

Menu Form for Children over one year

Circle Month/Year Nov 13, Jan 14, Mar 14, May 14, July 14, Sept 14

Children's Nutrition of FL

Provider Name _____

MENU D

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	Seasonal Fruit	Peaches	Plums	Mandrin Oranges	Hash Browns	Fruit Cocktail	Seasonal Fruit	Plums	Seasonal Fruit	Pineapple	Grapes	Seasonal Fruit	Watermelon	100% Juice	Pears
	Bred/Grain	Raisin Toast	Waffle	Oatmeal	Toast w/Jelly	Cold Cereal	Muffin w/Egg	Wheat Toast	Cheese Grits	Pancakes	Fruit Muffin	Bagel	French Toast	Cheese Toast	Cold Cereal	English Muffin	Waffle
	Other																
AM Snack	Milk	Milk	Milk	Milk										Milk			
	Fruit/Veg.	Orange Slices	100% Juice	Carrot Sticks		Seasonal Fruit	100% Juice	Pears		Peaches	100% Juice	Watermelon		Carrot Sticks		Grapes	
	Bred/Grain		Graham Cracker		Breadsticks		Goldfish	Animal Crackers	Crackers	Cheerios	Cheese Toast	Wheat Thins	Pretzels		Crackers	Bagel Chips	
	Meat/M. Alt.					Yogurt			Boiled Egg				Cheese		Ham/Chz Roll	Peanut Butter	Cheese Stick
Other																	
Lunch	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
	Meat/M. Alt.	Hotdog	Sloppy Joes	HM Cheese Pizza	PBJ, Boiled Egg	Fish Patty	Turkey	Tuna Sandwich	Chicken Nuggets	Hamburger	Meatballs	Corn Dog	Ham/Cheese	Beef Lasagna	HM Mac-n-Chz	Beef/Bean Burrito	Chicken Patty
	Fruit/Veg.	Seasonal Fruit	Melon	Pineapple	Grapes	Peas & Carrots	Corn	Celery Sticks	Fruit Cocktail	Lettuce/Tomato	Peaches	Seasonal Fruit	Broccoli	String Beans	Tossed Salad	Lettuce/Tomato	Peas & Carrots
	Fruit/Veg.	French Fries	Green Beans	Corn	Celery Sticks	Mash. Potatoes	Lettuce/Tomato	Pineapple	Squash	Orange Slices	Sweet Peas	Cucumber	Sweet Potato	Pears	Orange Slices	Corn	Fruit Cocktail
Bred/Grain	Bun	Bun	Crust	Bread	Roll	Bread	Bread	Roll	Bun	Pasta	Breading	Bun	Pasta	Pasta	Tortilla Shell	Roll	
Other																	
PM Snack	Milk	Milk					Milk							Milk			
	Fruit/Veg.	Peaches		100% Juice	Cucumber		Carrot Sticks		Banana		Watermelon		Fruit Salad	100% Juice	Seasonal Fruit	Seasonal Fruit	
	Bred/Grain	Vanilla Wafers	Ch. Chip Cookie	Trail Mix		Pretzels	Oyster Crackers	Oatmeal Cookies		Animal Crackers	Crackers		Graham Cracker	Pound Cake	Granola Bar	Cheerios	
	Meat/M. Alt.				Ham Chunks	Cheese Cubes			Yogurt		Ham Chunks	Cheese					Yogurt
Other																	
Supper	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
	Meat/M. Alt.	Pork Roast	Beef Tips	Ham/Pot. Salad	Beef Pot Pie	Roasted Chicken	Chef Salad	Salisbury Steak	Pork Chops	Beef Stroganoff	Chicken Stew	BBQ Chicken	Chili (Beef)	Cubed Steak	Fried Chicken	Fish Chips	Chicken Stew
	Fruit/Veg.	Mashed Potatoes	Black Eye Peas	Potatoes	Mixed Veggies	New Potatoes	Lettuce/Tomato	Mash. Pot	Spiced Apples	Cream Corn	Mixed Veggies	Baked Beans	Kidney Beans	Brussel Sprouts	Mash. Potatoes	Coleslaw	Carrots, Celery
	Fruit/Veg.	Glazed Carrots	Squash	Okra	Apricots	Spinach	Chick Peas	Green Beans	Potato Wedges	Glazed Carrots	Peaches	Potato Wedges	Broccoli	Corn	Watermelon	Onion Rings	Potatoes, Peas
