**CHILD AND ADULT DAY CARE FOOD PROGRAM**

ALABAMA DEPARTMENT OF EDUCATION

DIVISION OF ADMINISTRATIVE & FINANCIAL SERVICES

CHILD NUTRITION PROGRAM

MONTGOMERY, ALABAMA 36130-2101

Form ACD-M4(A)

Revised 12/03

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| **Vivian B. Adams** |
| Name of Center |

 **MENU PLANNING FORM**

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| For the Week of |
| Jan.13 to 17 | 20 | 25 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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 x 2 | Breakfast Bagel  | Cereal x 2  | Sausage Biscuit  | Cereal x 2 |
| Fruit  | Banana | Mixed Fruit Cup  | Strawberry Squeeze  | Diced Peach Cup | Orange Slices  |
| **WW** |  |  |  |  |   |
|  **LUNCH/SUPPER** Milk, fluid |  **Low Fat****Milk Fat Free1%** |  **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** | **Breaded Chicken Sandwich**  | **Sweet-n-Sour Chicken ~** | **Beef and Bean Chili ~**  | **Chicken Quesadilla**  | **Fish Sandwich** |
| **Vegetable/Fruit****(2 or more)** | **Oven Fries**  | **Broccoli Florets**  | **W. K. Corn** | **English Peas**  | **Potato Rounds**  |
|  | **Sliced Carrots** | **Green beans**  | **Corn Nuggets**  | **Veggie beans** |
| **Sliced Peaches**  | **Mandarin Oranges**  | **Fruit Cocktail**  |  **Apple Cup**  | **Pineapple Chunks**  |
| **Grains/Breads****(2 or more)** |  |  |  |  |  |
|  | **Vegetable Fried Rice**  | **Toasted Cheese Sandwich \*\*** |  |  |
| **Other Foods** |  |  |  |  |  |
| **Diets\*\*** |  |  | **Beef n Beans ~****Toast \*\*** |  |  |
| **Soft\*** |  |  |  |  |  |

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 Office of the Assistant Secretary for Civil Rights

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 Washington, D.C. 20250-9410;

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**Week 2**