

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

Site: Guilford Center for Children
Early Education

Week of : March 5-9 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)	Cereal cheerios special k with strawberries or rice chex	Whole wheat toast and organic scrambled eggs	Whole grain French toast sticks	Whole grain toast organic yogurt and granola	Whole oats oatmeal chia seeds tart apples light cream and sugar in the raw
Other foods (Do Not Count)			Homemade organic vanilla whip 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 (¾ cup) or Yogurt (¾ cup)	Cheese pizza on whole grain crust	Toasted cheese and turkey on wheat	Falafel balls lemon tahini dressing cucumbers onion tomato on whole grain pita bread	Layered lasagna sweet sausage eggplant basil mozzarella ricotta in a marinara sauce	Chili with chicken onions tomato's peppers topped with cheese
Grains/Breads* Bread (½ slice) or Pasta and Grains (¼ cup)	Above crust	Above	Above.	Above	Spanish brown rice
fruits and/or Vegetables (two or more servings for ½ cup total)	Carrot sticks	Homemade cream of tomato soup	Baby organic greens avocados cherry tomatoes and feta cheese	Green beans	Above
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Other foods (Do Not Count)					Sour cream
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)	Below				
Juice or Fruit or Vegetable (½ cup)				Apple slices	
Grains/Breads* Bread (1/2 slice) or cereal (1/3 cup) or Enriched pasta and grains (1/4 cup)	Crackers cheese cubes	Pretzels	Chex mix cheerios craisins and goldfish		Bagels and cream cheese
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

