milk</u> Other _____	Day 5 – Lunch M/MA: <u>Tuna salad D-10</u> F/V 1: <u>Lettuce, tomato</u> F/V 2: <u>Fruit cocktail</u> G/B: <u>Whole wheat bread</u> Milk: <u>Milk</u> Other _____
Day 1 – Snack (Serve 2 of these 4 components) M/MA: <u>Yogurt</u> F/V: <u>Strawberries</u> G/B: _____ Milk: _____	Day 2 – Snack (Serve 2 of these 4 components) M/MA: <u>Peanut butter dip</u> F/V: <u>Banana slices</u> G/B: _____ Milk: _____	Day 3 – Snack (Serve 2 of these 4 components) M/MA: _____ F/V: _____ G/B: <u>Oatmeal raisin cookies</u> Milk: <u>Milk</u>	Day 4 – Snack (Serve 2 of these 4 components) M/MA: _____ F/V: <u>Fruit salad</u> G/B: <u>Animal crackers</u> Milk: _____	Day 5 – Snack (Serve 2 of these 4 components) M/MA: _____ F/V: <u>100% grape juice</u> G/B: <u>Mini bagel w/crm cheese</u> Milk: _____

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Day 6 – Breakfast F/V: <u>Orange wedges</u> G/B: <u>English muffin</u> Milk: <u>Milk</u> Other <u>Peanut butter</u>	Day 7 – Breakfast F/V: <u>100% grape juice</u> G/B: <u>Oatmeal</u> Milk: <u>Milk</u> Other _____	Day 8 – Breakfast F/V: <u>Banana</u> G/B: <u>Toast</u> Milk: <u>Milk</u> Other <u>Peanut butter spread</u>	Day 9– Breakfast F/V: <u>Orange slices</u> G/B: <u>Wheat squares cereal</u> Milk: <u>Milk</u> Other _____	Day 10 – Breakfast F/V: <u>Cantaloupe/watermelon</u> G/B: <u>Applesauce muffins</u> Milk: <u>Milk</u> Other _____
Day 6 – Lunch M/MA: <u>Chicken breast</u> F/V 1: <u>Carrot raisin salad</u> F/V 2: <u>Green beans</u> G/B: <u>Rice</u> Milk: <u>Milk</u> Other _____	Day 7 – Lunch M/MA: <u>Cheese pizza D-23</u> F/V 1: <u>Chopped lettuce salad</u> F/V 2: <u>Carrots & celery</u> G/B: <u>Pizza crust</u> Milk: <u>Milk</u> Other _____	Day 8 – Lunch M/MA: <u>BBQ pork sand F-8</u> F/V 1: <u>Potato wedges</u> F/V 2: <u>Fresh spinach salad</u> G/B: <u>Wheat bun</u> Milk: <u>Milk</u> Other _____	Day 9 – Lunch M/MA: <u>Vegetable Frittata D-1</u> F/V 1: <u>Vegs (¼ cup in recipe)</u> F/V 2: <u>Sliced pears</u> G/B: <u>Rye bread</u> Milk: <u>Milk</u> Other _____	Day 10 – Lunch M/MA: <u>Baked ham</u> F/V 1: <u>Mixed fruit /pineapple</u> F/V 2: <u>Sweet Potato</u> G/B: <u>Corn bread</u> Milk: <u>Milk</u> Other <u>Honey Spread</u>
Day 6 – Snack (Serve 2 of these 4 components) M/MA: <u>Low fat yogurt</u> F/V: <u>Green & red grapes</u> G/B: _____ Milk: _____	Day 7 – Snack (Serve 2 of these 4 components) M/MA: _____ F/V: <u>Fresh strawberries</u> G/B: <u>Bagel</u> Milk: _____	Day 8 – Snack (Serve 2 of these 4 components) M/MA: _____ F/V: <u>Peaches</u> G/B: <u>Graham crackers</u> Milk: _____	Day 9 – Snack (Serve 2 of these 4 components) M/MA: _____ F/V: <u>Fruit cocktail</u> G/B: <u>Soft bread sticks</u> Milk: _____	Day 10 – Snack (Serve 2 of these 4 components) M/MA: _____ F/V: _____ G/B: <u>Cereal bar</u> Milk: <u>Low fat chocolate milk</u>

