

Child and Adult Care Food Program 5 day Menu

Site: Greater Quincy Child Care Center

February 5-9	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

February 12-16	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	Cheese Quesadillas with Salsa, Rice & Corn	Turkey and Cheese Sandwich with Cauliflower/Cucumbers/Sweet Peppers with Potato Chips	Chicken Fingers, Vegetable Stir Fry, Fried Rice
Meat or Alternate	Turkey	Ham/Cheese	Cheese	Turkey, Cheese	Chicken
Fruit and/or Vegetable <i>(2 or more)</i>	Green Beans Apples/Oranges	Apples Bananas	Corn/Tomato Salsa Apples/Oranges	Cauliflower/ Cucumber/Peppers Apples/Bananas	Mixed vegetables Apples/Oranges
Bread or Alternate	Potatoes	Wheat Bread	Tortilla, Brown Rice	Wheat Bread	Brown Rice
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

February 19-23	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>	<p style="font-size: 2em; margin: 0;">No School</p> <p style="font-size: 2em; margin: 0;">Closed For President's Day</p>	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				
		Turkey & Cheese Sandwich with Chicken & Rice Soup	Macaroni & Cheese with Green Beans	Ham & Cheese Sandwich, Cucumbers, Cauliflower/Sweet Peppers	Cheese Pizza	
Meat or Alternate		Turkey, Cheese	Cheese	Ham/Cheese	Cheese	
Fruit and/or Vegetable <i>(2 or more)</i>		Bananas	Green Beans	Cauliflower/ Cucumber/Peppers	Tomato Sauce	
		Oranges	Apples, Oranges	Bananas/Apples	Apples/Oranges	
Bread or Alternate		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	
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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Site: Greater Quincy Child Care Center

February 26-March 2	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					
	Fish Sticks with Brown Rice and 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	Fish	Beef	Turkey/Cheese	Ham/Cheese	Chicken
Fruit and/or Vegetable <i>(2 or more)</i>	Carrots	Green Beans, Potato	Apples	Cauliflower, Cucumbers	Peas
	Apples/Oranges	Bananas/Apples	Oranges	Bananas/Apples	Apples/Oranges
Bread or Alternate	Brown Rice	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