

Child and Adult Care Food Program 5 day Menu

Site: Greater Quincy Child Care Center

January 1-5	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 New Year's Day	Milk	Milk	Milk	Milk	
Fruit and/or Vegetable						
Bread or Alternate		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	
Fruit and/or Vegetable		Apples/Oranges/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas	
Bread or Cereal		Kix	Toast with Jelly	Cheerios	Waffles	
		LUNCH				
		American Chop Suey	Turkey and Cheese Sandwich with Chicken Rice Soup	Ham & Cheese Sandwich, Cauliflower/Cucumbers/Sweet Peppers with Potato Chips	Macaroni & Cheese with Broccoli & Diced Carrots	
Meat or Alternate	Hamburg	Turkey/Cheese	Ham & Cheese	Cheese		
Fruit and/or Vegetable <i>(2 or more)</i>	Tomato Sauce	Apples	Cauliflower/Cucumbers/Sweet Peppers	Broccoli & Diced Carrots		
	Bananas/Apples	Oranges	Apples/Bananas	Apples/Oranges		
Bread or Alternate	Whole Wheat Pasta	Wheat Bread	Wheat Bread	Whole Wheat Pasta		
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk	Milk	Milk	Milk		
Other Foods		Chicken Rice Soup	Ranch Dressing, Potato Chips			
<i>(water is served with all meals)</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					
Bread or Alternate	Goldfish Crackers	Saltine Crackers	Ritz Crackers	Graham Crackers		
Meat or Alternate		American Cheese	Vanilla Greek Yogurt	Sun Butter		

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January 8-12	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

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January 15-19	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 Closed For Martin Luther King Jr. Day	Milk	Milk	Milk	Milk	
Fruit and/or Vegetable						
Bread or Alternate		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	
Fruit and/or Vegetable		Apples/Oranges/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas	Apples/Oranges/Bananas	
Bread or Cereal		Waffles	Toast with Jelly	Kix	Cheerios	
		LUNCH				
		Tacos	Turkey & Cheese Sandwich with Chicken & Rice Soup	Ham & Cheese Sandwich, Cucumbers, Cauliflower/Sweet Peppers	Cheese Pizza	
Meat or Alternate	Hamburg, Cheese	Turkey, Cheese	Ham/Cheese	Cheese		
Fruit and/or Vegetable <i>(2 or more)</i>	Salsa, Lettuce	Oranges	Cauliflower/ Cucumber/Peppers	Tomato Sauce		
	Oranges/Bananas	Apples	Bananas/Apples	Apples/Oranges		
Bread or Alternate	Tortilla	Wheat Bread	Wheat Bread	Pizza Shell		
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk	Milk	Milk	Milk		
Other Foods		Chicken Rice Soup	Ranch Dip/Potato Chips			
<i>(water is served with a</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	Wheat Thins	Saltines	Goldfish Crackers	Graham Crackers		
Meat or Alternate		American Cheese		Sun Butter		

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January 22-26	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>	Milk	Milk	Milk	Milk	Milk
Fruit and/or Vegetable					
Bread or Alternate	Saltine Crackers	Goldfish Crackers	Graham Crackers	Ritz Crackers	Wheat Thins
Meat or Alternate					
BREAKFAST (serve any 3 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 Cereal	Life Cereal	Waffles	Toast with Jelly	Cheerios	Kix
LUNCH					
	Limeade Chicken, Lo Mein, Peas & Diced Carrots	Hamburgers, Buns, Baked Tater Tots, Green Beans	Turkey & Cheese Sandwich with Chicken Soup	Ham & Cheese Sandwich with Cauliflower, Cucumbers	Spanish Rice with Limeade Chicken and Peas
Meat or Alternate	Chicken	Beef	Turkey/Cheese	Ham/Cheese	Chicken
Fruit and/or Vegetable <i>(2 or more)</i>	Peas & Carrots	Green Beans, Potato	Apples	Cauliflower, Cucumbers	Peas
	Apples/Oranges	Bananas/Apples	Oranges	Bananas/Apples	Apples/Oranges
Bread or Alternate	Lo Mein Noodles	Bun	Wheat Bread	Wheat Bread	Brown Rice
Fluid Milk <small>12-24 mo. whole milk/24+mo 1%</small>	Milk	Milk	Milk	Milk	Milk
Other Foods			Chicken Soup		
<i>(water is served with all afternoon snacks)</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	Apples/Oranges			
Bread or Alternate	Wheat Thins	Goldfish Crackers	Ritz Crackers	Saltine Crackers	Graham Crackers
Meat or Alternate			Vanilla Greek Yogurt	American Cheese	Sun Butter

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January 29-Feb. 2	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					
	Macaroni & Cheese with Broccoli and Diced Carrots	Turkey & Cheese Sandwich with Chicken Rice Soup	Tacos	Ham & Cheese Sandwich, Cucumbers, Cauliflower/Sweet Peppers	Cheese Pizza
Meat or Alternate	Cheese	Turkey, Cheese	Hamburg, Cheese	Ham/Cheese	Cheese
Fruit and/or Vegetable <i>(2 or more)</i>	Broccoli, Carrots	Bananas	Salsa, Lettuce	Cauliflower/ Cucumber/Peppers	Tomato Sauce
	Apples/Oranges	Oranges	Apples, Oranges	Bananas/Apples	Apples/Oranges
Bread or Alternate	Whole Wheat Pasta	Wheat Bread	Tortillas	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