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Day 11 – Breakfast F/V: <u>100% apple juice</u> G/B: <u>Blueberry muffin</u> Milk: <u>Milk</u> Other _____	Day 12 – Breakfast F/V: <u>Mixed fruit</u> G/B: <u>Raisin toast</u> Milk: <u>Milk</u> Other _____	Day 13 – Breakfast F/V: <u>100% grape juice</u> G/B: <u>Southern style biscuit</u> Milk: <u>Milk</u> Other <u>Honey butter</u>	Day 14– Breakfast F/V: <u>Peaches</u> G/B: <u>Waffles</u> Milk: <u>Milk</u> Other <u>Maple Syrup</u>	Day 15 – Breakfast F/V: <u>Bananas</u> G/B: <u>Corn flaked cereal</u> Milk: <u>Milk</u> Other _____
Day 11 – Lunch M/MA: <u>Deli roast beef sand</u> F/V 1: <u>Brussels sprouts</u> F/V 2: <u>Steamed corn</u> G/B: <u>Whole wheat bun</u> Milk: <u>Milk</u> Other _____	Day 12 – Lunch M/MA: <u>Chili D-25</u> F/V 1: <u>Applesauce</u> F/V 2: <u>Chili beans (recipe above)</u> G/B: <u>Crackers</u> Milk: <u>Milk</u> Other _____	Day 13 – Lunch M/MA: <u>Chicken soup D-17</u> F/V 1: <u>Cooked peas/carrots</u> F/V 2: <u>Orange slices</u> G/B: <u>Noodles (in soup above)</u> Milk: <u>Milk</u> Other _____	Day 14 – Lunch M/MA: <u>Toasted cheese F-13</u> F/V 1: <u>Carrot/celery sticks</u> F/V 2: <u>Broccoli/cauliflower mix</u> G/B: <u>Whole wheat bread</u> Milk: <u>Milk</u> Other _____	Day 15 – Lunch M/MA: <u>Hard tacos D-24</u> F/V 1: <u>Pineapple tidbits</u> F/V 2: <u>Lettuce/tomato</u> G/B: <u>Taco shell</u> Milk: <u>Milk</u> Other _____
Day 11 – Snack (Serve 2 of these 4 components) M/MA: <u>Mozzarella string cheese</u> F/V: <u>Fresh green/red grapes</u> G/B: _____ Milk: _____	Day 12 – Snack (Serve 2 of these 4 components) M/MA: _____ F/V: _____ G/B: <u>Wheat crackers</u> Milk: <u>Milk</u>	Day 13 – Snack (Serve 2 of these 4 components) M/MA: <u>Peanut butter</u> F/V: _____ G/B: <u>Whole grain roll</u> Milk: _____	Day 14 – Snack (Serve 2 of these 4 components) M/MA: _____ F/V: <u>100% cranapple juice</u> G/B: <u>Hard pretzels</u> Milk: _____	Day 15 – Snack (Serve 2 of these 4 components) M/MA: _____ F/V: <u>Fresh pears</u> G/B: <u>English muffin</u> Milk: _____

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Day 16 – Breakfast F/V: <u>Applesauce</u> G/B: <u>Cinnamon raisin toast</u> Milk: <u>Milk</u> Other _____	Day 17 – Breakfast F/V: <u>100% orange juice</u> G/B: <u>Muffins</u> Milk: <u>Milk</u> Other _____	Day 18 – Breakfast F/V: <u>Apricot halves</u> G/B: <u>French Toast sticks</u> Milk: <u>Milk</u> Other <u>Maple syrup</u>	Day 19– Breakfast F/V: <u>Watermelon/cantaloupe</u> G/B: <u>Cinnamon bagel</u> Milk: <u>Milk</u> Other _____	Day 20 – Breakfast F/V: <u>Fresh orange</u> G/B: <u>Cereal</u> Milk: <u>Milk</u> Other _____
