

Child and Adult Care Food Program 5 day Menu

Site: Greater Quincy Child Care Center

July 31-August 4	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	Goldfish Crackers	Graham Crackers	Ritz Crackers	Saltine 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
Bread or Alternate	Life Cereal	Kix	Cheerios	Toast with Jelly	Waffles
Meat or Alternate					
Lunch					
	American Chop Suey	Turkey and Cheese Sandwich, Cauliflower, Cucumbers, Sweet Peppers and Potato Chips	Tacos	Ham & Cheese Sandwich with Cauliflower, Cucumbers Sweet Peppers	Macaroni & Cheese with Broccoli & Diced Carrots
Meat or Alternate	Hamburg	Turkey/Cheese	Hamburg/Cheese	Ham & Cheese	Cheese
Fruit and/or Vegetable <i>(2 or more)</i>	Tomato Sauce	Cauliflower/Cucumbers/Sweet Peppers	Salsa/Lettuce	Cauliflower/Cucumbers/Sweet Peppers	Broccoli & Diced Carrots
	Apples/Oranges	Bananas/Apples	Oranges/Apples	Apples/Bananas	Apples/Oranges
Bread or Alternate	Whole Wheat Pasta	Wheat Bread	Tortilla	Wheat Bread	Whole Wheat Pasta
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk	Milk	Milk	Milk	Milk
Other Foods		Potato Chips/Ranch Dressing			
<i>(water is served with all afternoon snacks)</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	Wheat Thins	Goldfish Crackers	Saltine Crackers	Ritz Crackers	Graham Crackers
Meat or Alternate	Vanilla Greek Yogurt		American Cheese		Sun Butter

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Site: Greater Quincy Child Care Center

August 7-11	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	Wheat Thins	Saltine Crackers	Graham Crackers	Goldfish Crackers	Ritz Crackers
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
Bread or Alternate	Kix	Toast with Jelly	Life Cereal	Waffles	Cheerios
Meat or Alternate					
Lunch					
	Spanish Rice with Limeade Chicken and Peas	Ham & Cheese Sandwich with Cauliflower/Cucumbers/Sweet Peppers	Individual Turkey Meatloaf, Mashed Potatoes & Diced Carrots	Cheese Quesadillas with Salsa, Rice & Corn	Turkey and Cheese Sandwich Cauliflower/Cucumbers/Sweet Peppers with Potato Chips
Meat or Alternate	Chicken	Ham/Cheese	Turkey	Cheese	Turkey/Cheese
Fruit and/or Vegetable <i>(2 or more)</i>	Peas Apples/Oranges	Cauliflower/ Cucumber/Peppers Apples/Bananas	Diced Carrots Apples/Oranges	Corn/Tomato Salsa Apples/Bananas	Cauliflower/ Cucumber/Peppers Apples/Oranges
Bread or Alternate	Rice	Wheat Bread	Potatoes	Tortilla/Brown Rice	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
<i>(water is served with all afternoon snacks)</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 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

August 14-18	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					
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
Bread or Alternate	Life Cereal	Waffles	Toast with Jelly	Kix	Cheerios
Meat or Alternate					
Lunch					
	Fish Sticks with Brown Rice & Carrots with Dill	Turkey & Cheese Sandwich, Cucumbers, Cauliflower, Sweet Peppers	Tacos with Salsa, Cheese and Chopped Lettuce	Ham & Cheese Sandwich, Cucumbers, Cauliflower/Sweet Peppers, Potato Chips	Limeade Chicken, with Corn Bread & Roasted Butternut Squash
Meat or Alternate	Fish	Turkey/Cheese	Beef	Ham/Cheese	Chicken
Fruit and/or Vegetable <i>(2 or more)</i>	Carrots Apples/Oranges	Cauliflower/ Cucumber/Peppers Oranges/Bananas	Salsa, Lettuce Oranges/Apples	Cauliflower/ Cucumber/Peppers Bananas/Apples	Butternut Squash Apples/Oranges
Bread or Alternate	Brown Rice	Wheat Bread	Tortilla Chips	Wheat Bread	Corn 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>(water is served with all afternoon snacks)</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

August 21-25	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					
Bread or Alternate	Life Cereal	Waffles	Toast with Jelly	Cheerios	Kix
Meat or Alternate					
Lunch					
	Meat Balls with Tomato Sauce and Pasta	Hamburgers, Baked Tater Tots & Green Beans	Ham & Cheese Sandwich Cucumbers/Cauliflower/Sweet Peppers	Turkey & Cheese Sandwich, Cucumbers/Cauliflower/Sweet Peppers, Potato Chips	Cheese Pizza
Meat or Alternate	Beef	Hamburgers	Ham/Cheese	Turkey/Cheese	Cheese
Fruit and/or Vegetable <i>(2 or more)</i>	Tomato Sauce	Green Beans/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>(water is served with all afternoon snacks)</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	Wheat Thins	Goldfish Crackers	Ritz Crackers	Saltine Crackers	Graham Crackers
Meat or Alternate	Sun Butter		American Cheese		Vanilla Greek Yogurt

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August 28-September 1	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	Goldfish Crackers	Graham Crackers	Ritz Crackers	Saltine 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					
Bread or Alternate	Life Cereal	Kix	Toast with Jelly	Cheerios	Waffles
Meat or Alternate					
Lunch					
	Macaroni & Cheese with Broccoli & Diced Carrots	Spanish Rice with Limeade Chicken & Peas	Cheese Quesadillas with Salsa, Brown Rice and Corn		Ham & Cheese Sandwich, Cauliflower/Cucumbers/Sweet Peppers with Potato Chips
Meat or Alternate	Cheese	Chicken	Cheese		Ham & Cheese
Fruit and/or Vegetable <i>(2 or more)</i>	Broccoli & Carrots	Peas	Salsa, Corn		Cauliflower/Cucumbers/Sweet Peppers
	Apples/Oranges	Bananas/Apples	Oranges/Apples	Apples/Bananas	Apples/Oranges
Bread or Alternate	Whole Wheat Pasta	Brown Rice	Tortilla		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
<i>(water is served with all afternoon snacks)</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	Wheat Thins	Goldfish Crackers	Saltine Crackers	Ritz Crackers	Graham Crackers
Meat or Alternate	Sun Butter		American Cheese		Vanilla Greek Yogurt