

Child Care Food Program Sample Day Care Home Menu

Refer to the Child Care Food Program Meal Pattern for Children when planning portion sizes for the different age groups.
Children age 1 must be served unflavored whole milk. Children ages 2-5 must be served unflavored lowfat (1%) or fat-free (skim) milk.
Children 6 years old and older must be served unflavored or flavored lowfat milk (1%) or fat-free (skim) milk.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cinnamon raisin bagel <i>Cream cheese</i> Peaches Milk	WG waffle Applesauce Turkey sausage Milk	WG Cheerios Banana Milk	Egg and cheese biscuit Strawberry slices Milk	WG English Muffin <i>Butter</i> Orange wedges Milk
Lunch or Supper	Baked chicken Mashed potatoes WG roll Broccoli Seasonal fresh fruit Milk	*Vegetable lasagna Garlic bread Green peas Pears Milk	Pork tenderloin Egg noodles Sweet potato Mixed vegetables Milk	*Bean and Cheese quesadilla WG tortilla Corn Apple slices Milk	*Breaded Fish WG bun Mixed greens salad (Spinach, Romaine, Tomato, Cucumber) <i>Italian dressing</i> Roasted potato wedges Milk
Snack	Mandarin oranges String cheese	Grape juice Pretzels	Bell pepper strips <i>Ranch dressing</i> Cheese crackers	Yogurt Pineapple tidbits	Corn muffin Milk

*Requires a Child Nutrition Label, Product Formulation Statement, or standardized recipe

When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: Water is NOT a creditable food item)

At least one serving of grains per day, across all eating occasions, must be 100% whole grain or whole grain-rich. Menus must clearly identify the whole grain or whole grain-rich item (e.g. "WG bread" or "WGR crackers").

Note: Additional sample menus can be found on our website: www.FloridaHealth.gov/ccfp

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: [USDA Program Discrimination Complaint Form](https://www.usda.gov/program-discrimination-complaint-form), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- (2) fax: (833) 256-1665 or (202)690-7442; or
- (3) email: program.intake@usda.gov

This institution is an equal opportunity provider.