Menu for Children over one year
Children's Nutrition of FL

Circle Month/Year: October, December, February, April, June, August

Provider Name_____

MENU A

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	Milk
	Fruit/Veg.	Pineapples	Applesauce	Pears	Applesauce	Peaches	Fruit Cocktail	Hash browns	Orange Slices	Banana	Applesauce	Fruit Cocktail	Blueberries	100% Orange Juice	Grapes	Pineapple	Hash Browns
	Bred/Grain	Cheerios	Waffles	Cornflakes	Pancakes	Kix	Biscuit		Cheerios/Kix	French Toast	Oatmeal			Pancakes	Cheese Toast	Bagel	
	Meat/M. Alt.							Ham				Eggs	Yogurt				Eggs
AM Snack	**Milk**	Milk	Milk		Milk	Milk		Milk								Milk	
	Fruit/Veg.	Oranges	Pineapples	100% Apple Juice	Pears	Applesauce	100% Grape Juice	Fruit Cocktail	Pears	100% Apple Juice	Mandarin Oranges			Peaches	100% Apple Juice	Pears	
	Bred/Grain			Wheat Thins			Goldfish		Toast	Crackers		Goldfish	Crackers	Blueberry Muffin	Crackers		Bread
	Meat/M. Alt.										Yogurt	Cheese Cubes	Boiled Egg				Ham/Cheese
	Other																
Lunch	**Milk**	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/M. Alt.	Turkey + Cheese	All Meat Hot Dog	Ham/Cheese	Taco Beef	Hamburger	Cheese Pizza	Sloppy Joes	Breaded Chicken	Turkey/Cheese	All Meat Hot Dog	HM Mac-n-Cheese	Ham/Cheese	Turkey	Breaded Fish	HM Meat Sauce	Bologna (all meat)
	Vegetable	Green Beans	Baked Beans	Sweet Potato	Corn	Sweet Peas	Mixed Veggies	Carrots	Potatoes	Lettuce/Tomato	Baked Beans	Green Beans	Broccoli	Lettuce/Tomato	Corn	Applesauce	Sweet Potato
	Fruit/Veg.	Fruit Cocktail	Oragnes	Pinapples	Applesauce	Pears	Applesauce	Peaches	Blueberries	Mixed Veggies	French Fries	Mandarin Oranges	Peaches	Sweet Peas	Tossed Salad	Peas	Melon
	Bred/Grain	WG Bread	WG Bun	WG Bread	WG Tortilla	WG Bun	WG Roll	WG Bun	WG Roll	WG Pita Bread	WG Bun	WG Pasta	WG Pita Bread	WG Bread	WG Roll	WG Pasta	WG Bread
	Other																
PM Snack	**Milk**		Milk	Milk	Milk									Milk			
	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																
Supper	**Milk**	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	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
	Bred/Grain	Roll	Bread	Roll	Crust	Roll	Bun	Roll	Roll	Garlic Toast	Pasta	Rice	Bread	Roll	Toast	Rice	Pasta
	Other																

		Date: 17th	Date: 18th	Date: 19th	Date: 20th	Date: 21st	Date: 22nd	Date: 23rd	Date: 24th	Date: 25th	Date: 26th	Date: 27th	Date: 28th	Date: 29th	Date: 30th	Date: 31st	
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				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	
	Other																
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	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	
	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																
PM Snack	**Milk**	Milk			Milk						Milk			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				
	Other																
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	
	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** **COMMERCIALLY 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

Does not expire