

# Menu Form for Children over one year

Circle Month/Year: Oct 13, Dec 13, Feb 14, Apr 14, Jun 14, Aug 14

Children's Nutrition of FL

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

## MENU C

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.	Seasonal Fruit	Applesauce	Plums	Seasonal Fruit	Apples	Seasonal Fruit	Pears	Orange Slices	Seasonal Fruit	Cherries	Fruit Cocktail	100% Juice	Seasonal Fruit	Grapes	Pineapple	Hash Browns
	Bred/Grain	Toast	Cold Cereal	Crissant	Biscuit	Bagel	Cheese Grits	Waffle	Cold Cereal	French Toast	Oatmeal	Toast w/Jelly	Pancakes	English Muffin	Fruit Muffin	Bagel	Muffin w/Egg
	Other																
AM Snack	Milk				Milk											Milk	
	Fruit/Veg.	Grapes		Watermelon	100% Juice		Celery/Raisins		Pears	100% Juice	Seasonal Fruit			Mandrin Oranges	100% Juice	Carrot Sticks	
	Bred/Grain	Graham Cracker	Crackers	Wheat Thins	Cheerios	Muffin	Crackers	Pretzels	Toast	Granola Bar		Breadsticks	Crackers	Granola Bar	Cheese Toast		Bread
	Meat/M. Alt.		Ham/Chz Roll					P-nut Butter	Cheese			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.	Tuna Sandwich	HM Cheese Pizza	PBJ, Boiled Egg	Beef/Bean Burrito	Meatballs	Grilled Cheese	Hamburger	Chicken Nuggets	Egg Salad	Hot Dogs	HM Mac-n-Chz	Ham/Cheese	Turkey	Fish Sticks	Beef-A-Roni	Bologna Sand.
	Fruit/Veg.	Celery Sticks	Pineapple	Peaches	Lettuce/Tomato	Tomato Sauce	Grapes	Lettuce/Tomato	Mash. Potatoes	Lettuce/Tomato	Peas	Green Beans	Broccoli	Corn	Corn	Seasonal Fruit	Celery
	Fruit/Veg.	Fruit Cocktail	Corn	Tator Tots	Corn	Green Beans	Carrot Sticks	Orange Slices	Seasonal Fruit	Mixed Veggies	Pears	Plums	French Fries	Lettuce/Tomato	Tossed Salad	Peas	Fruit Salad
Bred/Grain	Bread	Crust	Bread	Tortilla Shell	Pasta	Bread	Bun	Roll	Bread	Bun	Pasta	Bun	Bread	Mac-N-Cheese	Pasta	Bread	
Other																	
PM Snack	Milk		Milk	Milk											Milk		
	Fruit/Veg.	Applesauce		Seasonal Fruit		Peaches	100% Juice	Cucumber	100% Juice	Fruit Cocktail			Celery		Grapes	Banana	100% Juice
	Bred/Grain	Crackers	Goldfish		Brownie	Vanilla Wafers	Bread Sticks		Animal Crackers	Rice Cakes	Crackers	Crackers	Soft Pretzel		Ch. Chip Cookie	Cheerios	Cheese Toast
	Meat/M. Alt.	Peanut Butter							Ham Chunks			Ham/Chz. Roll	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 Stew	Fried Chicken	Chicken Alfredo	Chicken Pot Pie	Baked Turkey	Hamburgers	Turkey Roast	Baked Ham	Pork Roast	Meatballs	Beef Stroganoff	Chili (Beef)	BBQ Chicken	Baked Fish	Pork Chops	Chicken Stew
	Fruit/Veg.	Potatoes	Potato Salad	Broccoli	Mixed Veggies	Green Beans	Lettuce/Tomato	Snap Peas	Sweet Potatoes	Baked Potato	Peaches	Sweet Peas	Kidney Beans	Baked Beans	Coleslaw	Spiced Apples	Carrots, Celery
	Fruit/Veg.	Carrots	Watermelon	Pears	Banana	Mash. Potatoes	French Fries	Apple	Steamed Carrots	Pole Beans	Green Beans	Glazed Carrots	Broccoli	French Fries	Squash	Potato Wedges	Potatoes, Peas
Bred/Grain	Rice	Macaroni Salad	Pasta	Crust	Dressing	Buns	Roll	Roll	Roll	Garlic Toast	Pasta	Pasta	Garlic Bread	Roll	Roll	Roll	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	Seasonal Fruit	Pears	Fruit Cocktail	Plums	Banana	100% Juice	Banana	Peaches	Seasonal Fruit	Applesauce	Nectarine	Seasonal Fruit	Pears	Fruit Cocktail	
