

**CHILD AND ADULT CARE FOOD PROGRAM
 MENU PLANNING FORM**

For the Week of
 Nov 18 to 22 20 24

Vivian B. Adams

Name of Center

Week 3

Meals and Required Components	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Milk, fluid	Low Fat Milk Fat Free 1%	Low Fat Milk Fat Free 1%	Low Fat Milk Fat Free 1%	Low Fat Milk Fat Free 1%	Low Fat Milk Fat Free 1%
Juice/Fruit/Vegetable	Juice 100%	Juice 100%	Juice 100%	Juice 100%	Juice 100%
Grains/Breads (2 servings)	Cereal	Sausage Biscuit	Cereal	Berry Flavored Waffles	Cereal
Fruit	Diced Peach Cup	Banana	Strawberry Pouch	Fixed Fruit Cup	Applesauce Cup
WW					
LUNCH/SUPPER Milk, fluid	Low Fat Milk Fat Free 1%	Low Fat Milk Fat Free 1%	Low Fat Milk Fat Free 1%	Low Fat Milk Fat Free 1%	Low Fat Milk Fat Free 1%
Meat/Meat Alternate	Steak Strips	Chili Crisпитos	Turkey w/ Cornbread Dressing	Breaded Beef Patty	Pepperoni Pizza
Vegetable/Fruit (2 or more)	Baby Baker Potatoes *	Broccoli Florets	Turnips	Lima beans	Tater Tot
	Green beans	Sliced Carrots	Squash Casserole	Corn	Green Salad *
	Sliced Pears	Mixed Fruit Cup	Cranberry Sauce	Sliced Peaches	Mandarin Oranges
Grains/Breads (2 or more)			Roll **		
Other Foods		Cheese	Gravy / Pie **	Cornbread Muffin **	
Diets**	No Biscuit **		No Roll ** Angel Food Cake **	No Muffin **	
Soft*	Diced Potatoes *				Green beans *



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