

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

Site: Guilford Center for Children
Early Education

Week of February 12- 16 2018

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	Fresh fruit	Fresh fruit	Fresh strawberry's	Fresh fruit
Grains/ Breads* Bread (½ slice) or Cold Cereal (⅓ cup) or Hot Cereal (¼ cup)	Cold cereal	Whole wheat toast and organic scrambled eggs	Whole oats peach and raspberry cobbler	Organic yogurt granola and wheat buttered toast	Whole grain French toast sticks and organic whip cream
Other foods (Do Not Count)			Homemade organic whip cream	Yogurt	Honey blueberry syrup
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 (¾ cup) or Yogurt (¾ cup)	Mozzarella pizza on whole grain crust	Ham and perogies in a alfredo sauce with baby peas	Cream of broccoli soup with organic potato onion garlic	Baked layered eggplant mozzarella ricotta fresh basil in a marinara sauce	Whole grain herbed dumpling chicken pot pie with carrots sweet potato and peas
Grains/Breads* Bread (½ slice) or Pasta and Grains (¼ cup)	Above	Whole grain bread	<i>Toasted cheese on wheat.</i>	Whole grain warm ciabatta bread	Above
fruits and/or Vegetables (two or more servings for ½ cup total)	Green beans	Organic Caesar salad greens croutons parmesan cheese	Above	Above	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 (⅓ cup) or Yogurt (¼ cup)			Sun butter wheat sandwich		
Juice or Fruit or Vegetable (½ cup)				Mandarin oranges	
Grains/Breads* Bread (1/2 slice) or cereal (1/3 cup) or Enriched pasta and grains (1/4 cup)	Corn chips and salsa	Whole grain pretzels	Above		Goldfish
Other foods (Do Not Count)					

Note: The quantities of food specified are the minimum serving sizes for children ages 3-5. Quantities must be adjusted for other ages. *See "Serving Sizes for Grains/Breads in the CACFP" for specific serving sizes.

