

## Menu for Children over one year

Circle Month/Year: Oct 23, Dec 23, Feb 24, Apr 24, June 24, Aug 24

Children's Nutrition of FL

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

### MENU K

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			
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	Pineapple	Banana
	Bred/Grain	Crackers	Goldfish		Banana Bread	Pretzels	Bread Sticks			Blueberry Muffin	Crackers	Crackers	Soft Pretzel		Cheerios	Toast
	Meat/M. Alt.	Peanut Butter						Ham Chunks	Cheese Sticks		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	Applesauce	Nectarine	Melon	Pears	Fruit Cocktail
	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	Sloppy 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	Carrots	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.			Cheese Sticks								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
Breakfast	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Fruit/Veg.															
	Bred/Grain	Tortilla	Bun	Bread	Rice	Bun	Bread	Pita Bread	Roll	Rice	Toast	Roll	Tortilla Shell	Pasta	Roll	Tortilla Shell
	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 - 13 - Unfalvored or Flavored 1% or Fat Free Milk Only

# 2023 - 2024