

Menu for Children over one year

Circle Month/Year: Apr 21, Jun 21, Aug 21

Children's Nutrition of FL

Provider Name _____

MENU E

REFER TO YOUR CCFP FOOD CHART FOR MEAL REQUIREMENTS AND AMOUNTS

	Date: 1st	Date: 2nd	Date: 3rd	Date: 4th	Date: 5th	Date: 6th	Date: 7th	Date: 8th	Date: 9th	Date: 10th	Date: 11th	Date: 12th	Date: 13th	Date: 14th	Date: 15th	Date: 16th
Breakfast	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Fruit/Veg.	Banana	Applesauce	Strawberries	Pears	Banana	Blueberries	Hash browns	Orange Slices	Banana	Applesauce	Fruit Cocktail	Blueberries	100% Orange Juice	Grapes	Pineapple
	Bred/Grain															
	Meat/M. Alt.	Yogurt	Eggs	Croissant	Biscuit	Bagel	Eggs	Sausage Patty	Cheerios/Kix	French Toast	Oatmeal	Eggs	Yogurt	Pancakes	Cheese Toast	Bagel
AM Snack	Milk															Milk
	Fruit/Veg.	Grapes		Pineapple	100% Apple Juice	Mandarin Oranges			Pears	100% Apple Juice	Mandarin Oranges			Peaches	100% Apple Juice	Carrot Sticks
	Bred/Grain	Crackers	Crackers		Cheerios		Crackers	Pretzels	Toast	Crackers		Goldfish	Crackers	Blueberry Muffin	Crackers	Bread
	Meat/M. Alt.		Ham/Cheese	Cottage Cheese		Yogurt	P-nut Butter	Cheese			Yogurt	Cheese Cubes	Boiled Egg			Ham/Cheese
Lunch	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/M. Alt.	Tuna	Cheese Pizza	Ham/Cheese	Beef/Bean Burrito	Beef Meatballs	Grilled Cheese	Chicken & Rice	Breaded Chicken	Egg Salad	All Meat Hot Dog	Mac-n-Cheese	Ham/Cheese	Turkey	Breaded Fish	Beef-A-Roni
	Vegetable	Cucumber	Corn	Tator Tots	Lettuce/Tomato	Tomato Sauce	Carrot Sticks	Green beans	Potatoes	Lettuce/Tomato	Baked Beans	Green Beans	Broccoli	Lettuce/Tomato	Corn	Tomato Sauce
	Fruit/Veg.	Fruit Cocktail	Melon	Peach	Corn	Peas	Grapes	Orange Slices	Blueberries	Mixed Veggies	French Fries	Mandarin Oranges	Peaches	Sweet Peas	Tossed Salad	Peas
PM Snack	Milk		Milk	Milk	Milk											
	Fruit/Veg.	Applesauce		Banana		Melon	100% Apple Juice	Cucumber	Pineapple	Fruit Cocktail						
	Bred/Grain	Crackers	Goldfish		Banana Bread	Pretzels	Bread Sticks			Blueberry Muffin	Crackers	Crackers	Soft Pretzel			
	Meat/M. Alt.	Peanut Butter									Ham Chunks	Cottage Cheese				
Supper	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/M. Alt.	Shepherd's Pie (beef)	Chicken	Beef Meatloaf	Chicken Pot Pie	Turkey	Hamburgers	Baked Ziti (Beef)	Ham	Pork	Beef Meatballs	Chicken	Chili (Beef)	Chicken	Eggs/Sausage	Baked Fish
	Vegetable	Potatoes/Corn	Spinach	Broccoli	Mixed Veggies	Green Beans	Lettuce/Tomato	Tossed Salad	Sweet Potatoes	Potatoes	Green Beans	Beans	Kidney Beans	Baked Beans	Hash Browns	Asparagus
	Fruit/Veg.	Strawberries	Carrots	Pears	Apples	Potatoes	French Fries	Apple	Carrots	Beans	Peaches	Carrots	Corn	French Fries	Apples	Carrots
Date: 17th																
Breakfast	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Fruit/Veg.	Orange Slices	Banana	Pears	Fruit Cocktail	Melon	Banana	Pears	100% Apple Juice	Banana	Peaches	Fruit Cocktail	Applesauce	Banana	Nectarine	Melon
	Bred/Grain															
	Meat/M. Alt.	Yogurt			Eggs											
AM Snack	Milk															
	Fruit/Veg.	Banana		Peaches	100% Apple Juice	Grapes										
	Bred/Grain	Crackers	Bagel Chips	Cheerios	Crackers		Bagel Chips		Crackers	Cheerios	Crackers		Toast	Corn Muffin	Banana Bread	
	Meat/M. Alt.		Ham				Cheese Stick		Yogurt	Cheese						Cheese Stick
Lunch	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/M. Alt.	Cheese Pizza	Turkey Sub	Chicken Tacos	Cheese Quesadilla	Roast Beef	Mac-n-Cheese	Breaded Chicken	Vienna Sausage	Breaded Fish	Sloppy Joes (beef)	Beef Meatballs	Breaded Chicken	Ham/Cheese	Hamburger	Breaded Fish
	Vegetable	Peas & Carrots	Lettuce/Tomato	Corn	Lettuce/Tomato	Carrots	Tossed Salad	Squash	Broccoli	Potatoes	French Fries	Peas	Carrots	Corn	Lettuce/Tomato	Green Beans
	Fruit/Veg.	Apple Slices	Pears	Melon	Applesauce	Peas	Orange Slices	Strawberries	Pears	Pineapple	Peaches	Tomato Sauce	Fruit Cocktail	Blueberries	French Fries	Melon
PM Snack	Milk															
	Fruit/Veg.	Blueberries	100% Apple Juice	Orange Slices		Apples	100% Apple Juice	Carrot Sticks	Peaches	Salsa						
	Bred/Grain		Crackers		Pretzels	Breadsticks	Crackers	Crackers	Crackers	Tortilla Chips	Breadsticks		Crackers			
	Meat/M. Alt.			Cottage Cheese									Yogurt			
Supper	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/M. Alt.	Chicken Enchiladas	All Meat Hot Dog	Beef Meatloaf	Fish	Hamburgers	Chicken	Tuna	Turkey	Chicken & Rice	Eggs/Sausage	Shepherd's Pie (beef)	Bean Burrito	Baked Ziti (Beef)	Chicken	Beef Tacos
	Vegetable	Tossed Salad	Baked Beans	Mixed Veggies	Asparagus	Lettuce/Tomato	Spinach	Sweet Potato	Green Beans	Broccoli	Hash Browns	Potatoes/Corn	Corn	Broccoli	Baked Beans	Corn
	Fruit/Veg.	Pineapple	Apples	Potatoes	Carrots	French Fries	Apples	Potatoes	Fruit Cocktail	Potatoes	Banana	Strawberries	Orange Slices	Strawberries	Potatoes	Apples
Date: 31st																

WG = WHOLE GRAIN

MILK REQUIREMENTS

- One Year Old - Unflavored Whole Milk Only
- Ages 2 -5 - Unflavored 1% or Fat Free Milk Only
- Ages 6 - 13 - Unflavored or Flavored 1% or Fat Free Milk Only

2020 - 2021