

Child & Adult Care Food Program Weekly Menu Breakfast, Lunch and Snack

Site: Guilford Center for Children
Early Education

Week of : December 17 - 22
2017

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Low-fat milk (¾ cup)	Low-fat milk	Low-fat milk	Low-fat milk	Low-fat milk	Low-fat milk
Juice or Fruit or Vegetable (½ cup)f	Fresh fruit	Banana	Fresh fruit	Fresh strawberry's	Fresh Fruit
Grains/ Breads* Bread (½ slice) or Cold Cereal (⅓ cup) or Hot Cereal (¼ cup)	Cold cereal special k with berries chex or cheerios	Whole wheat toast and organic scrambled eggs	Whole grain buttered raisin toast	Organic yogurt granola and wheat buttered toast	Whole oats oat meal with chia seeds fresh berries cream and sugar in the raw
Other foods (Do Not Count)		Eggs	Cream cheese	Granola	Cream
Lunch					
Low-fat milk (¾ cup)	Low-fat milk	Low-fat milk	Low-fat milk	Low-fat milk	Low-fat milk
Meat/Meat Alternate Meat, Poultry or Fish (1½ oz.) or Cheese (1½ oz.) or Egg (¾ large) or Peanut Butter (3 Tbsp.) or Cooked Dried Beans and Peas (⅜ cup) or Yogurt (¾ cup)	Potato coated fish sticks	Cavatappi pasta marinara sauce and vegetarian sausage	Turkey dogs on wheat and cowboy beans	Barbeque chicken breast over garlic infused butter risotto	Tilapia tacos tomato's mayo lemon guacamole red onion purple cabbage slaw and organic corn
Grains/Breads* Bread (½ slice) or Pasta and Grains (¼ cup)	Coating above	Above	Above.	Above	Above
fruits and/or Vegetables (two or more servings for ½ cup total)	Organic carrot baby greens salad with ranch dressing	Homemade stuffed broccoli cheese bread	English cucumbers	Green peas	Above
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Other foods (Do Not Count)					
Low-fat milk (½ cup)	Low-fat milk	Low-fat milk	Low-fat milk	Low-fat milk	Low-fat milk
Meat or Meat Alternate Meat, Poultry or Fish (½ oz.) or Cheese (½ oz.) or Egg (½ large) or Peanut Butter (1 Tbsp.) or Cooked Dried Beans & Peas (⅛ cup) or Yogurt (¼ cup)			Sun butter		
Juice or Fruit or Vegetable (½ cup)					
Grains/Breads* Bread (1/2 slice) or cereal (1/3 cup) or Enriched pasta and grains (1/4 cup)	Graham crackers	Large warm soft pretzels	Sun butter on wheat bread	Cinnamon sugared churros	Warm buttered corn bread
Other foods (Do Not Count)					
Note: The quantities of food specified are the minimum serving sizes for child ages 3-5. Quantities must be adjusted for other ages. *See "Serving Sizes for Grains/Breads in the CACFP" for specific serving sizes. Fruit oranges apples strawberry's blueberries melons pineapples nectarines plums bananas Cereal Special k Chex or cheerios					

