

# CCFP Menu for Children (5-Day)

Site/Center Name: Youthland Christian Academy Healthy Fall Menu 1									
Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
		1 & 2 years	3 - 5 years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Juice, fruit Or vegetable	1/4 cup	1/2 cup	1/2 cup	Fresh Mixed Fruit	Juicy Blueberries	Ripe Strawberries	Sliced Bananas	Applesauce
	Grains/Breads Dry cereal	1/2 slice 1/4 cup or 1/3 oz.	1/2 slice 1/3 cup or 1/2 oz.	1 slice 3/4 cup or 1 oz.	Rice Crispies Cereal	Homemade Cinnamon Oatmeal	Soy Butter and Jelly on Whole Wheat Toast	Cheerios Cereal	Strawberry Cream Cheese Toasted English Muffins
	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Chicken and Cheese Whole Grain Macaroni	Fresh Tuna Salad Sandwich	Warm Three Cheese Quesadillas	Homemade Chicken Pita Pizza & Baked Beans	Freshly Prepared Turkey Chili with Kidney Beans
<b>Lunch or Supper</b>	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Warm Whole Wheat Dinner Rolls	Warm Whole Wheat Bread	Warm Whole Wheat Tortilla Shells	Warm Whole Wheat Pita Bread	Saltine Crackers
	Fruit and/or vegetable and/or juice (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Garden Fresh Broccoli with Ranch	Green Beans	Cheesy Tomato Soup	Tomato and Spinach Salad	Diced Carrots or Carrot Sticks
					Sliced Ripe Strawberries and Bananas	Applesauce	Sliced Crisp Apples	Sliced Oranges	Sliced Pineapples
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	<b>Snack (select 2)</b>	Milk, fluid	1/2 cup	1/2 cup	1 cup	Milk	Fresh Crisp Apple Slices	Fresh Blueberries	Crunchy Carrot Sticks with Ranch
Juice, fruit or vegetable		1/2 cup	1/2 cup	3/4 cup					
Grains/Breads/ Dry Cereal		1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup					
Meat or meat alternate		1/2 oz.	1/2 oz.	1 oz.					
					Graham Crackers and Soy Nut Butter	String Cheese	Creamy Yogurt	Saltine Crackers	Goldfish Crackers