

# CHILD AND ADULT DAY CARE FOOD PROGRAM

## MENU PLANNING FORM

For the Week of

July 21 to 25 20 25

**Vivian B. Adams**

Name of Center

Week

Meals and Required Components	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b> 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	Mini Waffles	Cereal	Sausage Biscuit	Cereal
Fruit	Banana	Diced Peach Cup	Mixed Fruit Cup	Applesauce Cup	Strawberry Pouch
<b>WW</b>					
<b>LUNCH/SUPPER</b> 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%
<b>Meat/Meat Alternate</b>	Chicken Sandwich	Sweet & Sour Chicken	Pulled BBQ Pork	Beefaroni	Pizza
<b>Vegetable/Fruit (2 or more)</b>	French Fries	Sweet Yams	Baked Potato	Carrots	Garden Salad
	Baked Beans	Pineapple Chunks	Broccoli Florets	English Peas	Tater Tots
	Sliced Peaches		Mandarin Oranges	Fruit Cocktail	Pear Halves
<b>Grains/Breads (2 or more)</b>		Stir Fried Rice w/Veggies	Sliced Bread		
<b>Other Foods</b>	Lettuce /Tomato	LEA: Green Beans			LEA: Mixed Veggies
<b>Diets**</b>					
<b>Soft*</b>					

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