	Bred/Grain	Cold Cereal	French Toast	Pancakes	Crissant	Oatmeal	Raisin Toast	Grits	Cold Cereal	Waffle	Cinn. Toast	Danish	Biscuit	English Muffin	Cold Cereal	Muffin	
	Other																
AM Snack	Milk						Milk				Milk	Milk			Milk		
	Fruit/Veg.	Banana		Peaches	100 % Juice	Grapes		Seasonal Fruit		100% Juice		Carrot Sticks	Seasonal Fruit			Orange Slices	
	Bred/Grain	Vanilla Wafer	Crackers	Cheerios	Bagel Chips		Granola Bar		Crackers	Cheerios	Graham Cracker		Granola Bar	Bread	Raisin Bread		
	Meat/M. Alt.		Ham		Peanut Butter	Cheese Stick			Yogurt	P-nut Btr, Cheese				Cheese Cubes		Cheese Stick	
Other																	
Lunch	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
	Meat/M. Alt.	HM Cheese Pizza	Turkey Sub	Beef Lasagna	Corn Dog	Roast Beef	HM Mac-n-Chz	Chicken Nuggets	Vienna Sausage	Fish Patty	Sloppy Joes	Meatballs	Chicken Patty	Salami/Cheese	Hamburger	Fish Sticks	
	Fruit/Veg.	Pineapple	Lettuce/Tomato	Corn	Green Beans	Steamed Carrots	Tossed Salad	Plums	Pears	Pineapple	French Fries	Seasonal Fruit	Peas & Carrots	Celery	Lettuce/Tomato	Green Beans	
	Fruit/Veg.	Peas	Pears	Seasonal Fruit	Applesauce	Peas	Orange Slices	Squash	Broccoli	Mash. Potatoes	Spinach	Sweet Peas	Fruit Cocktail	Fruit Salad	Potato Wedges	Corn	
Bred/Grain	Crust	Sub Roll	Pasta	Bread	Bread	Pasta	Roll	Saltine Crackers	Roll	Bun	Pasta	Roll	Bread	Bun	Garlic Toast		
Other																	
PM Snack	Milk			Milk					Milk						Milk		
	Fruit/Veg.	Blueberries	100% Juice	Orange Slices		Veggies w/Dip	100% Juice	Carrot Sticks		Seasonal Fruit		Banana		Apple Slices	100% Juice	Seasonal Fruit	
	Bred/Grain		Graham Cracker	Granola	Sugar Cookies	Breadsticks	Trail Mix		Oyster Crackers	Pound Cake	Granola Bar	Breadsticks		Crackers	Pop Tart	Goldfish	
	Meat/M. Alt.								Cheese				Yogurt	P-nut btr, Cheese			
Other																	
Supper	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
	Meat/M. Alt.	Sausage Pizza	Hot Dogs	Beef Pot Pie	Fish Chips	Hamburgers	Fried Chicken	Tuna Salad	Turkey	Chicken & Rice	Pork Roast	Chicken Stew	Bean Burrito	Chicken Alfredo	BBQ Chicken	Pork Chops	
	Fruit/Veg.	Pineapple	Baked Beans	Mixed Veggies	Coleslaw	Lettuce/Tomato	Mashed Potatoes	Fruit Cocktail	Green Beans	Banana	Mashed Potatoes	Mixed Veggies	Corn	Broccoli	Baked Beans	Corn on the Cob	
	Fruit/Veg.	Tossed Salad	Apple Salad	Banana	Carrots	French Fries	Watermelon	Celery	Potato Salad	Broccoli	Carrots	Grapes	Orange Slices	Plums	Potato Salad	Spiced Apples	
Bred/Grain	Crust	Bun	Crust	Roll	Bun	Macaroni Salad	Bread	Dressing	Rice	Garlic Toast	Rice	Tortilla Shell	Pasta	Roll	Roll	Roll	
Other																	
*** All Cold Cereal Served Must Contain NO MORE THAN 10 GRAMS OF SUGAR. <span style="margin-left: 200px;">***Children should be encouraged to drink water throughout the day.</span> <span style="margin-left: 200px;">***Lowfat or Skim Milk must be served to children ages 2-12yrs.</span>																	

PO Box 600519  
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MAIL OR FAX MENUS TO ARRIVE BY THE **2nd** OF EVERY MONTH!  
 LATE MENUS WILL NOT BE PAID UNTIL THE FOLLOWING MONTH!