

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

Site: Guilford Center for Children
Early Education

Week of December 11 -15
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	Fresh Fruit	Bananas	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 grain New York style bagels	Organic yogurt granola and wheat buttered toast	Whole grain French toast sticks and organic whip cream
Other foods (Do Not Count)			Cream cheese		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 (⅔ cup) or Yogurt (¾ cup)	Mozzarella pizza on whole grain crust with ricotta	Mexican sloppy joes with green peppers onions and tomato	Cream of broccoli soup with organic potato onion garlic	Tuscan tortellini soup cannellini beans fresh basil fennel tomato broth sausage onion garlic pecorino cheese	Whole grain chicken pot pies with fresh veggies
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)	Organic Baby greens craisins and buttermilk ranch dressing	Organic carrots and English cucumbers		Above	Steamed green beans
	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)				Fresh fruit	
Grains/Breads* Bread (1/2 slice) or cereal (1/3 cup) or Enriched pasta and grains (1/4 cup)	Cereal bars	Buttermilk whole grain biscuits	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.

