

CHILD AND ADULT DAY CARE FOOD PROGRAM

MENU PLANNING FORM

For the Week of

Jan 12 to 16 20 26

Vivian B. Adams

Name of Center

Week 2

Meals and Required Components	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Milk, fluid	Low Fat Milk Fat Free 1%				
Juice/Fruit/Vegetable	Juice 100%				
Grains/Breads (2 servings)	Cereal	Breakfast Pizza	Cereal	Chicken Biscuit/Jelly	Program Closure
Fruit	Banana	Assorted Fruit Cup	Assorted Fruit Cup	Assorted Fruit Cup	
WW					
LUNCH/SUPPER Milk, fluid	Low Fat Milk Fat Free 1%				
Meat/Meat Alternate	Hamburger	Salisbury Steak	Beefaroni	Pork Chops	
Vegetable/Fruit (2 or more)	French Fries	Creamed Potatoes	Broccoli	Turnip Greens	
	Baked Beans	English Peas & Carrots	Pear Halves	LEA: Veggies	
	Sliced Peaches	Mandarin Oranges	Garlic Toast	Applesauce Cup	
Grains/Breads (2 or more)				Rice	
		Roll**		Corn Muffin**	
Other Foods	Lettuce/Tomato/Pickles		LEA: Veggies		
Diets**		No Roll*		No Corn Muffin**	
Soft*					

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