



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 4

YEAR _____

BREAKFAST	DATE Monday	DATE Tuesday	DATE Wednesday	DATE Thursday	DATE Friday
Fluid Milk	1%	1%	1%	1%	1%
Juice, Fruit, or Vegetable	Oranges	Apples	Strawberries	Oranges	Watermelon
Grain/Bread	WG Toast	Waffles	WG Bagels	Pancakes	Nutragrain Bars
Other Foods					
LUNCH	Chicken Nuggets	Chicken Soft Tacos	Pancakes	Pulled Pork Sandwich	Turkey Sand/Soup
Fluid Milk	1%	1%	1%	1%	1%
2 Servings of Different Fruit and/or Vegetables	Mixed Vegies	Corn	Bananas	Salad	Carrots/Celery
	Apples	Strawberries	Mandarin Oranges	Watermelon	Peaches
Grain/Bread	WG Bread	WG Tortillas	Pancakes	WG Buns	WG Bread
Meat or Meat Alternate	Chicken Nuggets	Shredded Chicken	Turkey Sausage Patty	BBQ Pork	Turkey & Cheese
Other Foods	Butter	Sour Cream, Taco Sauce			Chicken Noodle Soup
Other Foods		Lettuce, Tomatoes			
SNACK AM or PM (Circle) Serve 2 of 4 components					
Fluid Milk	1%	1%	1%	1%	1%
Juice, Fruit, or Vegetable		Craisens			Bananas
Grain/Bread	Animal Crackers	Wheat Thins	Cheeze-Its	Gardettos	Leftover
Meat or Meat Alternate	Yogurt		Sunbutter	Cheesestick	
Other Foods					