

# CCFP Menu for Children (5-Day)

Site/Center Name: Youthland Christian Academy Healthy Fall Menu 3									
Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
Breakfast		1 & 2 years	3 - 5 years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
	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	Fresh 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	Slow Cooked Oatmeal with Fresh Blueberries	Soy Butter and Jelly on Whole Wheat Toast	Cheerios Cereal	Strawberry Cream Cheese Toasted English Muffins
Lunch or Supper	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Oven Baked Parmesan Crusted Chicken	Fish Soft Tacos with Fresh Salsa	Fresh Italian Chicken Sandwiches	Homemade Bean and Pasta Soup	Whole Grain Spaghetti with Homemade Turkey Meatballs
	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 Tortilla Shells	Warm Whole Wheat Sandwich Roll	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	Roasted Broccoli and Carrots	Spinach Ranch Salad	Pasta Salad with Fresh Veggies	Roasted Parmesan Zucchini	Tomato and Spinach Salad
					Sliced Ripe Strawberries and Bananas	Sliced Oranges	Sliced Crisp Apples	Fresh Pears	Sliced Pineapples
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Snack (select 2)	Milk, fluid	1/2 cup	1/2 cup	1 cup	Milk	Fresh Crisp Apple Slices	Fresh Blueberries	Crunchy Carrot Sticks and Cucumbers Ranch Dressing	Sliced Bananas
	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	Sliced Hard Boiled Eggs	Creamy Vanilla Yogurt	Saltine Crackers	Goldfish Crackers	