



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 5

YEAR _____

BREAKFAST	DATE Monday	DATE Tuesday	DATE Wednesday	DATE Thursday	DATE Friday
Fluid Milk	1%	1%	1%	1%	1%
Juice, Fruit, or Vegetable	Peaches	Honeydew	Oranges	Grapes	Apples
Grain/Bread	WG Toast	Biscuits/Gravy	WG Bagels	Nutragrain Bars	Corn Bread
Other Foods					
LUNCH	Hot Dogs	Mesquite Chicken	Chicken Alfredo	Ham/Mac n Cheese	Meatball Sandwich
Fluid Milk	1%	1%	1%	1%	1%
2 Servings of Different Fruit and/or Vegetables	Baked Beans	Salad	Broccoli	Green Beans	Corn
	Honeydew	Oranges	Grapes	Apples	Peaches
Grain/Bread	WG Hot Dog Buns	WG Butter Bread	WG Noodles	Cornbread	WG Hot Dog Buns
Meat or Meat Alternate	Hot Dogs	Mesquite Chicken	Cubed Chicken Breast	Hamburger	Meatballs
Other Foods	Ketchup, Mustard		Alfredo Sauce	Cheese	2 slices cheese
Other Foods					Prego
SNACK AM or PM (Circle) Serve 2 of 4 components					
Fluid Milk	1%	1%	1%	1%	1%
Juice, Fruit, or Vegetable	Gogurt		Applesauce	Craisens	
Grain/Bread	Blueberries	Wheat Thins	Vanilla wafers	Graham Crackers	Granola Bar
Meat or Meat Alternate	Granola	Cheese sticks			Popsicle
Other Foods					