

Child and Adult Care Food Program 5 day Menu

Site: Greater Quincy Child Care Center

December 4-8	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 Alternate	Goldfish Crackers	Graham Crackers	Ritz Crackers	Saltine Crackers	Wheat Thins
Meat or Alternate					
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/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas
Bread or Cereal	Life Cereal	Kix	Toast with Jelly	Cheerios	Waffles
LUNCH					
	American Chop Suey	Tacos	Turkey and Cheese Sandwich with Chicken Rice Soup	Macaroni & Cheese with Broccoli & Diced Carrots	Ham & Cheese Sandwich, Cauliflower/Cucumbers/Sweet Peppers with 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	Broccoli & Carrots	Cauliflower/Cucumbers/Sweet Peppers
	Apples/Oranges	Bananas/Apples	Oranges	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			Chicken Rice Soup		Ranch Dressing, 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	Apples			
Bread or Alternate	Wheat Thins	Goldfish Crackers	Saltine Crackers	Ritz 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

December 11-15	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 Alternate	Wheat Thins	Saltine Crackers	Graham Crackers	Goldfish Crackers	Ritz Crackers
Meat or Alternate					
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/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas
Bread or Cereal	Life Cereal	Toast with Jelly	Kix	Waffles	Cheerios
LUNCH					
	Turkey Meatloaf, Mashed Potatoes, Green Beans	Ham & Cheese Sandwich with Chicken Rice Soup	Fish Sticks, Brown Rice, Diced Carrots	Cheese Quesadillas with Salsa, Rice & Corn	Turkey and Cheese Sandwich with Cauliflower/Cucumbers/Sweet Peppers with Potato Chips
Meat or Alternate	Turkey	Ham/Cheese	Fish	Cheese	Turkey/Cheese
Fruit and/or Vegetable <i>(2 or more)</i>	Green Beans Apples/Oranges	Apples Bananas	Carrots Apples/Oranges	Corn/Tomato Salsa Apples/Bananas	Cauliflower/ Cucumber/Peppers Apples/Oranges
Bread or Alternate	Potatoes	Wheat Bread	Brown Rice	Tortilla/Brown Rice	Wheat Bread
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk	Milk	Milk	Milk	Milk
Other Foods		Chicken Rice Soup			Ranch Dressing/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		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

December 18-22	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 Alternate	Graham Crackers	Goldfish Crackers	Wheat Thins	Saltine Crackers	Ritz Crackers
Meat or Alternate					
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/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas
Bread or Cereal	Life Cereal	Waffles	Toast with Jelly	Kix	Cheerios
LUNCH					
	Meatballs, Tomato Sauce, Pasta	Turkey & Cheese Sandwich with Chicken & Rice Soup	Macaroni & Cheese with Green Beans	Ham & Cheese Sandwich, Cucumbers, Cauliflower/Sweet Peppers	Cheese Pizza
Meat or Alternate	Beef	Turkey/Cheese	Cheese	Ham/Cheese	Cheese
Fruit and/or Vegetable <i>(2 or more)</i>	Tomato Sauce	Apples	Green Beans	Cauliflower/ Cucumber/Peppers	Tomato Sauce
	Apples/Oranges	Oranges	Oranges/Apples	Bananas/Apples	Apples/Oranges
Bread or Alternate	Whole Wheat Pasta	Wheat Bread	Whole Wheat Pasta	Wheat Bread	Pizza Shell
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk	Milk	Milk	Milk	Milk
Other Foods		Chicken Rice Soup		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		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

December 25-29	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING SNACK (serve any 2 of the following foods);						
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Center closed for Christmas and the Day after		Milk	Milk	Milk	
Fruit and/or Vegetable						
Bread or Alternate			Graham Crackers	Ritz Crackers	Wheat Thins	
Meat or Alternate						
			<i>Choose any 3 of the following foods);</i>			
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>			Milk	Milk	Milk	
Fruit and/or Vegetable			Apples/Oranges/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas	
Bread or Cereal			Toast with Jelly	Cheerios	Kix	
			LUNCH			
			Ham & Cheese Sandwich with Cauliflower, Cucumbers	Hamburgers, Baked Tater Tots and Green Beans	Pizza	
Meat or Alternate			Ham/Cheese	Ground Beef	Cheese	
Fruit and/or Vegetable <i>(2 or more)</i>			Apples, Cauliflower, Cucumbers	Green Beans/Potato	Tomato Sauce	
Bread or Alternate			Oranges	Bananas/Apples	Apples/Oranges	
			Wheat Bread	Bun	Pizza Shell	
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>			Milk	Milk	Milk	
Other Foods						
<i>(water is served with all meals)</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		Ritz Crackers	Saltine Crackers	Graham Crackers		
Meat or Alternate		Vanilla Greek Yogurt	American Cheese	Sun Butter		