

Menu for Children over one year

Circle Month/Year Nov 18, Jan 19, Mar 19, May 19, July 19, Sept 19

Children's Nutrition of FL

Provider Name _____

MENU N

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			Muffin	Bagel	French Toast		English Muffin	Waffle
	Other			Yogurt	Sausage Patty				Ham	Eggs				Bacon/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
Other															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
Bred/Grain	WG Bun	WG Bun	WG Crust	Brown Rice	WG ROLL	WG Bread	WG Pita Bread	WG Roll	WG Bun	Brown Rice	WG Bun	WG Bread	WG Pasta	WG Pasta	WG Tortilla Shell	WG Roll
Other																
PM Snack	Milk		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	Crackers		Pretzels	Cheerios
	Meat/M. Alt.				Ham Chunks	Cheese Cubes			Yogurt		Ham Chunks	Cheese				Yogurt
Other																
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
Bred/Grain	Roll	Bread	Dinner Roll	Bread	Tortilla Shell	Crackers	Rice	Roll	Pasta	Pasta	Roll	Bread	Tortilla Shell	Roll	Roll	
Other																Tortilla
	Date: 17th	Date: 18th	Date: 19th	Date: 20th	Date: 21st	Date: 22nd	Date: 23rd	Date: 24th	Date: 25th	Date: 26th	Date: 27th	Date: 28th	Date: 29th	Date: 30th	Date: 31st	
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			Cold Cereal	Toast	Waffles			Grits	French Toast
	Other		Sausage Patty	Eggs					Ham	Eggs/Bacon			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			
Other																
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
Bred/Grain	WG Bread	WG Mac-N-Cheese	WG Tortilla	WG Bread	WG Pita Bread	WG Roll	WG Bun	Brown Rice	WG Tortilla	WG Bun	WG Bread	WG Bun	WG Bread	WG Pasta	WG Bread	
Other																
PM Snack	Milk						Milk									
	Fruit/Veg.	100% Juice	100% Juice	Celery, Raisins				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	
Other																
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	Beans	Baked Beans	Corn	French Fries
Bred/Grain	Pasta	Bread	Toast	Roll	Rice	Bread	Dumplings	Pasta	Pita Bread	Tortilla Shell	Pasta	Roll	Bun	Roll	Bun	
Other																

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

2018 - 2019