Bred/Grain	Garlic Toast	Rice	Dinner Roll	Crust	Breadstick	Club Crackers	Garlic Toast	Roll	Pasta	Rice	Roll	Garlic Bread	Roll	Macaroni Salad	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.	Seasonal Fruit	Nectarine	Apples	Plums	Fruit Cocktail	100% Juice	Orange Slices	Hash Browns	Apple Slices	Seasonal Fruit	Orange Slices	Fruit Cocktail	Pears	100% Juice	Fruit Cocktail	
	Bred/Grain	Cinn. Toast	Biscuit	Oatmeal	Cinn. Roll	Croissant	Pancakes	Cold Cereal	Muffin w/Egg	Danish	Toast	Waffles	Muffin	Biscuit	Grits	French Toast	
	Other																
AM Snack	Milk	Milk						Milk				Milk	Milk				
	Fruit/Veg.		Seasonal Fruit		Celery	100% Juice	Banana		Orange Slices		Nectarine		Apple Slices		Banana	100% Juice	
	Bred/Grain	Graham Cracker		Bread	Crackers	Pretzels	Cheerios	Granola Bar		Crackers		Crackers		Raisin Bread	Vanilla Wafer	Cheese Toast	
	Meat/M. Alt.		Yogurt	Ham/Cheese	Peanut Butter					Cheese Stick	P-nut btr, Cheese		Boiled Egg				
Other																	
Lunch	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
	Meat/M. Alt.	Grilled Cheese	Fish Sticks	Baked Chicken	Bologna Sand.	Egg Salad	Chicken Nuggets	Corn Dogs	Chicken & Rice	Cheese Ravioli	Chick. Sandwich	PBJ, Boiled Egg	Hamburger	Salami/Cheese	HM Mac-n-Chz	Roast Beef	
	Fruit/Veg.	Grapes	Corn	Seasonal Fruit	Celery	Lettuce/Tomato	Mash. Potatoes	Peaches	Plums	Fruit Salad	Pears	Peaches	Lettuce/Tomato	Celery	Green Beans	Plums	
	Fruit/Veg.	Carrot Sticks	Tossed Salad	Squash	Fruit Salad	Mixed Veggies	Seasonal Fruit	French Fries	Green Beans	Broccoli	Lettuce/Tomato	Tator Tots	French Fries	Fruit Salad	Plums	Peas	
Bred/Grain	Bread	Mac-N-Cheese	Biscuit	Bread	Bread	Roll	Breading	Rice	Pasta	Bun		Bread	Bun	Bread	Pasta	Bread	
Other																	
PM Snack	Milk	Milk						Milk									
	Fruit/Veg.		100% Juice	Celery, Raisins		Pears		Seasonal Fruit	100% Juice	Pears		Pineapple	100% Juice	Cucumber		Seasonal Fruit	
	Bred/Grain	Brownie	Rice Cakes	Crackers	Soft Pretzel	Toast	Pop Tart	Goldfish	Bread Sticks	Animal Crackers	Bread		Rice Cake	Ritz Crackers	Crackers	Granola Bar	
	Meat/M. Alt.			Peanut Butter	Cheese Slice							Ham/Cheese			Cheese	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.	Chicken Alfredo	Baked Turkey	Smoked Sausage	Corned Beef	Chicken & Rice	Beef Liver	Chick & Dumping	Chicken Stew	Meat Sauce/Chz	Stewed Beef	Chicken Casrl.	Sliced Ham	Hot Dogs	Shrimp	Hamburger	
	Fruit/Veg.	Broccoli	Cranberry Sauce	Red Peper/Onion	Cabbage	Banana	Mash. Potatoes	Fruit Cocktail	Mixed Veggies	Tossed Salad	Baked Potato	Snap Peas	Corn	Baked Beans	Onion Rings	Lettuce/Tomato	
	Fruit/Veg.	Plums	Mash. Potatoes	Pears	Carrots	Asparagus	Snow Peas	Pinto Beans	Grapes	Asparagus	Spinach	Kiwi	Orange Slices	Apple Salad	Coleslaw	French Fries	
Bred/Grain	Pasta	Dressing	Yellow Rice	Roll	Rice	Rice	Dumplings	Rice	Stuffed Shells	Garlic Toast	Pasta	Dinner Roll	Bun	Hush Puppies	Bun		
Other																	

*** All Cold Cereal Served Must Contain NO MORE THAN 10 GRAMS OF SUGAR.

***Children should be encouraged to drink water throughout the day.

***Lowfat or Skim Milk must be served to children ages 2-12yrs.

PO Box 600519
St. Johns, FL 32260
(904) 262-1185
(904) 262-2129 fax

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