



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 3

YEAR _____

BREAKFAST	DATE Monday	DATE Tuesday	DATE Wednesday	DATE Thursday	DATE Friday
Fluid Milk	1%	1%	1%	1%	1%
Juice, Fruit, or Vegetable	Can Peaches	Strawberries	Can Peaches	Applesauce	Apples
Grain/Bread	WG Toast	Yogurt	WG Bagels	English Muffins	Nutragrain Bars
Other Foods			Cream Cheese		
LUNCH	Grilled Ham/Cheese Sand	Mostacolli	Polish Sausage	Salisbury Steak	Chicken Salad
Fluid Milk	1%	1%	1%	1%	1%
2 Servings of Different Fruit and/or Vegetables	Strawberries	Can Peaches	Applesauce	Mashed Potatoes	Grapes
	Carrots	Salad	Peas	Mixed Vegies	Celery/Cucumbers
Grain/Bread	WG Bread	WG Noodles	WG Bread (buttered)	WG Bread (buttered)	WG Wheat Thins
Meat or Meat Alternate	Ham/Turkey	Hamburger	Polish Sausage	Hamburger	Chicken
Other Foods	Cheese	Ranch	Whole Egg	Gravy	Mayo
Other Foods	Ranch		Sauerkraut		Tomatoes
SNACK AM or PM (Circle) Serve 2 of 4 components					
Fluid Milk	1%	1%	1%	1%	1%
Juice, Fruit, or Vegetable		Apples		Craisins	
Grain/Bread	Saltines	Pirates Booty	Ritz Crackers	Goldfish	Animal Crackers
Meat or Meat Alternate	Mozzarella Stick		Cheese Slices		Yogurt
Other Foods					