

Menu for Children over one year

Children's Nutrition of FL

Circle Month/Year: Oct 24, Dec 24, Feb 25, Apr 25, June 25, Aug 25

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

MENU M

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       | Hash Browns        |
|           | Bred/Grain   |                    |                  | Croissant        | Biscuit            | Bagel             |                  |                 | Cheerios/Kix     | French Toast     | Oatmeal            |                   | Pancakes        | Cheese Toast      | Bagel            |                 |                    |
|           | Meat/M. Alt. | Yogurt             | Eggs             |                  |                    |                   | Eggs             | Ham             |                  |                  |                    |                   |                 |                   |                  |                 |                    |
| AM Snack  | Milk         |                    |                  |                  |                    |                   |                  |                 |                  |                  |                    |                   |                 |                   |                  | Milk            |                    |
|           | Fruit/Veg.   | Grapes             |                  | Pineapple        | 100% Apple Juice   | Mandarin Oranges  |                  |                 | Pears            | 100% Apple Juice | Mandarin Oranges   |                   |                 | Peaches           | 100% Apple Juice |                 |                    |
|           | Bred/Grain   | Crackers           | Crackers         | Yogurt           | Cheerios           |                   | Crackers         | Pretzels        | Toast            |                  |                    | Goldfish          | Crackers        | Blueberry Muffin  | Crackers         |                 |                    |
|           | Meat/M. Alt. |                    | Ham/Cheese       |                  |                    | Yogurt            |                  | P-nut Butter    | Cheese           |                  | Yoqurt             | Cheese Cubes      | Boiled Egg      |                   |                  | Bread           | Ham/Cheese         |
| Lunch     | Other        |                    |                  |                  |                    |                   |                  |                 |                  |                  |                    |                   |                 |                   |                  |                 |                    |
|           | 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   | Bologna (all meat) |
|           | Vegetable    | Cucumber           | Corn             | Tator Tots       | Lettuce/Tomato     | Peas              | Mixed Veggies    | Green beans     | Potatoes         | Lettuce/Tomato   | Baked Beans        | Green Beans       | Broccoli        | Lettuce/Tomato    | Corn             | Applesauce      | Sweet Potato       |
| PM Snack  | Fruit/Veg.   | Fruit Cocktail     | Melon            | Peach            | Corn               | Peaches           | Grapes           | Orange Slices   | Blueberries      | Mixed Veggies    | French Fries       | Mandarin Oranges  | Peaches         | Sweet Peas        | Tossed Salad     | Peas            | Melon              |
|           | Bred/Grain   | WG Pita Bread      | WG Crust         | WG Bread         | WG Tortilla Shell  | WG Pasta          | WG Bread         |                 | WG Roll          | WG Pita Bread    | WG Bun             | WG Pasta          | WG Pita Bread   | WG Bread          | WG Roll          | WG Pasta        | WG Bread           |
|           | Other        |                    |                  |                  |                    |                   |                  |                 |                  |                  |                    |                   |                 |                   |                  |                 |                    |
|           | Milk         |                    | Milk             | Milk             | Milk               |                   |                  |                 |                  |                  |                    |                   |                 | Milk              |                  |                 |                    |
| Supper    | Fruit/Veg.   | Applesauce         |                  | Banana           |                    | Melon             | 100% Apple Juice | Cucumber        | Pineapple        | Fruit Cocktail   |                    |                   |                 | Grapes            | Pineapple        | Banana          | 100% Apple Juice   |
|           | 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     |                 |                    |
|           | Other        |                    |                  |                  |                    |                   |                  |                 |                  |                  |                    |                   |                 |                   |                  |                 |                    |
| Breakfast | 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         | HM Chicken Soup |                    |
|           | Vegetable    | Corn               | Spinach          | Broccoli         | Mixed Veggies      | Green Beans       | Lettuce/Tomato   | Tossed Salad    | Sweet Potatoes   | Potatoes         | Green Beans        | Beans             | Beans           | Baked Beans       | Hash Browns      | Asparagus       | Carrots, Celery    |
|           | Fruit/Veg.   | Strawberries       | Carrots          | Pears            | Apples             | Potatoes          | French Fries     | Apple           | Carrots          | Beans            | Peaches            | Carrots           | Corn            | French Fries      | Apples           | Carrots         | Apple Slices       |
