



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 6

YEAR \_\_\_\_\_

BREAKFAST	DATE <b>Monday</b>	DATE <b>Tuesday</b>	DATE <b>Wednesday</b>	DATE <b>Thursday</b>	DATE <b>Friday</b>
Fluid Milk	1%	1%	1%	1%	1%
Juice, Fruit, or Vegetable	Pineapple	Clementines	Plums	Applesauce	Pineapple
Grain/Bread	WG Toast	Biscuits	WG Bagels	Granola	Waffles
Other Foods				Yogurt	
<b>LUNCH</b>	Biscuits & Gravy	Chicken Quesadilla	Sloppy Joe	Ka-Bobs	BBQ Chicken Sand
Fluid Milk	1%	1%	1%	1%	1%
2 Servings of Different Fruit and/or Vegetables	Strawberries	Plums	Applesauce	Pineapple	Apples
	Clementines	Corn	Cooked Carrots	Tomatoes	Celery, Carrot, Cucumber
Grain/Bread	Biscuits	WG Tortillas	Buns	WG Butter Bread	Buns
Meat or Meat Alternate	Turkey Sausage	Chicken	Hamburger	Ham Cubes	Chicken
Other Foods	Gravy	Cheese	Manwich	Cheese Cubes	BBQ Sauce
Other Foods	2 cheese slices	Sour Cream, Taco Sauce			Ranch
<b>SNACK AM or PM (Circle) Serve 2 of 4 components</b>					Wraps
Fluid Milk	1%		1%	1%	1%
Juice, Fruit, or Vegetable	Craisens	Pudding		Cuties	Bananas
Grain/Bread	Goldfish	Vanilla Wafers	Saltines	Wheat Thins	WG Tortillas
Meat or Meat Alternate			2 cheese slices		Sunbutter
Other Foods					Wraps