

NEW YORK STATE
OFFICE OF CHILDREN AND FAMILY SERVICES
SAMPLE MENU TEMPLATE

Program Name: Grow A child Childcare Too

Facility ID Number: 884141

Week (check one) ☒ 1 ☐ 2 ☐ 3 ☐ 4

Authorized Reviewer Name: _____

Signature: _____

Date: ____ / ____ / ____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cereal chex-WGR oranges * Milk	oatmeal-WGR blueberries Milk	Pancakes-WGR melon *milk	Cinnamon Bread strawberries *Milk	ham and cheese bake with tater tots pineapples * Milk	* Whole Milk Served Ages 1-2 1% Served Ages 2- 12 At Breakfast and Lunch	Snack Served water or 100% Juice
AM Snack	X	X	X	X	X		WGR-Whole Grain Rich
Lunch	Turkey Kibbasa Rice-WGR corn peaches *Milk	Chicken Alfredo Fettechini Broccoli Pears *Milk	Pepperoni Pizza carrots oranges *Milk	beef goulash mixed Veggies apples *Milk	PBJ Sandwiches- WGR bread Cheese Stick Tropical fruit Cucumbers *Milk		
PM Snack	animal crackers Apples	hummus sweet peppers Wheat Thins crackers-WGR	Graham crackers applesauce water	Colby Jack Cheese Triscuits Crackers - WGR	Banana Split Yogurt		
Supper							

***Only for Day Care Centers** Menus for Day Care Centers must be reviewed and signed by an authorized reviewer who has one of the following qualifications: (check the box to indicate the qualifications held by the reviewer).

- ☐ a federal CACFP Program Specialist responsible for reviewing and approving menus
- ☐ a person who has a Bachelor's or Master's degree with a Major in Food and Institutional Management or a closely related field
- ☐ has completed a Dietician Internship
- ☐ certified as a Registered Dietician or has an equivalent state certification

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 Authorized Reviewer Name: _____ Signature: _____ Date: ____ / ____ / ____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cereal-cherrios-WGR oranges *Milk	sausage crescents rolls applesauce *milk	eggs and toast-WGR melon *Milk	oatmeal-WGR strawberries *Milk	fruit muffins mixed berries *Milk	* Whole Milk Served Ages 1-2 1% Served Ages 2-12 At Breakfast and Lunch	Snack Served water or 100% Juice
AM Snack	X	X	X	X	X		WGR-Whole Grain Rich
Lunch	Sloppy Joes/buns Green Beans apples *Milk	mac n cheese-WGR peas pears *Milk	Fish on a roll celery mixed fruit *Milk	Homemade Chicken Noodle Soup Soup crackers Cooked carrots Peaches *Milk	grilled cheese-WGR bread ham pineapples corn *Milk		
PM Snack	pretzels cottage cheese	mini waffles bananas	Yogurt blueberries	breadsticks with Marmara 100 % Apple Juice	Graham crackers Apples		
Supper							

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 Authorized Reviewer Name: _____ Signature: _____ Date: ____ / ____ / ____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cereal-Kix oranges	Oatmeal-WGR Blueberries	French Toast-WGR strawberries	scrambled eggs/toast-WGR Melon	Zucchini bread bananas	*Milk is served at Breakfast and Lunch 1% Milk Ages 2-12 Whole Milk Ages 1-2 Water or 100% Juice Served at Snack	Breakfast is Served Between 730-830
	*Milk	*milk	*milk	*milk	*Milk		
AM Snack	X	X	X	X	X		WGR-Whole Grain Rich
Lunch	Pizza-WGR Carrot Sticks fruit salad *Milk	tacos-Tortilla wraps Beef/Cheeder Cheese tomato and cucumber salad grapes Milk	Chicken on a roll Potatoes-tater tots green beans Peaches *Milk	Ill smokies Rice and mixed Veggies Pineapple *Milk	Grilled cheese-WGR Tomato soup peas pears *Milk		Lunch is Served Between 11-1:30
PM Snack	animal crackers apples	Yogurt granola-WGR	Cottage Cheese Mandarin oranges	Pasta salad green peppers cheese	PB protein bars 100% apple juice		Snack is Served at 2pm School Age 215pm & 330 Pm
Supper							

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Authorized Reviewer Name: _____

Facility ID Number: 884141
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Week (check one) ☐ 1 ☐ 2 ☐ 3 ☒ 4
Date: ____ / ____ / ____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cheerios-WGR oranges *Milk	Peanut butter (Soy Butter)/Jelly toast-WGR bread apples *Milk	yogurt blueberries granola *Milk	Eggs english muffins-WGR melon *Milk	cinnamon toast-WGR bananas *Milk	* 1% Milk Ages 2-12 Whole Milk Ages 1-2 Served At Breakfast and Lunch	WG-Whole Grain
AM Snack	X	X	X	X	X	* Snack is Either Water or 100% Apple Juice	WGR-Whole Grain Rich
Lunch	Spaghetti and Meatballs fresh tomato sauce and zucchini pears *milk	Homemade Chickens nuggets rolls Corn Peaches *Milk	Breaded fish Rolls/Bread peas pineapple *Milk	Hot dogs and buns Green beans applesauce *Milk	turkey and cheese roll ups-tortilla wrap cucumber tropical fruit *milk		
PM Snack	goldfish cracker, cheex, dried fruit trail mix 100% apple juice	Fruit Muffins kiwi/Berries	WGR crackers- Triscuits carrots	pretzels and cheddar cheese	graham crackers grapes		
Supper							

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