

E FOOD PROGRAM

MENU PLANNING FORM

For the Week of

Oct. 19 to 23

2026

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	Breakfast Burrito	Cereal	Sausage Biscuit/Jelly	Cereal
Fruit	Banana	Mixed Fruit Cup	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	Sliced Pizza	Salisbury Steak with Gravy	Baked Chicken	Beef Alfredo Macaroni	Crispito
Vegetable/Fruit (2 or more)	Garden Salad*	English Peas	Baked Sweet Potato	Green Beans	Chili Beans
	French Fries	Creamed Potatoes	Turnip Greens	Sliced Peaches/LEA: 4 oz Juice	Sweet Potato Fries
	Applesauce Cup/ LEA: 4 oz Juice	Mandarin Oranges LEA: 4 oz Juice	Fruit Cocktail/ LEA: 4 oz Juice	LEA: English Peas	Sliced Pears/LEA: 4 oz Juice
Grains/Breads (2 or more)		Roll**	Corn Muffin**	Rotini Pasta	
				Garlic Toast**	
Other Foods				Parmesan Cheese	Taco Sauce/ Sour Cream
Diets**/~		No Roll**	No Muffin**	No Toast**	

Soft*	LEA: Mixed Veggies*				
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Week 4

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