

CCFP Menu for Children (5-Day)

Site/Center Name: Youthland Christian Academy Fall Healthy Menu 4									
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	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	Slow Cooked Cinnamon Oatmeal	Soy Butter and Jelly on Whole Wheat Toast	Cheerios Cereal	Strawberry Cream Cheese and Toasted English Muffins
Lunch or Supper	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Goopy Grilled Cheese Sandwiches	Homemade Turkey Pot Pie	Old McDonald Chicken Casserole	Turkey Pasta Primavera	Spinach Salad Chicken Wraps
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Whole Grain Bread	Warm Biscuits	Warm Whole Wheat Dinner Rolls	Warm Whole Wheat Dinner Rolls	Whole Grain Tortilla Wrap
	Fruit and/or vegetable and/or juice (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Warm Tomato Soup	Oven Roasted Broccoli	Grilled Zucchini	Sweet Corn	Homemade Baked Beans
					Crispy Sliced Apples	Fresh Ripe Strawberries	Sliced Oranges	Juicy Pineapple Slices	Applesauce
	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	Oranges Slices	Bananas	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	Whole Grain 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.					