

## Menu for Children over one year

Children's Nutrition of FL

Circle Month/Year: Oct 22, Dec 22, Feb 23, Apr 23, June 23, Aug 23

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

### MENU I

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   |                    |                  | Croissant        | Biscuit            | Bagel             |                  |                  | Cheerios/Kix     | French Toast     | Oatmeal            |                   |                 | Pancakes          | Cheese Toast     | Bagel            |
|           | Meat/M. Alt. | Yogurt             | Eggs             |                  |                    |                   | Eggs             | Ham              |                  |                  |                    | Eggs              | Yogurt          |                   |                  | Eggs             |
| AM Snack  | Milk         |                    |                  |                  |                    |                   |                  |                  |                  |                  |                    |                   |                 |                   |                  | Milk             |
|           | Fruit/Veg.   | Grapes             |                  | Pineapple        | 100% Apple Juice   | Mandarin Oranges  |                  | Pears            | 100% Apple Juice | Mandarin Oranges |                    |                   | Peaches         | 100% Apple Juice  | Pears            |                  |
|           | Bred/Grain   | Crackers           | Crackers         | Yogurt           | Cheerios           |                   | Crackers         | Pretzels         | Toast            | Crackers         |                    | Goldfish          | Crackers        | Blueberry Muffin  | Crackers         | Bread            |
|           | Meat/M. Alt. |                    | Ham/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  | HM Beef Meatballs | Grilled Cheese   | Chicken & Rice   | Breaded Chicken  | Turkey/Cheese    | All Meat Hot Dog   | HM Mac-n-Cheese   | Ham/Cheese      | Turkey            | Breaded Fish     | HM Meat Sauce    |
|           | Vegetable    | Cucumber           | Corn             | Tator Tots       | Lettuce/Tomato     | Peas              | Mixed Veggies    | Green beans      | Potatoes         | Lettuce/Tomato   | Baked Beans        | Green Beans       | Broccoli        | Lettuce/Tomato    | Corn             | Applesauce       |
|           | Fruit/Veg.   | Fruit Cocktail     | Melon            | Peach            | Corn               | Peaches           | 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   |                    |                   |                 |                   | Grapes           | 100% Apple Juice |
|           | Bred/Grain   | Crackers           | Goldfish         |                  | Banana Bread       | Pretzels          | Bread Sticks     |                  |                  | Blueberry Muffin | Crackers           | Crackers          | Soft Pretzel    |                   |                  | 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. | Beef               | Chicken          | HM Beef Meatloaf | HM Chicken Pot Pie | Turkey            | Hamburgers       | HM Meat Sauce    | Ham              | Pork             | HM Beef Meatballs  | Chicken           | HM Chili (Beef) | Chicken           | Eggs/Ham         | Baked Fish       |
|           | Vegetable    | Corn               | Spinach          | Broccoli         | Mixed Veggies      | Green Beans       | Lettuce/Tomato   | Tossed Salad     | Sweet Potatoes   | Potatoes         | Green Beans        | Beans             | 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          |
| 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     | Banana            | Melon            | 100% Apple Juice | Banana           | Peaches          | Fruit Cocktail     | Milk              | Applesauce      | Nectarine         | Melon            | Pears            |
|           | Bred/Grain   |                    | Cheerios/Kix     | Waffle           |                    | Bagel             | Grits            | Oatmeal          | Cheerios/Kix     | Waffle           |                    |                   | Pancakes        | Biscuit           | English Muffin   | Toast            |
|           | Meat/M. Alt. | Yogurt             |                  |                  | Eggs               |                   |                  |                  |                  |                  | Eggs               |                   |                 |                   |                  |                  |
| AM Snack  | Milk         |                    |                  |                  |                    | Milk              |                  |                  |                  |                  | Milk               | Milk              |                 |                   |                  | Milk             |
|           | Fruit/Veg.   | Banana             |                  | Peaches          | 100% Apple Juice   | Grapes            |                  | Grapes           |                  | 100% Apple Juice | Fruit Cocktail     | Blueberries       | Grapes          |                   |                  | Orange Slices    |
|           | 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        | HM Mac-n-Cheese  | Breaded Chicken  | All Meat Hot Dog | Breaded Fish     | Stoppo Joes (beef) | HM 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 | Melon            | Peaches          | Salsa            |                    | Banana            |                 | Apple Slices      | 100% Apple Juice | Banana           |
|           | 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 | HM Beef Meatloaf | Fish               | Hamburgers        | Chicken          | Tuna             | Turkey           | Chicken & Rice   | Eggs/Ham           | Chicken           | Bean Burrito    | HM Meat Sauce     | 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           | Fruit Cocktail   | Potatoes         | Banana           | Apples             | Strawberries      | Orange Slices   | Strawberries      | Potatoes         | Apples           |

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

# 2022 - 2023