

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

For the Week of
Oct. 6 to 10 20 25

Vivian B. Adams

Name of Center

Week 1

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	Breakfast Burrito	Cereal	Sausage Biscuit	Cereal
Fruit	Banana	Applesauce Cup	Diced Peach Cup	Strawberry Pouch	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	Country Fried Steak	Chicken Wings	Chicken Poppers	Meatloaf	Pizza
Vegetable/Fruit (2 or more)	Mac & Cheese	Baked Potato	Black Eyed Peas	Creamed Potatoes	French Fries
	Green Beans	Broccoli	Sweet Potatoes	English Peas	Garden Salad*
	Mandarin Oranges	Fruit Cocktail	Sliced Peaches	Pear Halves	Applesauce Cup
Grains/Breads (2 or more)		Sliced Bread**	Biscuit**	Roll**	
Other Foods		Sour Cream Butter			
Diets**		No Bread**	No Biscuit**	No Roll**	
Soft*					LEA: Veggies*

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