

Menu Form for Children over one year

Children's Nutrition of FL

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

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 | Mandarin Oranges | Hash Browns | Fruit Cocktail | Seasonal Fruit | Plums | Seasonal Fruit | Pineapple | Grapes | Seasonal Fruit | Watermelon | 100% Juice |
| | 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 |
| | 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 |
| 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 |
| | 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 |
| | Bred/Grain | Bun | Bun | Crust | Bread | Roll | Bread | Bread | Roll | Bun | Pasta | Breading | Bun | Pasta | Pasta | Tortilla Shell |
| 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 |
| 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 |
| | 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 |
| | Bred/Grain | Garlic Toast | Rice | Dinner Roll | Crust | Breadstick | Club Crackers | Garlic Toast | Roll | Pasta | Rice | Roll | Garlic Bread | Roll | Macaroni Salad | Roll |
| | 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 | | | |
| | 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 | | | |
| 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 |
| | Bred/Grain | Bread | Mac-N-Cheese | Biscuit | Bread | Bread | Roll | Breading | Rice | Pasta | Bun | | Bread | Bun | Bread | Pasta |
| PM Snack | 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 |
| 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 |
| | Bred/Grain | Pasta | Dressing | Yellow Rice | Roll | Rice | Rice | Dumplings | Rice | Stuffed Shells | Garlic Toast | Pasta | Dinner Roll | Bun | Hush Puppies | Bun |

*** 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.

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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!