



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
 BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
 CHILD AND ADULT CARE FOOD PROGRAM
3-MEAL MENU TEMPLATE

NAME OF CENTER/FACILITY Magical Adventures Learning Center

WEEK OF 1

YEAR _____

BREAKFAST	DATE Monday	DATE Tuesday	DATE Wednesday	DATE Thursday	DATE Friday
Fluid Milk	1%	1%	1%	1%	1%
Juice, Fruit, or Vegetable	Oranges	Strawberries	Applesauce	Grapes	Cantaloupe/Watermelon
Grain/Bread	WG Toast	Waffles	WG Bagels	Biscuits	Nutragrain Bars
Other Foods					
LUNCH	Scrambled Eggs	Fish Sticks	Tacos	Mesquite Chicken	Spaghetti w/ Meatballs
Fluid Milk	1%	1%	1%	1%	1%
2 Servings of Different Fruit and/or Vegetables	Strawberries	Applesauce	Grapes	Cantaloupe	Peaches
	Hash Brown Potatoes	Green Beans	Lettuce, Tomatoes	Corn	Salad w/ Whole Egg
Grain/Bread	WG Toast	WG Butter bread	Taco Shells	WG Butter Bread	WG Noodles
Meat or Meat Alternate	Scrambled Eggs	Fish Sticks	Hamburger	Mesquite Chicken	Meatballs, Whole Egg
Other Foods		Ketchup	Refried Beans	Mashed Potatoes	Spaghetti Sauce
Other Foods			Sour cream, Taco Sauce		Ranch
SNACK AM or PM (Circle) Serve 2 of 4 components					
Fluid Milk	1%	1%	1%	1%	1%
Juice, Fruit, or Vegetable	Watermelon		Applesauce		Celery/Carrots
Grain/Bread	Cheezits	Wheat Thins	Vanilla Wafers	Graham Crackers	
Meat or Meat Alternate		Cheese slices		Yogurt	
Other Foods					Ranch