

# CCFP Menu for Children (5-Day)

Site/Center Name: Youthland Christian Academy Fall Healthy Menu 2									
Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
<b>Breakfast</b>		<b>1 &amp; 2 years</b>	<b>3 - 5 years</b>	<b>6 - 12 years</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</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	Warm Cinnamon Oatmeal	Soy Butter and Jelly on Whole Wheat Toast	Cheerios	Strawberry Cream Cheese and Toasted English Muffins
<b>Lunch or Supper</b>	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Homemade Chicken Pot Pie	Fresh Turkey Burgers	Chicken and Noodles	Oven Baked Tilapia	Homemade Turkey Meatloaf
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Hot Biscuits	Whole Grain Hamburger Bun	Warm Whole Wheat Dinner Rolls	Warm Whole Wheat Dinner Rolls	Warm Whole Wheat Dinner Rolls
	Fruit and/or vegetable and/or juice (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Fresh Broccoli	Sweet Corn	Garden Fresh Spinach Salad with ranch	Fresh Green Beans	Diced Carrots
					Ripe Strawberries	Fresh Pineapple	Bananas	Juicy Cantaloupe	Applesauce
	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	Oranges Slices	Bananas	Fresh Broccoli or Cauliflower	Apple Slices	Sliced Bananas
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup			With ranch dip		
	Grains/Breads/ Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Homemade Granola	Cheerios and Milk	Saltine Crackers	String Cheese	Soy Butter and Jelly Squares on whole wheat bread
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.					