

## Menu for Children over one year

Children's Nutrition of FL

Circle Month/Year Nov 19, Jan 20, Mar 20, May 20, July 20, Sept 20

Provider Name \_\_\_\_\_

### MENU B

**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	Seasonal Fruit	Peaches	Blueberries	Mandarin Oranges	Hash Browns	Fruit Cocktail	Seasonal Fruit	Strawberries	Seasonal Fruit	Pineapple	Grapes	Seasonal Fruit	Mandarin Orange	100% Juice
	Bred/Grain	Oatmeal	Waffle			Cold Cereal	Muffin w/Egg	Toast			Bagel	French Toast			English Muffin	Waffle
	Other			Yogurt	Sausage Patty			Ham	Eggs				Eggs	Yogurt		
AM Snack	Milk	Milk	Milk	Milk	Milk			Milk						Milk		
	Fruit/Veg.	Orange Slices	100% Juice	Carrot Sticks	Seasonal Fruit	Pears	100% Juice		Peaches	100% Juice	Mandarin Oranges			Carrot Sticks		Grapes
	Bred/Grain		Crackers		Muffins	Breadsticks	Crackers	Banana Bread	Cheerios	Toast	Wheat Thins	Pretzels	Crackers		Bagel Chips	
	Meat/M. Alt.				Yogurt							Cheese	Ham/Chz		Peanut Butter	Cheese Stick
Lunch	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/M. Alt.	All Meat Hotdog	Sloppy Joes	Cheese Pizza	Beef	Breaded Fish	Turkey	Tuna	Baked Chicken	Hamburger	Turkey	All Meat Hotdog	Ham/Cheese	Beef Lasagna	Mac-n-Chz	Beef/Bean Burrito
	Fruit/Veg.	Seasonal Fruit	Fruit Cocktail	Pineapple	Grapes	Peas & Carrots	100% Juice	Apples	Fruit Cocktail	Tator Tots	Peas	Seasonal Fruit	Applesauce	Pears	Orange Slices	Lettuce/Tomato
	Vegetable	French Fries	Green Beans	Corn	Broccoli	Potatoes	Corn	Cucumber	Squash	Lettuce/Tomato	Mixed Veggies	French Fries	Sweet Potato	Tomato Sauce	Tossed Salad	Corn
PM Snack	Milk		Milk					Milk						Milk		
	Fruit/Veg.	Peaches	Banana	Cucumber	100% Juice		Carrot Sticks		Banana	Seasonal Fruit		Fruit Salad	100% Juice	Strawberries	Seasonal Fruit	Seasonal Fruit
	Bred/Grain	Wheat Thins		Crackers		Pretzels	Crackers	Muffins		Crackers	Crackers		Crackers		Pretzels	Cheerios
	Meat/M. Alt.				Ham Chunks	Cheese Cubes			Yogurt		Ham Chunks	Cheese				
Supper	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/M. Alt.	Pork	Beef Meatloaf	Ham	Chicken	Beef Tacos	Chef Salad	Salisbury Steak	Pork	Beef Stroganoff	Meatballs	Chicken	Chili (Beef)	Chicken Tacos	Chicken	Fish
	Fruit/Veg.	Peas	Potatoes	100% Juice	Potatoes	Lettuce/Tomato	Lettuce/Tomato	Potatoes	Apples	Corn	Peas	Beans	Kidney Beans	Lettuce/Tomato	Potatoes	Pineapple
	Vegetable	Carrots	Broccoli	Beans	Tossed Salad	Mixed Veggies	Banana	Beans	Potatoes	Carrots	Tomato Sauce	Potatoes	Broccoli	Corn	Peas	Coleslaw
Date: 17th																
Breakfast	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Fruit/Veg.	Seasonal Fruit	Nectarine	Apples	Blueberries	Fruit Cocktail	100% Juice	Apples	Orange Slices	Hash Browns	Apples	Seasonal Fruit	Orange Slices	Fruit Cocktail	Pears	100% Juice
	Bred/Grain	Biscuit			Oatmeal	Croissant	Pancakes		English Muffin	Cold Cereal	Toast	Waffles			Grits	French Toast
	Other		Sausage Patty	Eggs									Yogurt	Eggs/Sausage		
AM Snack	Milk	Milk						Milk		Milk	Milk		Milk	Milk		
	Fruit/Veg.		Seasonal Fruit		100% Juice	Orange Slices	Banana		Cucumber		Nectarine		Apple Slices		Banana	100% Juice
	Bred/Grain	Toast		Bread	Pretzels		Cheerios	Crackers				Crackers		Muffins	Pretzels	Cheese Toast
	Meat/M. Alt.		Yogurt	Ham/Cheese		Cheese Stick			Ham				Boiled Egg			
Lunch	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/M. Alt.	Grilled Cheese	Breaded Fish	Chicken Wrap	Bologna	Egg Salad	Breaded Chicken	All Meat Hotdogs	Chicken & Rice	Cheese Quesadilla	Chicken	PBJ, Boiled Egg	Hamburger	Turkey	Mac-n-Chz	Roast Beef
	Fruit/Veg.	Grapes	Corn	Seasonal Fruit	Fruit Salad	Lettuce/Tomato	Mixed Fruit	Peaches	Strawberries	Fruit Salad	Pears	Peaches	Lettuce/Tomato	Fruit Salad	Strawberries	Blueberries
	Vegetable	Carrot Sticks	Tossed Salad	Lettuce/Tomato	Broccoli	Mixed Veggies	Potatoes	French Fries	Green Beans	Corn	Peas	Tator Tots	French Fries	Carrots	Green Beans	Peas
PM Snack	Milk						Milk									
	Fruit/Veg.	100% Juice	100% Juice	Celery, Raisins			Pears		Seasonal Fruit	100% Juice	Pears		Pineapple	100% Juice	Cucumber	Seasonal Fruit
	Bred/Grain	Goldfish	Toast		Toast		Carrot Sticks	Goldfish	Bread Sticks	Bagel Chips	Bread		Crackers		Crackers	Soft Pretzel
	Meat/M. Alt.			Peanut Butter	Cheese Slice	Cottage Cheese					Ham/Cheese	Cottage Cheese		Ham	Peanut Butter	
Supper	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/M. Alt.	Chicken	Turkey	Eggs/sausage	Beef Meatloaf	Chicken & Rice	Beef	Chick & Dumpling	Meat Sauce (beef)	Chicken	Beef Tacos	Chicken	Ham	All Meat Hotdogs	Shepherd's Pie	Hamburger
	Fruit/Veg.	Strawberries	Beans	100% Juice	Potatoes	Banana	Corn	Fruit Cocktail	Tomato Sauce	100% Juice	Lettuce/Tomato	100% Juice	Orange Slices	Apples	Potatoes	Lettuce/Tomato
	Vegetable	Broccoli	Potatoes	Hash browns	Carrots	Beans	Peas	Beans	Tossed Salad	Mixed Veggies	Beans	Peas	Corn	Baked Beans	Corn	French Fries
Date: 31st																
All Ready to Eat Cereal Served Must Contain NO MORE THAN 6 GRAMS OF SUGAR.																
WG = WHOLE GRAIN																

### MILK REQUIREMENTS

One Year Old - Unflavored Whole Milk Only  
 Ages 2 - 5 - Unflavored 1% or Fat Free Milk Only  
 Ages 6 - 12 - Unflavored or Flavored 1% or Fat Free Milk Only

# 2019 - 2020