**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**

|  |  |  |
| --- | --- | --- |
| 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 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** | **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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**Week 2**