

USDA CHILD CARE FOOD PROGRAM MENU PLANNING SHEET

SAMPLE MENUS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
Milk	MILK	MILK	MILK	MILK	MILK
Fruit, veg or juice	Banana	orange juice	banana	apples	apple juice
Bread or alternate	cereal	oatmeal	Cereal	pancakes	oatmeal
A.M. SNACK (CHOOSE TWO)					
Milk or Yogurt	milk	milk	milk	Milk	milk
Fruit, veg or juice		apple slices	banana		
Bread or alternate	graham crackers			crackers	graham crackers
Meat or Alternate		p.b.			
LUNCH					
Milk	MILK	MILK	MILK	MILK	MILK
Meat or Alternate	peanut butter	Schwan Chick nugget	Extra cheese	fish sticks	ground beef
Fruit or veg	grapes	peaches	fruit cocktail	french fries	mush
Fruit or veg	carrot sticks	tater tots	peas	mixed veg	Celery
Bread or alternate	bread	sliced bread	Bread	breadstick	noodles
P.M. SNACK (CHOOSE TWO)					
Milk or Yogurt	Milk			milk	
Fruit, veg or juice		oranges	apple juice		orange juice
Bread or alternate	Cookies	Crackers	pretzel (soft)	cookies	crackers
Meat or Alternate					
DINNER					
Milk	MILK	MILK	MILK	MILK	MILK
Meat or Alternate	ground beef	fish sticks	ground beef	hot dogs	Pork chops
Fruit or veg	tomato sauce	apple slices	tomato sauce	apples	French fries
Fruit or veg	green beans	tater tots	mushroom	carrots	Apples
Bread or alternate	rice	corn bread	noodles	mac & cheese	crackers
EVENING SNACK (CHOOSE TWO)					
Milk or Yogurt	Yogurt	milk	Milk	Milk	
Fruit, veg or juice					Pears
Bread or alternate	crackers	graham crackers		fish crackers	crakers
Meat or Alternate			cheese		

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BREAKFAST					
Milk	MILK	MILK	MILK	MILK	MILK
Fruit, veg or juice	orange juice	banana	Apple slices	blueberries	banana
Bread or alternate	oatmeal	cereal	pancakes	muffins	cereal
A.M. SNACK (CHOOSE TWO)					
Milk or Yogurt	Milk	Milk	Milk		Milk
Fruit, veg or juice				apple juice	
Bread or alternate	Cookies	crackers	crackers	Crackers	donuts
Meat or Alternate			peanut butter		
LUNCH					
Milk	MILK	MILK	MILK	MILK	MILK
Meat or Alternate	hot dogs	fish sticks	tuna	ground beef	tuna
Fruit or veg	mixed veg	peaches	carrots	corn	peas
Fruit or veg	apple sauce	tator tots	Apple slices	cantaloupe	carrots
Bread or alternate	mac & cheese	corn bread	bread	rice	french bread
P.M. SNACK (CHOOSE TWO)					
Milk or Yogurt	milk		milk		milk
Fruit, veg or juice		apple juice		orange juice	
Bread or alternate	bread	pretzel (soft)	muffins	Crackers	
Meat or Alternate					cheese
DINNER					
Milk	MILK	MILK	MILK	MILK	MILK
Meat or Alternate	Cheese	chicken	beef	ground beef	lentils
Fruit or veg	Apples	corn bread	broccoli	beans	mush
Fruit or veg	Carrots	fruit cocktail	Oranges	tomato	tomato sauce
Bread or alternate	Macaroni	Rice	rice	tortilla	rice
EVENING SNACK (CHOOSE TWO)					
Milk or Yogurt	yogurt			Milk	
Fruit, veg or juice	strawberries	apple juice	apple juice		orange juice
Bread or alternate		graham crackers	graham crackers	Cookies	bread sticks
Meat or Alternate					

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BREAKFAST					
Milk	MILK	MILK	MILK	MILK	MILK
Fruit, veg or juice	mixed fruit	orange juice	banana	apple/kiwi	apple
Bread or alternate	cereal	pancake	oatmeal	muffin	Muffin
A.M. SNACK (CHOOSE TWO)					
Milk or Yogurt	milk	yogurt	milk		
Fruit, veg or juice	apple slices	berries	banana	orange juice	banana
Bread or alternate			muffins	muffin	bagel
Meat or Alternate					
LUNCH					
Milk	MILK	MILK	MILK	MILK	MILK
Meat or Alternate	chicken	ground beef	cheese	ground beef	peanut butter
Fruit or veg	peas	mush	lettuce/tomato	lettuce	carrot
Fruit or veg	celery	peaches	fruit cup	tomato	banana
Bread or alternate	noodle	noodles	bread	taco shell	bread
P.M. SNACK (CHOOSE TWO)					
Milk or Yogurt	milk	milk		milk	
Fruit, veg or juice		apple	orange juice		orange juice
Bread or alternate	donut		crackers	cinnamon roll	bread
Meat or Alternate					
DINNER					
Milk	MILK	MILK	MILK	MILK	MILK
Meat or Alternate	chicken	beef	cheese	beef	cheese
Fruit or veg	mash potato	lett/tom	bean	peaches	tomato sauce
Fruit or veg	corn	beans	tomato	french fried	mush
Bread or alternate	bisquit	rice	tortilla	rice	pizza bread
EVENING SNACK (CHOOSE TWO)					
Milk or Yogurt	milk	milk	milk	milk	milk
Fruit, veg or juice		apples			
Bread or alternate	crackers	graham crackers	pretzel (soft)	crackers	
Meat or Alternate		peanut butter	cheese		cheese

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BREAKFAST					
Milk	MILK	MILK	MILK	MILK	MILK
Fruit, veg or juice	strawberry	banana	peaches	apple sauce	banana
Bread or alternate	pancake	cereal	english muffins	oatmeal	cereal
A.M. SNACK (CHOOSE TWO)					
Milk or Yogurt	milk	milk	milk	milk	milk
Fruit, veg or juice		apples	banana		
Bread or alternate	graham crackers		muffins	raisin bread	breadsticks
Meat or Alternate					cheese
LUNCH					
Milk	MILK	MILK	MILK	MILK	MILK
Meat or Alternate	Tyson Chick nuggets	cheese	gound beef	peanut butter	fish sticks
Fruit or veg	fruit cocktail	carrots	tomato sauce	peaches	green beans
Fruit or veg	tater tot	banana	mushroom	carrots	french fries
Bread or alternate	corn bread	sliced bread	noodles	bread	bisquits
P.M. SNACK (CHOOSE TWO)					
Milk or Yogurt	Milk		milk		milk
Fruit, veg or juice		apples		Orange Juice	
Bread or alternate	cheez-it	muffins	cereal	graham crackers	muffins
Meat or Alternate					
DINNER					
Milk	MILK	MILK	MILK	MILK	MILK
Meat or Alternate	ground beef	tuna	fish	ground beef	cheese
Fruit or veg	tomato sauce	mashed potatoes	tomatoes	lettuce	Lettuce & tomato
Fruit or veg	mushroom	corn	lettuce	tomatoes	mushroom
Bread or alternate	noodles	bisquit	Rice	tortilla	bun
EVENING SNACK (CHOOSE TWO)					
Milk or Yogurt	milk	milk	milk	milk	milk
Fruit, veg or juice			apples		
Bread or alternate	pumpkim bread	soft pretzel		graham crackers	cereal
Meat or Alternate					