

## Menu for Children over one year

Children's Nutrition of FL

Circle Month/Year Nov 23, Jan 24, Mar 24, May 24, July 24, Sept 24

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

### MENU L

**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				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			
	Fruit/Veg.	Peaches	Banana	Cucumber	100% Apple Juice		Apples		Banana	Blueberries		Fruit Cocktail	100% Apple Juice	Strawberries	Melon		
	Bred/Grain	Wheat Thins		Crackers		Pretzels	Crackers	Blueberry Muffins		Crackers	Crackers		Crackers		Pretzels	Cheerios	
	Meat/M. Alt.			Ham Chunks	Cheese Cubes				Yogurt		Ham Chunks	Cheese					
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	Neckarine	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					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	Corn	French Fries	
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				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		
		Fruit/Veg.	Peaches	Banana	Cucumber	100% Apple Juice		Apples		Banana	Blueberries		Fruit Cocktail	100% Apple Juice	Strawberries	Melon	
		Bred/Grain	Wheat Thins		Crackers		Pretzels	Crackers	Blueberry Muffins		Crackers	Crackers		Crackers		Pretzels	Cheerios
		Meat/M. Alt.			Ham Chunks	Cheese Cubes				Yogurt		Ham Chunks	Cheese				
	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	

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

# 2023 - 2024