

SUSIE'S MAMA BEAR

Name of Center: _____

Menu for the Week of _____ to _____

Week 1



We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



	SUN	MON	TUES	WED	THURS	FRI	SAT
BREAKFAST							
Grain or Meat/Meat Alternate	CLOSED	WGR Egg Burrito	WGR Cheerios	WGR Bagel Crm. Ch	WGR English Muffin	Pancakes	WGR Kix
Fruit/Vegetable		Peaches	Strawberries	Blueberries	Fruit Cocktail	Orange Cuties	Bananas
Fluid Milk		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
Extra							
AM SNACK							
Component 1							
Component 2							
Extra							
LUNCH							
Meat/Meat Alternate		Pepperoni Pizza	Tuna Casserole HM	Ground Beef HM	Shredded Chicken	Turkey/Cheese	Chicken Nuggets
Grain		WG English Muffin	WGR Noodles	WGR Spaghetti	WGR Tortilla	WGR Wheat Bread	WG Breading
Vegetable		Green Beans	Peas + Celery	Spinach Salad	Ranch Beans	Carrots	Corn
Fruit or Vegetable		Pineapple	Pears	Apple Slices	Watermelon	Grapes	Applesauce
Fluid Milk		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
Extra		Cheese	Crm Mushroom Soup	Spaghetti Sauce			
PM SNACK							
Component 1		Graham Crackers	Ritz Crackers	Vanilla Yogurt	Wheat Thins	String Cheese	Gold Fish
Component 2		Milk	Cucumbers	Frozen Bananas	Carrots	Cheez-Its	Grape Juice
Extra							
SUPPER							
Meat/Meat Alternate							
Grain							
Vegetable							
Fruit or Vegetable							
Fluid Milk							
Extra							
EVENING SNACK							
Component 1		Granola Bars	Animal Crackers	Wheat Thins	Graham Crackers		No Snack
Component 2		Orange Cuties	Grapes	Cheese Chunks	Applesauce		5:30p Closing
Extra							

Acronyms

WGR: Whole Grain-Rich

HM: Homemade

CN: Processed/Convenience Item (CN label available)

Identification of Mixed Foods

(i.e., fruit salad: apples, peaches, banana)

Fruit Salad has pears, peaches, pineapple, grapes and cherries

Required Statements

All juices served are 100% juice.

Whole milk is served to participants 12-23 months. Participants 24 months and older receive 1% or fat-free milk.

Pitchers of water are in each classroom - participants are offered and have access to water throughout the day.



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Week 2



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	SUN	MON	TUES	WED	THURS	FRI	SAT
BREAKFAST							
Grain or Meat/Meat Alternate	CLOSED	WGR Oatmeal	WGR Tortilla	WGR Toast	WGR Cheerios	Pancakes	WGR Cheerios
Fruit/Vegetable		Blueberries	Fresh Oranges	Pineapple	Bananas	Pears	Strawberries
Fluid Milk		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
Extra		Cheese	Scrambled Eggs	Honey		(Sugar Free) Syrup	
AM SNACK							
Component 1							
Component 2							
Extra							
LUNCH							
Meat/Meat Alternate		Ground Beef	Cheddar Cheese HM	Chicken Chunks	Egg Salad	Chicken Nuggets CN	Turkey/Cheese
Grain		WG Bun	WG Elbow Macaroni	WGR Brown Rice	WGR Bread	WG Breading	WGR Bread
Vegetable		Corn	Green Peas	Broccoli + Peppers	Celery + Carrots	Green Beans	Lettuce + Tomato
Fruit or Vegetable		Pears	Fruit Cocktail	Applesauce	Peaches	Grapes	Orange Cuties
Fluid Milk		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
Extra		Cheese	Cream of Mushroom	Spaghetti Sauce			
PM SNACK							
Component 1		Tuna Salad	Vanilla Yogurt	Pretzels	Bagels	WGR Wheat Thins	Graham Crackers
Component 2		Celery Sticks	Bananas	Grape Juice	Pepper Slices	String Cheese	Milk
Extra					Cream Cheese		
SUPPER							
Meat/Meat Alternate							
Grain							
Vegetable							
Fruit or Vegetable							
Fluid Milk							
Extra							
EVENING SNACK							
Component 1		Animal Crackers	Goldfish	Wheat Thins	Tortillas		No Snack
Component 2		Milk	Apple Slices	Cheese Chunks	Cheese Slices		5:30p Closing
Extra							

