



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 2

YEAR _____

BREAKFAST	DATE	Monday	DATE	Tuesday	DATE	Wednesday	DATE	Thursday	DATE	Friday
Fluid Milk		1%		1%		1%		1%		1%
Juice, Fruit, or Vegetable		Bananas		Oranges		Strawberries		Apples		Bananas
Grain/Bread		WG Toast		Oatmeal		WG Bagels		Yogurt		Nutragrain Bars
Other Foods										
LUNCH		Ravioli		Chicken Alfredo		BBQ Meatballs		Stew		Grilled Turkey/Ham/Cheese
Fluid Milk		1%		1%		1%		1%		1%
2 Servings of Different Fruit and/or Vegetables		Oranges		Strawberries		Apples		Bananas		Black Grapes
		Salad		Broccoli		Green Beans		Mixed Veggies/Potatoes		Cole Slaw
Grain/Bread		WG Bread		WG Noodles		WG Egg Noodles		WG Bread		WG Bread
Meat or Meat Alternate		Eggs		Chicken		Hard Boiled Egg		Stew Meat		Chicken Noodle Soup
Other Foods		Prego		Alfredo Sauce						
Other Foods		Ranch, Italian								
SNACK AM or PM (Circle) Serve 2 of 4 components										
Fluid Milk		1%		1%		1%		1%		1%
Juice, Fruit, or Vegetable				Cucumbers/Carrots		Craisens				Bananas
Grain/Bread		Animal Crackers				Crackers		Chips		Vegie Straw
Meat or Meat Alternate		Yogurt						Nacho Cheese		
Other Foods				Ranch				Salsa		