

Child and Adult Care Food Program 5 day Menu

Site: Greater Quincy Child Care Center

July 3-7	Monday	Tuesday	Wednesday	Thursday	Friday	
Morning Snack 7:30-8:00 (serve any 2 of the following foods);						
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk	No School Independence Day	Milk	Milk	Milk	
Fruit and/or Vegetable						
Bread or Cereal	Goldfish Crackers		Ritz Crackers	Saltine Crackers	Wheat Thins	
Breakfast						
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk		Milk	Milk	Milk	
Fruit and/or Vegetable	Apples/Oranges/Bananas		Apples/Oranges/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas	
Bread or Alternate	Life Cereal		Toast with Jelly	Cheerios	Waffles	
Meat or Alternate						
Lunch						
	Turkey and Cheese Sandwich Cauliflower/Cucumbers/Sweet Peppers		Ham & Cheese Sandwich, Cauliflower/Cucumbers/Sweet Peppers with Potato Chips	Tacos	Macaroni & Cheese with Broccoli	
Meat or Alternate	Turkey/Cheese	Ham/Cheese	Beef/ Cheese	Cheese		
Fruit and/or Vegetable <i>(2 or more)</i>	Cauliflower/Cucumbers/Sweet Peppers	Cauliflower/Cucumbers/Sweet Peppers	Tomato Salsa, Lettuce	Broccoli		
	Apples/Oranges	Oranges/Apples	Apples/Bananas	Apples/Oranges		
Bread or Alternate	Wheat Bread	Wheat Bread	Tortilla Chips	Whole Wheat Pasta		
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk	Milk	Milk	Milk		
Other Foods	Ranch Dip	Ranch Dip/Potato Chips				
<i>(we serve water with every afternoon snack)</i>						
Afternoon Snack (serve any 2 of the following foods);						
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>						
Fruit and/or Vegetable						
Bread or Alternate	Wheat Thins	Saltine Crackers	Ritz Crackers	Graham Crackers		
Meat or Alternate	Apples/Oranges	American Cheese	Vanilla Greek Yogurt	Sun Butter		

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Site: Greater Quincy Child Care Center

July 10-14	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 7:30-8:00 (serve any 2 of the following foods);					
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk	Milk	Milk	Milk	Milk
Fruit and/or Vegetable					
Bread or Cereal	Wheat Thins	Saltine Crackers	Graham Crackers	Goldfish Crackers	Ritz Crackers
Breakfast (serve any 2 of the following foods);					
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk	Milk	Milk	Milk	Milk
Fruit and/or Vegetable	Apples/Oranges/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas
Bread or Alternate	Kix	Toast with Jelly	Life Cereal	Kix	Cheerios
Meat or Alternate		Cream Cheese			
Lunch					
	American Chop Suey	Ham & Cheese Sandwich Cauliflower/Cucumbers/Sweet Peppers & Potato Chips	Limeade Chicken with Spanish Rice & Green Beans	Hamburgers with Tater Tots & Diced Carrots	Turkey & Cheese Sandwich with Cauliflower/Cucumbers/Sweet Peppers
Meat or Alternate	Beef	Ham/Cheese	Chicken	Beef	Turkey/Cheese
Fruit and/or Vegetable (2 or more)	Tomato Sauce Apples/Oranges	Cauliflower/ Cucumber/Peppers Bananas/Apples	Green Beans/Tomato Sauce Apples/Oranges	Carrots/Potatoes Apples/Bananas	Cauliflower/ Cucumber/Peppers Apples/Oranges
Bread or Alternate	Whole Wheat pasta	Wheat Bread	Brown Rice	Bun	Wheat Bread
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk	Milk	Milk	Milk	Milk
Other Foods		Ranch Dip/Potato Chips			Ranch Dip
<i>(We serve water with every afternoon snack)</i> Afternoon Snack (serve any 2 of the following foods);					
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>					
Fruit and/or Vegetable		Apples		Oranges	
Bread or Alternate	Saltine Crackers	Wheat Thins	Ritz Crackers	Goldfish Crackers	Graham Crackers
Meat or Alternate	American Cheese		Vanilla Greek Yogurt		Sun Butter

