



**Child Care Menu Plans
(12 months to 12 years)
August 2017**

Lunch Cycle Week 3; Snack Cycle Week 1

Meal	Tuesday August 1	Wednesday August 2	Thursday August 3	Friday August 4
Breakfast: Grains/Bread Fruit and/or Vegetable Milk	Whole Grain Waffles with Cream Cheese Seasonal Fruit Non-fat Milk	Corn Chex Bananas Non-fat Milk	Cheddar Cheese & Biscuits Sandwiches Seasonal Fruit Non-fat Milk	Toast Whole Wheat English Muffins with Cream Cheese Seasonal Fruit Non-fat Milk
Lunch Meat/Meat Alternative Grains/Bread Fruits/Vegetable (2) Milk	Cuban Black Bean Stew Black Beans, Orange & Lime Juice Brown Rice Pineapple-Cucumber Salad Non-fat Milk	Fettuccini Toscana Cauliflower & Spinach, Whole Wheat Fettuccine, Parmesan Cheese Lean Turkey Breast Seasonal Fruit Non-fat Milk	Taco Salad Ground Beef, Cheddar Cheese, Red Cabbage, Romaine Lettuce, Tomato Salsa Tortilla Chips Seasonal Fruit Non-fat Milk	All Sites BBQ in the Park
AM & PM Snack: (2 components) Meat/Meat Alternative Grains/Bread Fruits/Vegetable Milk	Corn Tortilla & Hummus Roll-Ups Water	Seasonal Fruit Trail Mix Water	White Bean Dip Pita Chips Water	Pasta & Tomato Salad Tomato, Basil & Vinaigrette WW Pasta Water

Meals served from this menu depend on the program offered at the specific site

The milk is non-fat except in the case of children 2 and under when it is whole milk for proper development.

Most Nutrient Dense Foods Less Nutrient Dense Foods Least Nutrient Dense Foods

All meals and snacks provided per CACFP Requirements.

**Child Care Menu Plans
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Lunch Cycle Week 4; Snack Cycle Week 2

Meal	Monday August 7	Tuesday August 8	Wednesday August 9	Thursday August 10	Friday August 11
Breakfast: Grains/Bread Fruit and/or Vegetable Milk	Raisin Bran Cereal Bananas Non-fat Milk	Make-Your-Own WG Pancake and Canadian Bacon Roll-up Seasonal Fruit Non-fat Milk	Special K Cereal Oranges Non-fat Milk	WG French Toast with Cottage Cheese Spread Seasonal Fruit Non-fat Milk	Toasted Whole Wheat Bagel with Cream Cheese Seasonal Fruit Non-fat Milk
Lunch Meat/Meat Alternative Grains/Bread Fruits/Vegetable (2) Milk	Make Your Own Hummus Rainbow Roll-Up Whole Wheat Tortilla Rainbow of Vegetables Seasonal Fruit Non-fat Milk	Honey Mustard Chicken Lean Chicken Breast Black-Eyed Pea & Brown Rice Salad Seasonal Fruit Non-fat Milk	Skip Jack Tuna** Veggie Pasta Salad Line Cot Skip Jack Tuna, Rainbow of Vegetables & Rotini Pasta Seasonal Fruit Non-fat Milk	Spinach, Tomato & Mushroom Frittata Eggs, Turkey Bacon, Spinach, Mushrooms, Tomatoes & Cheese Corn Bread Seasonal Fruit Non-fat Milk	Pizza Party
AM & PM Snack: (2 components) Meat/Meat Alternative Grains/Bread Fruits/Vegetable Milk	Blue Berry Muffin Non-fat Milk Water	Cheddar Cheese WG Crackers Water	Granola with Greek Yogurt & Bananas Water	Black Bean Dip Tortilla Chips Water	Make-Your-Own Greek Pita Cucumbers, tomatoes, garbanzo beans & Vinaigrette Whole Wheat Pita Water

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Lunch Cycle Week 1; Snack Cycle Week 1

