

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

Site: Guilford Center for Children  
Early Education

Week of: February 19 - 23  
2018

<b>Breakfast</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Low-fat milk</b> (¾ cup)	Low-fat milk	Low-fat milk	Low-fat milk	Low-fat milk	Low-fat milk
<b>Juice or Fruit or Vegetable</b> (½ cup)f	Fresh fruit	Fresh Fruit	Bananas	Fresh fruit	Blueberries
<b>Grains/ Breads*</b> Bread (½ slice) or Cold Cereal (⅓ cup) or Hot Cereal (¼ cup)	Cold cereal	Whole wheat toast and organic scrambled eggs	Whole grain toast with organic yogurt and granola	Whole grain French toast with homemade organic whip cream	Whole grain cream of wheat with honey soaked Blueberries
<b>Other foods (Do Not Count)</b>				Honey blueberry syrup	
<b>Lunch</b>					
<b>Low-fat milk</b> (¾ cup)	Low-fat milk	Low-fat milk	Low-fat milk	Low-fat milk	Low-fat milk
<b>Meat/Meat Alternate</b> 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)	Chicken nuggets	Tuscany tortellini bean soup sausage spinach garlic fresh basil tomatoes and pecorino cheese	Homemade meat loaf bread crumbs onion panko bread crumbs covered in a ketchup brown sugar glaze	Golden vegetable Quiche with organic corn eggs chives and cheese topped with garlic infused asparagus	Veggie burgers on whole wheat buns with romaine ketchup bread and butter pickles caramelized onions
<b>Grains/Breads*</b> Bread (½ slice) or Pasta and Grains (¼ cup)	Breading on nuggets	Above and warm pita garlic buttered triangles	Below	Biscuits	Above
<b>fruits and/or Vegetables</b> (two or more servings for ½ cup total)	Peas	Above	Green beans and cous cous	Above corn and cucumber spears	Steamed green beans
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
<b>Other foods (Do Not Count)</b>					
<b>Low-fat milk</b> (½ cup)	Low-fat milk	Low-fat milk	Low-fat milk	Low-fat milk	Low-fat milk or juice
<b>Meat or Meat Alternate</b> 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)				Cheese cubes	Sun butter and jam sandwiches
<b>Juice or Fruit or Vegetable</b> (½ cup)			Fruit salad		
<b>Grains/Breads*</b> Bread (1/2 slice) or cereal (1/3 cup) or Enriched pasta and grains (1/4 cup)	Large soft whole grain pretzels	Bagels and butter		Whole grain crackers	Wheat bread
<b>Other foods (Do Not Count)</b>					

**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. Fresh fruit may include oranges, blueberries, pineapple, strawberries, pears, bananas, honeydew and cantaloupe melons, red and green grapes, or green and red apples

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