

Child and Adult Care Food Program 5 day Menu

Site: Greater Quincy Child Care Center

October 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK <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 <i>(serve any 3 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
Bread or Alternate	Life Cereal	Kix	Toast with Jelly	Cheerios	Waffles
Meat or Alternate					
LUNCH					
	American Chop Suey	Tacos	Turkey and Cheese Sandwich with Cauliflower, Sweet Peppers, Cucumbers	Macaroni & Cheese with Broccoli & Diced Carrots	Ham & Cheese Sandwich with Cucumbers, Tomatoes & Potato Chips
Meat or Alternate	Hamburg	Hamburg/Cheese	Turkey/Cheese	Cheese	Ham & Cheese
Fruit and/or Vegetable <i>(2 or more)</i>	Tomato Sauce	Salsa, Lettuce	Apples/Oranges	Broccoli & Carrots	Cucumbers, Tomatoes
	Apples/Oranges	Bananas/Apples	Cauliflower, Sweet Peppers, Cucumbers	Apples/Bananas	Apples/Oranges
Bread or Alternate	Whole Wheat Pasta	Tortilla	Wheat Bread	Whole Wheat Pasta	Wheat Bread
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk	Milk	Milk	Milk	Milk
Other Foods			Ranch Dressing		Ranch Dressing, Potato Chips
<i>(serve any 2 of the following foods);</i> AFTERNOON SNACK <i>(water is served with all afternoon snacks)</i>					
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>					
Fruit and/or Vegetable		Apples		Bananas	
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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October 9-13	Monday	Tuesday	Wednesday	Thursday	Friday	
	MORNING SNACK <i>(serve any 2 of the following foods);</i>					
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	No School Columbus Day	Milk	Milk	Milk	Milk	
Fruit and/or Vegetable						
Bread or Cereal		Saltine Crackers	Graham Crackers	Goldfish Crackers	Ritz Crackers	
		BREAKFAST <i>(serve any 3 of the following foods);</i>				
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>		Milk	Milk	Milk	Milk	
Fruit and/or Vegetable		Oranges	Bananas	Apples	Oranges	
Bread or Alternate		Toast with Jelly	Life Cereal	Waffles	Cheerios	
Meat or Alternate						
		LUNCH				
		Ham & Cheese Sandwich with Cauliflower, Sweet Peppers, Cucumbers	Limeade chicken, Vegetable Lo Mein, and Carrots	Cheese Quesadillas with Salsa, Rice & Corn	Turkey and Cheese Sandwich with Tomato & Cucumber with Potato Chips	
Meat or Alternate		Ham/Cheese	Chicken	Cheese	Turkey/Cheese	
Fruit and/or Vegetable <i>(2 or more)</i>		Apples/Bananas <small>Cauliflower, Peppers, Cucumber</small>	Carrots <small>Apples/Oranges</small>	Corn/Tomato Salsa <small>Apples/Bananas</small>	Tomato & Cucumber <small>Apples/Oranges</small>	
Bread or Alternate		Wheat Bread	Noodles	Tortilla/Brown Rice	Wheat Bread	
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>		Milk	Milk	Milk	Milk	
Other Foods	Ranch Dressing			Ranch Dressing/Potato Chips		
<i>(serve any 2 of the following fo</i>	AFTERNOON SNACK <i>(water is served with all afternoon snacks)</i>					
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>						
Fruit and/or Vegetable	Oranges		Bananas			
Bread or Alternate	Wheat Thins	Saltines Crackers	Goldfish Crackers	Graham Crackers		
Meat or Alternate		Sun Butter		American Cheese		

Child and Adult Care Food Program 5 day Menu

Site: Greater Quincy Child Care Center

October 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK <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 3 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
Bread or Alternate	Life Cereal	Kix	Toast with Jelly	Waffles	Cheerios
Meat or Alternate					
LUNCH					
	Meatballs, Tomato Sauce, Pasta	Turkey & Cheese Sandwich, Cauliflower, Sweet Peppers & Cucumbers	Turkey Meatloaf, Mashed Potato, Green Beans	Ham & Cheese Sandwich with Tomatoes & Cucumbers. Potato Chips	Fish Sticks, Rice, Peas & Carrots
Meat or Alternate	Hamburg	Turkey/Cheese	Turkey	Ham/Cheese	Fish
Fruit and/or Vegetable <i>(2 or more)</i>	Tomato Sauce	Cauliflower, Peppers, Cucumbers	Green Beans	Tomatoes/Cucumbers	Peas & Carrots
	Apples/Oranges	Bananas/Apples	Oranges/Apples	Bananas/Apples	Apples/Oranges
Bread or Alternate	Whole Wheat Pasta	Wheat Bread	Potatoes	Wheat Bread	Brown Rice
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	
AFTERNOON SNACK <i>(water is served with all afternoon snacks)</i>					
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>					
Fruit and/or Vegetable		Bananas		Oranges	
Bread or Alternate	Ritz Crackers	Wheat Thins	Saltines	Goldfish Crackers	Graham Crackers
Meat or Alternate	Sun Butter		American Cheese		Vanilla Greek Yogurt

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Site: Greater Quincy Child Care Center

October 23-27	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK <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 <i>(serve any 3 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
Bread or Alternate	Life Cereal	Waffles	Toast with Jelly	Cheerios	Kix
Meat or Alternate					
LUNCH					
	Macaroni & Cheese, Broccoli , Carrots	Hamburgers, Buns, Baked Tater Tots & Green Beans	Ham & Cheese Sandwich with Tomatoes & Cucumbers	Turkey & Cheese Sandwich with Cucumbers, Cauliflower	Pizza
Meat or Alternate	Cheese	Hamburg	Ham/Cheese	Turkey/Cheese	Cheese
Fruit and/or Vegetable <i>(2 or more)</i>	Broccoli/Carrots	Green Beans	Tomatoes/Cucumbers	Cucumbers/Cauliflower	Tomato Sauce
	Apples/Oranges	Bananas/Apples	Apples/Oranges	Bananas/Apples	Apples/Oranges
Bread or Alternate	Whole Wheat Pasta	Bun, Tater Tots	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 Dressing	Ranch Dressing/Potato Chips	
AFTERNOON SNACK <i>(water is served with all afternoon snacks)</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