

## Menu for Children over one year

Circle Month/Year: Oct 20, Dec 20, Feb 21, Apr 21, Jun 21, Aug 21

Children's Nutrition of FL

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

### MENU C

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.	Seasonal Fruit	Applesauce	Strawberries	Seasonal Fruit	Banana	Seasonal Fruit	Hash browns	Orange Slices	Seasonal Fruit	Applesauce	Fruit Cocktail	Blueberries	Seasonal Fruit	Grapes	Pineapple	
	Bred/Grain			Croissant	Biscuit	Bagel			Cold Cereal	French Toast	Oatmeal			Pancakes	Cheese Toast	Bagel	
	Meat/M. Alt.	Yogurt	Scram. Eggs				Boiled Egg	Sausage Patty				Eggs	Yogurt			Scram. Egg	
AM Snack	Milk														Milk		
	Fruit/Veg.	Grapes		Pineapple	100% Juice	Seasonal Fruit		Pears	100% Juice	Seasonal Fruit			Mandarin Oranges	100% Juice	Carrot Sticks		
	Bred/Grain	Crackers	Crackers	Cheerios		Crackers	Pretzels	Toast	Crackers		Goldfish	Crackers	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	Carrot Sticks	Green beans	Potatoes	Potatoes	Lettuce/Tomato	Baked Beans	Green Beans	Broccoli	Lettuce/Tomato	Corn	Tomato Sauce	
	Fruit/Veg.	Fruit Cocktail	Pineapple	Peach	Corn	Peas	Grapes	Orange Slices	Seasonal Fruit	Mixed Veggies	French Fries	Mandarin Oranges	Peaches	Sweet Peas	Tossed Salad	Peas	
PM Snack	Milk	Milk	Milk	Milk													
	Fruit/Veg.	Applesauce		Seasonal Fruit		Salsa	100% Juice	Cucumber	Pineapple	Fruit Cocktail			Celery	Grapes	Pineapple	Banana	
	Bred/Grain	Crackers	Goldfish		Banana Bread	Tortilla Chips	Bread Sticks			Muffin	Crackers		Soft Pretzel		Cheerios	Toast	
	Meat/M. Alt.	Peanut Butter						Ham Chunks	Cottage Cheese		Ham/Cheese	Peanut Butter	Cheese Slice		Cheese Cubes		
Supper	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
	Meat/M. Alt.	Shepherd's Pie	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.	Seasonal Fruit	Carrots	Pears	Apples	Potatoes	French Fries	Apple	Carrots	Beans	Peaches	Carrots	Corn	French Fries	Apples	Carrots	
Breakfast	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
	Fruit/Veg.	Orange Slices	Seasonal Fruit	Pears	Fruit Cocktail	Blueberries	Banana	100% Juice	Banana	Peaches	Hash browns	Applesauce	Nectarine	Seasonal Fruit	Pears	Fruit Cocktail	
	Bred/Grain		Cold Cereal	Waffle			Grits	Oatmeal	Cold Cereal			Pancakes	Biscuit	English Muffin			
	Meat/M. Alt.	Yogurt			Eggs	Canadian Bacon				Sausage Patty	Cheese/Sausage				Boiled Egg	Canadian Bacon	
	AM Snack	Milk					Milk					Milk	Milk			Milk	
		Fruit/Veg.	Banana		Peaches	100 % Juice	Grapes		Seasonal Fruit		100% Juice		Carrot Sticks	Seasonal Fruit	Grapes		Orange Slices
		Bred/Grain	Crackers	Bagel Chips	Cheerios	Crackers		Bagel Chips		Crackers	Cheerios	Crackers		Toast	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 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	Celery	Lettuce/Tomato	Green Beans
		Fruit/Veg.	Pineapple	Pears	Seasonal Fruit	Applesauce	Peas	Orange Slices	Strawberries	Pears	Pineapple	Peaches	Tomato Sauce	Fruit Cocktail	Fruit Salad	French Fries	Melon
	PM Snack	Milk				Milk											
		Fruit/Veg.	Blueberries	100% Juice	Orange Slices		Apples	100% Juice	Carrot Sticks	Peaches	Salsa		Banana		Apple Slices	100% Juice	Seasonal Fruit
		Bred/Grain		Crackers		Pretzels	Breadsticks	Crackers	Crackers	Crackers	Tortilla Chips	Breadsticks		Crackers		Crackers	Goldfish
		Meat/M. Alt.			Cottage Cheese								Yogurt	Cheese			
	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	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	Broccoli	Baked Beans	Corn	
Fruit/Veg.		Pineapple	Apples	Potatoes	Carrots	French Fries	Apples	Fruit Cocktail	Potatoes	Banana	Apples	Seasonal Fruit	Orange Slices	Strawberries	Potatoes	Apples	
Breakfast	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
	Fruit/Veg.	Orange Slices	Seasonal Fruit	Pears	Fruit Cocktail	Blueberries	Banana	100% Juice	Banana	Peaches	Hash browns	Applesauce	Nectarine	Seasonal Fruit	Pears	Fruit Cocktail	
	Bred/Grain		Cold Cereal	Waffle			Grits	Oatmeal	Cold Cereal			Pancakes	Biscuit	English Muffin			
	Meat/M. Alt.	Yogurt			Eggs	Canadian Bacon				Sausage Patty	Cheese/Sausage				Boiled Egg	Canadian Bacon	
AM Snack	Milk					Milk						Milk	Milk			Milk	
	Fruit/Veg.	Banana		Peaches	100 % Juice	Grapes		Seasonal Fruit		100% Juice		Carrot Sticks	Seasonal Fruit	Grapes		Orange Slices	
	Bred/Grain	Crackers	Bagel Chips	Cheerios	Crackers		Bagel Chips		Crackers	Cheerios	Crackers		Toast	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 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	Celery	Lettuce/Tomato	Green Beans	
	Fruit/Veg.	Pineapple	Pears	Seasonal Fruit	Applesauce	Peas	Orange Slices	Strawberries	Pears	Pineapple	Peaches	Tomato Sauce	Fruit Cocktail	Fruit Salad	French Fries	Melon	
PM Snack	Milk				Milk												
	Fruit/Veg.	Blueberries	100% Juice	Orange Slices		Apples	100% Juice	Carrot Sticks	Peaches	Salsa		Banana		Apple Slices	100% Juice	Seasonal Fruit	
	Bred/Grain		Crackers		Pretzels	Breadsticks	Crackers	Crackers	Crackers	Tortilla Chips	Breadsticks		Crackers		Crackers	Goldfish	
	Meat/M. Alt.			Cottage Cheese								Yogurt	Cheese				
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	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	Broccoli	Baked Beans	Corn	
	Fruit/Veg.	Pineapple	Apples	Potatoes	Carrots	French Fries	Apples	Fruit Cocktail	Potatoes	Banana	Apples	Seasonal Fruit	Orange Slices	Strawberries	Potatoes	Apples	

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 - 13 - Unflavored or Flavored 1% or Fat Free Milk Only

# 2020 - 2021