



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 8

week 9/5-9/9/2016

BREAKFAST	DATE Monday 9/5	DATE Tuesday 9/6	DATE Wednesday 9/7	DATE Thursday 9/8	DATE Friday 9/9
Fluid Milk	1%	1%	1%	1%	1%
Juice, Fruit, or Vegetable	Fruit	Pears	Red Grapes	Pineapple	Apples
Grain/Bread	WG Toast	WG English Muffins	WG Bagel	Oatmeal	Nutragrain Bars
Other Foods			Cream Cheese		
LUNCH	Corn Dogs	Pizza	Sweet n Sour Chicken	Grilled Cheese	Scrambled Eggs
Fluid Milk	1%	1%	1%	1%	1%
2 Servings of Different Fruit and/or Vegetables	Pears	Red Grapes	Pineapple	Apples	Cantaloupe
	Mixed Vegetables	Salad – dark greens	Broccoli	Tomato Soup	Peaches
Grain/Bread	WG Butter Bread	Crust – self rising	Rice	WG Bread	WG Toast
Meat or Meat Alternate	Corn Dogs	100% real cheese	Chicken	2 slices of cheese	Scrambled Eggs
Other Foods	2 cheese slices	Whole hard-boiled egg			
Other Foods					
SNACK AM or PM (Circle) Serve 2 of 4 components	Parfait				
Fluid Milk	1%	1%	1%	1%	1%
Juice, Fruit, or Vegetable	Blueberries		Celery/carrots/cucumbe	Craisens	Leftover fruit
Grain/Bread	Yogurt	Saltine Crackers	Wheat Thins	Vanilla Wafers	Pirates Booty
Meat or Meat Alternate	Granola	Cheese sticks			
Other Foods					