Child and Adult Care Food Program 5 day Menu

Site: Greater Quincy Child Care Center

July 17-21	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 7:30-8:00 <i>(serve any 2 of the following foods);</i>					
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk	Milk	Milk	Milk	Milk
Fruit and/or Vegetable					
Bread or Cereal	Graham Crackers	Goldfish Crackers	Wheat Thins	Saltine Crackers	Ritz Crackers
Breakfast <i>(serve any 2 of the following foods);</i>					
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk	Milk	Milk	Milk	Milk
Fruit and/or Vegetable	Apples/Oranges/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas
Bread or Alternate	Life Cereal	Waffles	Toast with Jelly	Kix	Cheerios
Meat or Alternate			Cream Cheese		
Lunch					
	Meatballs, Tomato Sauce, Pasta	Turkey & Cheese Sandwich Cucumbers/Cauliflower/Sweet Peppers	Cheese Quesadillas with Salsa, Rice & Corn	Fish Sticks with Corn Bread, Carrots & Peas	Ham & Cheese Sandwich Cucumbers/Cauliflower/Sweet Peppers & Potato Chips
Meat or Alternate	Beef	Turkey/Cheese	Cheese	Fish Sticks	Ham/Cheese
Fruit and/or Vegetable <i>(2 or more)</i>	Tomato Sauce	Cauliflower/ Cucumber/Peppers	Corn/Salsa	Peas/Carrots	Cauliflower/ Cucumber/Peppers
	Apples/Oranges	Oranges/Apples	Oranges/Apples	Bananas/Apples	Apples/Oranges
Bread or Alternate	Whole Wheat Pasta	Wheat Bread	Tortilla/Brown Rice	Corn Bread	Wheat Bread
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk	Milk	Milk	Milk	Milk
Other Foods		Ranch Dip			Ranch Dip & Potato Chips
<i>(We serve water with every afternoon snack)</i> Afternoon Snack <i>(serve any 2 of the following foods);</i>					
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>					
Fruit and/or Vegetable		Apples		Oranges	
Bread or Alternate	Ritz Crackers	Wheat Thins	Saltines	Goldfish Crackers	Graham Crackers
Meat or Alternate	Vanilla Greek Yogurt		American Cheese		Sun Butter

Child and Adult Care Food Program 5 day Menu

Site: Greater Quincy Child Care Center

July 24-28	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 7:30-8:00 <i>(serve any 2 of the following foods);</i>					
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk	Milk	Milk	Milk	Milk
Fruit and/or Vegetable					
Bread or Cereal	Saltine Crackers	Goldfish Crackers	Graham Crackers	Ritz Crackers	Wheat Thins
Breakfast					
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk	Milk	Milk	Milk	Milk
Fruit and/or Vegetable	Apples/Oranges/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas
Bread or Alternate	Life Cereal	Waffles	Toast with Jelly	Cheerios	Kix
Meat or Alternate			Cream Cheese		
Lunch					
	Macaroni & Cheese with Peas	Hamburgers, Baked Tater Tots & Carrots	Ham & Cheese Sandwich Cucumbers/Cauliflower/Sweet Peppers	Turkey & Cheese Sandwich, Cucumbers/Cauliflower/Sweet Peppers & Potato Chips	Pizza
Meat or Alternate	Cheese	Hamburgers	Ham/Cheese	Turkey/Cheese	Cheese
Fruit and/or Vegetable <i>(2 or more)</i>	Peas	Carrots/Potatoes	Cucumbers/Cauliflower/Sweet Peppers	Cucumbers/Cauliflower/Sweet Peppers	Tomato Sauce
	Apples/Oranges	Bananas/Apples	Oranges/Apples	Bananas/Apples	Apples/Oranges
Bread or Alternate	Whole Wheat Pasta	Bun	Wheat Bread	Wheat Bread	Pizza Shell
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk	Milk	Milk	Milk	Milk
Other Foods			Ranch Dip	Ranch Dip/Potato Chips	
<i>(We serve water with every afternoon snack)</i> Afternoon Snack <i>serve any 2 of the following foods);</i>					
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>					
Fruit and/or Vegetable	Apples/Oranges	Apples			
Bread or Alternate	Wheat Thins	Goldfish Crackers	Ritz Crackers	Saltine Crackers	Graham Crackers
Meat or Alternate			Vanilla Greek Yogurt	American Cheese	Sun Butter