

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

Site: Guilford Center for Children
Early Education

Week of : February 25-29
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 bananas	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 grain buttered English muffins	Organic yogurt granola and wheat buttered toast	French toast sticks with raspberry honey syrup
Other foods (Do Not Count)			Berry cream cheese		
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 (⅝ cup) or Yogurt (¾ cup)	Turkey dogs on wheat rolls	Perogies stuffed with potatoes and cheese in a alfredo sauce	Barbeque chicken with buttered garlic risotto	Wheat roll ups turkey breast cheese tomatoes and avocados	Sausage fresh basil marinara sauce and peppers on sub rolls with mozzarella
Grains/Breads* Bread (½ slice) or Pasta and Grains (¼ cup)	Above	Above	Above.	Above	Above
fruits and/or Vegetables (two or more servings for ½ cup total)	Baby spinach buttermilk ranch English cucumbers salad	Green peas	Broccoli	Organic baby spinach pear craisins sunflowers seed and ranch dressing	Steamed green peas
	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)					
Juice or Fruit or Vegetable (½ cup)		Carrot sticks and dip	Melons and apples		
Grains/Breads* Bread (1/2 slice) or cereal (1/3 cup) or Enriched pasta and grains (1/4 cup)	Pears			Goldfish cheerios chex mix	English muffin and cinnamon sugar butter
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. Fruit served blueberries apples strawberries tangerines pineapples raspberries melons watermelons halos bananas grapes mandarins oranges pears and peaches					

