



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 - Foristell

WEEK OF 7

YEAR _____

BREAKFAST	DATE Monday	DATE Tuesday	DATE Wednesday	DATE Thursday	DATE Friday
Fluid Milk	1%	1%	1%	1%	1%
Juice, Fruit, or Vegetable	Applesauce	Grapes	Apples	Bananas	Fresh Pears
Grain/Bread	WG Toast	Waffles	WG Bagels	Corn Bread	Nutragrain Bars
Other Foods			Cream Cheese		Butter
LUNCH	Chicken Salad Sand	HM Chicken Tenders	Ham & Beans Soup	Burritos	HM Chicken Parmesan
Fluid Milk	1%	1%	1%	1%	1%
2 Servings of Different Fruit and/or Vegetables	Grapes	Apples	Bananas	Fresh Pears	Pineapple Tidbits
	Salad	Slaw	Broccoli	Mixed Vegies	Peas
Grain/Bread	WG Bread	WG Butter Bread	Corn Bread	WG Butter Bread	WG Angel Hair Pasta
Meat or Meat Alternate	Chicken	HM Chicken Tenders	Ham & Beans	Burritos	Chicken Patty
Other Foods	Miracle Whip			Hard-Boiled Egg	Spaghetti Sauce
Other Foods		BBQ/Ranch Sauce dip		Sour Cream/Salsa/Ranch	Parmesan Cheese
SNACK AM or PM (Circle) Serve 2 of 4 components					
Fluid Milk	1%	1%	1%	1%	1%
Juice, Fruit, or Vegetable		Carrots/ Celery	Craisens		Banana
Grain/Bread	Wheat Thins		Gardettos	Cheezits	Gogurt
Meat or Meat Alternate	Cheesesticks	Sunbutter		Cheese Slices	
Other Foods		Ranch			