| AM Snack  | Bred/Grain   | Roll               | Bread            | Roll             | Crust              | Roll              | Bun              |                 | Bun              | Garlic Toast     | Pasta              | Rice              | Bread           | Roll              | Toast            | Rice            | Pasta              |
|           | Other        |                    |                  |                  |                    |                   |                  |                 |                  |                  |                    |                   |                 |                   |                  |                 |                    |
|           | Milk         |                    |                  |                  |                    |                   |                  |                 |                  |                  |                    |                   |                 |                   |                  |                 |                    |
|           | Fruit/Veg.   |                    |                  |                  |                    |                   |                  |                 |                  |                  |                    |                   |                 |                   |                  |                 |                    |
| 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 | Milk             | Sloppy Joes (beef) | HM Beef Meatballs | Milk            | 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    | Pineapple        | Peaches          | Peaches            | Tomato Sauce      | Fruit Cocktail  | Blueberries       | French Fries     | Melon           |                    |
| PM Snack  | Bred/Grain   | WG Crust           | WG Sub Roll      | WG Tortilla      | WG Tortilla        | WG Bread          | WG Pasta         | WG Roll         | WG Wheat Thins   | WG Roll          | WG Bun             | WG Pasta          | WG Roll         | WG Bread          | WG Bun           | WG Toast        |                    |
|           | Other        |                    |                  |                  |                    |                   |                  |                 |                  |                  |                    |                   |                 |                   |                  |                 |                    |
|           | Milk         |                    |                  |                  |                    |                   |                  |                 |                  |                  |                    |                   |                 |                   |                  |                 |                    |
|           | Fruit/Veg.   | Blueberries        | 100% Apple Juice | Orange Slices    |                    | Apples            | 100% Apple Juice | Melon           | Peaches          | Salsa            |                    | Banana            |                 | Apple Slices      | 100% Apple Juice | Banana          |                    |
| Supper    | Bred/Grain   | Crackers           | Bagel Chips      | Cheerios         | Crackers           | Bagel Chips       | Crackers         | Crackers        | Crackers         | Crackers         | Crackers           | Crackers          | Toast           | Corn Muffin       | Banana Bread     | Cheese Stick    |                    |
|           | Meat/M. Alt. |                    | Ham              |                  |                    | Cheese Stick      |                  | Yogurt          | Cheese           |                  |                    |                   |                 |                   |                  |                 |                    |
|           | Other        |                    |                  |                  |                    |                   |                  |                 |                  |                  |                    |                   |                 |                   |                  |                 |                    |
|           | Milk         |                    |                  |                  |                    |                   |                  |                 |                  |                  |                    |                   |                 |                   |                  |                 |                    |
| Breakfast | 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            | Apples            | Apples           | Fruit Cocktail  | Potatoes         | Banana           | Apples             | Strawberries      | Orange Slices   | Strawberries      | Potatoes         | Apples          |                    |
| AM Snack  | Bred/Grain   | Tortilla           | Bun              | Bread            | Rice               | Bun               | Bread            | Pita Bread      | Roll             | Rice             | Toast              | Roll              | Tortilla Shell  | Pasta             | Roll             | Tortilla Shell  |                    |
|           | Other        |                    |                  |                  |                    |                   |                  |                 |                  |                  |                    |                   |                 |                   |                  |                 |                    |
|           | Milk         |                    |                  |                  |                    |                   |                  |                 |                  |                  |                    |                   |                 |                   |                  |                 |                    |
|           | Fruit/Veg.   |                    |                  |                  |                    |                   |                  |                 |                  |                  |                    |                   |                 |                   |                  |                 |                    |

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

2024 - 2025