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Week 3



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	SUN	MON	TUES	WED	THURS	FRI	SAT
BREAKFAST							
Grain or Meat/Meat Alternate	CLOSED	Bagels	WGR Kix	Hard Boiled Eggs	WGR Oatmeal	Pancakes	WWG English Muffins
Fruit/Vegetable		Peaches	Strawberries	Orange Slices	Blueberries	Bananas	Applesauce
Fluid Milk		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
Extra		Cream Cheese		WGR Toast		Sugar Free Syrup	
AM SNACK							
Component 1							
Component 2							
Extra							
LUNCH							
Meat/Meat Alternate		Shredded Beef	Grilled Cheese	Ground Turkey HM	Ground Beef Patty	Ham + Cheese	Meat Balls
Grain		WGR Torilla	WGR Bread	WGR Noodles	WG Buns	WGR Bread	WGR Bread/Butter
Vegetable		Tomato + Lettuce	Green Beans	Corn	Lettuce + Corn	Spinach Salad	Peas
Fruit or Vegetable		Pineapple	Pears	Fruit Cocktail	Applesauce	Orange Cuties	Peaches
Fluid Milk		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
Extra		Cheddar Cheese					
PM SNACK							
Component 1		Sweet Potato Fries	Cheese Curds	Vanilla Yogurt	Graham Crackers	WG Gold Fish	WGR Wheat Thins
Component 2		Whole/1%	Apple Slices	Blueberries	Milk	Grape Juice	String Cheese
Extra							
SUPPER							
Meat/Meat Alternate							
Grain							
Vegetable							
Fruit or Vegetable							
Fluid Milk							
Extra							
EVENING SNACK							
Component 1		Animal Crackers	WG Tortillas	Pretzels	Ritz Crackers	Granola Bars	No Snack
Component 2		Applesauce	Grapes	String Cheese	Cheese Cubes	Milk	5:30p Closing
Extra							

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BREAKFAST							
Grain or Meat/Meat Alternate		Scrambled Eggs	Bagels with Crm Cheese	WGR Cheerios	WGR English Muffins	Pancakes	WGR Kix
Fruit/Vegetable	CLOSED	Apples	Pineapple	Blueberries	Peaches	Strawberries	Orange Cuties
Fluid Milk		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
Extra		WGR Tortilla + Cheese				Sugar-Free Syrup	
AM SNACK							
Component 1							
Component 2							
Extra							
LUNCH							
Meat/Meat Alternate		Turkey with Gravy	Tuna Salad	Ground Beef HM	Shredded Chicken	Ground Beef	Refried Beans
Grain		WG Dinner Roll	WGR Bread	WG Elbow Macaroni	WG Bun	WGR Tortilla	WGR Tortilla
Vegetable		Corn/Mashed Potato	Celery + Carrots	Spinach Salad	Ranch Beans	Lettuce + Tomato	Carrots
Fruit or Vegetable		Peaches	Pears	Mandarin Oranges	Fruit Cocktail	Bananas	Grapes
Fluid Milk		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
Extra							Shredded Cheese
PM SNACK							
Component 1							
Component 2							
Extra							
SUPPER							
Meat/Meat Alternate							
Grain							
Vegetable							
Fruit or Vegetable							
Fluid Milk							
Extra							
EVENING SNACK							
Component 1		Animal Crackers	WG Tortillas	Pretzels	Ritz Crackers	Granola Bars	No Snack
Component 2		Milk	Grapes	String Cheese	Cheese Cubes	Applesauce	5:30p Closing
Extra							

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