

## Menu for Children over one year

Circle Month/Year Nov 22, Jan 23, Mar 23, May 23, July 23, Sept 23

Children's Nutrition of FL

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

### MENU J

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	Blueberries	Peaches	Blueberries	Mandarin Oranges	Hash Browns	Fruit Cocktail	Melon	Strawberries	Melon	Pineapple	Grapes	Banana	Mandarin Oranges	100% Apple Juice
	Bred/Grain	Oatmeal	Waffle		Bagel	Cheerios/Kix		Toast	Biscuit	English Muffin	Blueberry Muffin	Bagel	French Toast	Pancakes		English Muffin
	Other			Yogurt			Scrambled Eggs								Yogurt	
AM Snack	Milk	Milk	Milk	Milk	Milk			Milk						Milk		
	Fruit/Veg.	Orange Slices	100% Apple Juice	Grapes		Melon	Pears	100% Apple Juice		Peaches	100% Apple Juice	Mandarin Oranges			Apples	Grapes
	Bred/Grain		Crackers		Corn Muffins		Breadsticks	Crackers	Banana Bread	Cheerios	Toast	Wheat Thins	Pretzels	Crackers		Bagel Chips
	Meat/M. Alt.					Yogurt							Cheese	Ham/Chz		Peanut Butter
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 (beef)	Cheese Pizza	Beef	Breaded Fish	Turkey	Tuna	Baked Chicken	Hamburger	Turkey	All Meat Hotdog	Ham/Cheese	Meat Sauce (beef)	HM Mac-n-Chz	Beef/Bean Burrito
	Fruit/Veg.	Melon	Pineapple	Pineapple	Grapes	Peas & Carrots	100% Apple Juice	Apples	Fruit Cocktail	Tator Tots	Peas	Melon	Applesauce	Pears	Carrots	Lettuce/Tomato
	Vegetable	French Fries	Green Beans	Corn	Broccoli	Potatoes	Corn	Cucumber	Squash	Lettuce/Tomato	Mixed Veggies	French Fries	Sweet Potato	Beans	Tossed Salad	Corn
PM Snack	Milk		Milk					Milk						Milk		Milk
	Fruit/Veg.	Peaches	Banana	Cucumber		100% Apple Juice		Apples	Banana	Blueberries		Fruit Cocktail	100% Apple Juice	Strawberries	Melon	Banana
	Bred/Grain	Wheat Thins		Crackers		Pretzels	Crackers	Blueberry Muffins		Crackers	Crackers	Crackers	Crackers		Pretzels	Cheerios
	Meat/M. Alt.				Ham Chunks	Cheese Cubes			Yogurt		Ham Chunks	Cheese				Yogurt
Supper	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/M. Alt.	Pork	HM Beef Meatloaf	Ham	Chicken	Beef Tacos	Chef Salad (Ham)	HM Salisbury Steak	Pork	HM Beef Stroganoff	HM Meatballs	Chicken	HM Chili (Beef)	Chicken Tacos	Chicken	Fish
	Fruit/Veg.	Peas	Potatoes	Applesauce	Potatoes	Lettuce/Tomatoes	Banana	Potatoes	Apples	Corn	Blueberries	Beans	Kidney Beans	Lettuce/Tomato	Potatoes	Pineapple
	Vegetable	Carrots	Broccoli	Beans	Tossed Salad	Mixed Veggies	Lettuce/Tomato	Beans	Potatoes	Carrots	Tomato Sauce	Potatoes	Broccoli	Corn	Peas	Coleslaw
Breakfast	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Fruit/Veg.	Banana	Nectarine	Apples	Blueberries	Fruit Cocktail	100% Apple Juice	Orange Slices	Hash Browns	Apples	Banana	Orange Slices	Fruit Cocktail	Pears	Banana	100% Apple Juice
	Bred/Grain	Biscuit	Bagel	Toast	Oatmeal	Croissant	Pancakes		English Muffin	Cheerios/Kix	Toast	Waffles		Grits		French Toast
	Other							Ham					Yogurt	Eggs		
AM Snack	Milk							Milk		Milk	Milk		Milk	Milk		
	Fruit/Veg.		Blueberries		100% Apple Juice	Orange Slices	Banana		Cucumber		Strawberries		Apple Slices		Banana	100% Apple Juice
	Bred/Grain	Toast		Bread	Pretzels		Cheerios	Crackers		Banana Bread		Crackers		Blueberry 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 (all meat)	Turkey/Cheese	Breaded Chicken	All Meat Hotdogs	Chicken & Rice	Cheese Quesadilla	Chicken	PBJ, Boiled Egg	Hamburger	Turkey	HM Mac-n-Chz	Roast Beef
	Fruit/Veg.	Grapes	Corn	Pears	Banana	Lettuce/Tomato	Strawberries	Peaches	Applesauce	Fruit Cocktail	Pears	Peaches	Lettuce/Tomato	Peaches	Strawberries	Blueberries
	Vegetable	French Fries	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					Milk								
	Fruit/Veg.	100% Apple Juice	Strawberries	100% Apple Juice		Pears		Strawberries	100% Apple Juice	Pears		Pineapple	100% Apple Juice	Cucumber	Rasins	Strawberries
	Bred/Grain	Goldfish		Crackers	Toast		Orange Slices	Goldfish	Bread Sticks	Bagel Chips	Bread		Crackers		Crackers	Soft Pretzel
	Meat/M. Alt.				Cheese	Yogurt					Ham/Cheese	Yogurt		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/Ham	HM Beef Meatloaf	Chicken & Rice	Beef	Chicken & Dumplings	Meat Sauce (beef)	Chicken	Beef Tacos	Chicken	Ham	All Meat Hotdogs	Chicken	Hamburger
	Fruit/Veg.	Strawberries	Beans	Strawberries	Potatoes	Banana	Corn	Fruit Cocktail	Pears	Strawberries	Lettuce/Tomato	Pears	Orange Slices	Apples	Pears	Lettuce/Tomato
	Vegetable	Broccoli	Potatoes	Hash browns	Carrots	Peas	Peas	Beans	Tossed Salad	Mixed Veggies	Beans	Corn	Baked Beans	Corn	French Fries	French Fries
Breakfast	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Fruit/Veg.															
	Bred/Grain															
	Other															

WG = WHOLE GRAIN

HM = HOMEMADE

COMMERCIALY PROCESSED COMBO FOODS MUST HAVE CN LABEL OR BE LISTED ON SPONSOR'S APPROVED UPC CODE LIST

### MILK REQUIREMENTS

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

# 2022 - 2023