Day 16 – Lunch M/MA: <u>Chicken in pita</u> F/V 1: <u>Peas and carrots</u> F/V 2: <u>Peach slices</u> G/B: <u>Pita bread</u> Milk: <u>Milk</u> Other _____	Day 17 – Lunch M/MA: <u>Lasagna D-19</u> F/V 1: <u>Mixed green salad</u> F/V 2: <u>Wax beans</u> G/B: <u>Noodles (in recipe above)</u> Milk: <u>Milk</u> Other <u>Italian salad dressing</u>	Day 18 – Lunch M/MA: <u>Ham & Cheese Sand</u> F/V 1: <u>Carrot/raisin salad</u> F/V 2: <u>Pineapple bits</u> G/B: <u>Whole wheat bread</u> Milk: <u>Milk</u> Other _____	Day 19 – Lunch M/MA: <u>Bean & Cheese Burrito</u> F/V 1: <u>Pears</u> F/V 2: <u>Mixed vegetables</u> G/B: <u>Tortilla shell</u> Milk: <u>Milk</u> Other _____	Day 20 – Lunch M/MA: <u>Cheeseburger</u> F/V 1: <u>Oven French fries</u> F/V 2: <u>Steamed broccoli</u> G/B: <u>Whole wheat bun</u> Milk: <u>Milk</u> Other _____
Day 16 – Snack (Serve 2 of these 4 components) M/MA: _____ F/V: _____ G/B: <u>Graham crackers</u> Milk: <u>Milk</u>	Day 17 – Snack (Serve 2 of these 4 components) M/MA: _____ F/V: <u>Banana slices w/raisins</u> G/B: _____ Milk: <u>Milk</u>	Day 18 – Snack (Serve 2 of these 4 components) M/MA: <u>Peanut butter</u> F/V: <u>Apple slices</u> G/B: _____ Milk: _____	Day 19 – Snack (Serve 2 of these 4 components) M/MA: <u>Vanilla yogurt</u> F/V: <u>Strawberries</u> G/B: _____ Milk: _____	Day 20 – Snack (Serve 2 of these 4 components) M/MA: _____ F/V: <u>Mixed fruit</u> G/B: <u>Vanilla wafers</u> Milk: _____

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Day 21 – Breakfast F/V: <u>Fruit cocktail</u> G/B: <u>Pancakes</u> Milk: <u>Milk</u> Other <u>Maple syrup</u>	F/V: _____ G/B: _____ Milk: _____ Other _____	F/V: _____ G/B: _____ Milk: _____ Other _____	F/V: _____ G/B: _____ Milk: _____ Other _____	F/V: _____ G/B: _____ Milk: _____ Other _____
Day 21 – Lunch M/MA: <u>Baked spaghetti</u> F/V 1: <u>Spinach salad</u> F/V 2: <u>Blueberries</u> G/B: <u>Garlic bread (noodles)</u> Milk: <u>Milk</u> Other _____	M/MA: _____ F/V 1: _____ F/V 2: _____ G/B: _____ Milk: _____ Other _____	M/MA: _____ F/V 1: _____ F/V 2: _____ G/B: _____ Milk: _____ Other _____	M/MA: _____ F/V 1: _____ F/V 2: _____ G/B: _____ Milk: _____ Other _____	M/MA: _____ F/V 1: _____ F/V 2: _____ G/B: _____ Milk: _____ Other _____
Day 21 – Snack (Serve 2 of these 4 components) M/MA: _____ F/V: <u>Vegetable juice</u> G/B: <u>Cheese crackers</u> Milk: _____	(Serve 2 of these 4 components) M/MA: _____ F/V: _____ G/B: _____ Milk: _____	(Serve 2 of these 4 components) M/MA: _____ F/V: _____ G/B: _____ Milk: _____	(Serve 2 of these 4 components) M/MA: _____ F/V: _____ G/B: _____ Milk: _____	(Serve 2 of these 4 components) M/MA: _____ F/V: _____ G/B: _____ Milk: _____