

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

For the Week of
September 8 to 12 20 25

Vivian B. Adams

Name of Center

Week 4

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	Breakfast Burrito	Cereal
Fruit	Banana	Strawberry Pouch	Diced Peach Cup	Applesauce Cup	Mixed Fruit 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	Chili Crispito	Chicken Poppers	Baked Chicken	Hamburger	Chicken Salad
Vegetable/Fruit (2 or more)	Sweet Potato Fries	Whole Roasted Potatoes	Creamed Potatoes	French Fries	Pasta Salad
	Whole Kernel Corn	Broccoli	English Peas	Baked Beans	Lettuce/Tomato
	Sliced Peaches	Fruit Cocktail	Mandarin Oranges	Pear Halves	Pineapple Chunks
Grains/Breads (2 or more)		Roll**	Biscuit**		Sliced Bread
Other Foods				Lettuce/Tomato	LEA: Veggies
Diets**/~		No Roll**	No Biscuit**		
Soft*					

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