Meal	Monday August 14	Tuesday August 15	Wednesday August 16	Thursday August 17	Friday August 18
Breakfast: Grains/Bread Fruit and/or Vegetable Milk			Corn Chex Oranges Non-fat Milk	Cheddar Cheese & WW Biscuits Sandwiches Seasonal Fruit Non-fat Milk	Toast Whole Wheat English Muffins with Cream Cheese Seasonal Fruit Non-fat Milk
Lunch Meat/Meat Alternative Grains/Bread Fruits/Vegetable (2) Milk	All Sites Closed In Service Training	All Sites Closed In Service Training	3 Sisters Pasta Salad Black Beans, Zucchini, Corn & Pasta Seasonal Fruit Non-fat Milk	Oven BBQ Chicken Lean Chicken Breast Corn Bread Broccoli Slaw Seasonal Fruit Non-fat Milk	Teriyaki Fish Red Snapper* Soba Noodles with Mixed Vegetables Seasonal Fruit Non-fat Milk
AM & PM Snack: (2 components) Meat/Meat Alternative Grains/Bread Fruits/Vegetable Milk			Seasonal Fruit Trail Mix Water	White Bean Dip Pita Chips Water	Pasta & Tomato Salad Tomato, Basil & Vinaigrette WW Pasta Water

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Lunch Cycle Week 2; Snack Cycle Week 2

Meal	Monday August 21	Tuesday August 22	Wednesday August 23	Thursday August 24	Friday August 25
Breakfast: Grains/Bread Fruit and/or Vegetable Milk	Raisin Bran Cereal Bananas Non-fat Milk	Make-Your-Own WG Pancake and Canadian Bacon Roll-up Seasonal Fruit Non-fat Milk	Special K Cereal Oranges Non-fat Milk	WG French Toast with Cottage Cheese Spread Seasonal Fruit Non-fat Milk	Toasted Whole Wheat Bagel with Cream Cheese Seasonal Fruit Non-fat Milk
Lunch Meat/Meat Alternative Grains/Bread Fruits/Vegetable (2) Milk	Hamburger Lean Beef Patty Swiss Cheese Bun Dill Pickle Chips & Tomato Slices Seasonal Fruit Non-fat Milk	Chicken Pad Thai** Lean Chicken Breast, Rice Stick Noodles & Chopped Broccoli Seasonal Fruit Non-fat Milk	Curried Chickpea & Summer Vegetable Stew Garbanzos beans, zucchini, yellow squash & Potatoes Whole Wheat Pita Seasonal Fruit Non-fat Milk	Green Chilaquiles With Ground Turkey and Corn Tortillas Cabbage Salad Seasonal Fruit Non-Fat Milk	Pesto Pasta & Chicken Salad Lean Chicken Breast, Basil, Parsley, Olive Oil, Garlic & Whole Wheat Penne Pasta Carrot Sticks Seasonal Fruit Non-fat Milk
AM & PM Snack: (2 components) Meat/Meat Alternative Grains/Bread Fruits/Vegetable Milk	Blue Berry Muffin Non-fat Milk Water	Cheddar Cheese WG Crackers Water	Granola with Greek Yogurt & Bananas Water	Black Bean Dip Tortilla Chips Water	Make-Your-Own Greek Pita Cucumbers, tomatoes, garbanzo beans & Vinaigrette Whole Wheat Pita Water

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Meal	Monday August 28	Tuesday August 29	Wednesday August 30	Thursday August 31
Breakfast: Grains/Bread Fruit and/or Vegetable Milk	Oranges Kix Cereal Non-fat Milk	Whole Grain Waffles with Cream Cheese Seasonal Fruit Non-fat Milk	Corn Chex Bananas Non-fat Milk	Cheddar Cheese & Biscuits Sandwiches Seasonal Fruit Non-fat Milk
Lunch Meat/Meat Alternative Grains/Bread Fruits/Vegetable (2) Milk	Make Your Own Mashed Chickpea Salad Sandwich Whole Wheat Roll Vegetable Rounds Seasonal Fruit Non-fat Milk	Cuban Black Bean Stew Black Beans, Orange & Lime Juice Brown Rice Pineapple-Cucumber Salad Non-fat Milk	Fettuccini Toscana Cauliflower & Spinach, Whole Wheat Fettuccine, Parmesan Cheese Lean Turkey Breast Seasonal Fruit Non-fat Milk	Taco Salad Ground Beef, Cheddar Cheese, Red Cabbage, Romaine Lettuce, Tomato Salsa Tortilla Chips Seasonal Fruit Non-fat Milk
AM & PM Snack: (2 components) Meat/Meat Alternative Grains/Bread Fruits/Vegetable Milk	Seasonal Vegetables String Cheese Water	Corn Tortilla & Hummus Roll-Ups Water	Seasonal Fruit Trail Mix Water	White Bean Dip Pita Chips Water

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