

Child & Adult Care Food Program Weekly Menu Breakfast, Lunch and Snack

Site: Guilford Center for Children

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Low-fat milk (¾ cup)	Low-fat milk	Low-fat milk	Low-fat milk	Low-fat milk	Low-fat milk
Juice or Fruit or Vegetable (½ cup)	Fresh fruit	Fresh Blueberries	Fresh fruit	Fresh fruit	Fresh Melon (various)
Grains/ Breads* Bread (½ slice) or Cold Cereal (⅓ cup) or Hot Cereal (¼ cup)	Cold cereal (<i>i.e., Special K with Strawberries, Life or Cheerios</i>)	Whole wheat toast and organic scrambled eggs	Whole grain buttered raisin toast & optional berry cream cheese	Organic yogurt granola and fresh strawberries with wheat buttered toast	Whole grain blue berry flax Belgium waffles
Other foods (Do Not Count)		Eggs	Berry cream cheese	Granola	Honey blueberry syrup
Lunch					
Low-fat milk (¾ cup)	Low-fat milk	Low-fat milk	Low-fat milk	Low-fat milk	Low-fat milk
Meat/Meat Alternate Meat, Poultry or Fish (1½ oz.) or Cheese (1½ oz.) or Egg (¾ large) or Peanut Butter (3 Tbsp.) or Cooked Dried Beans and Peas (⅔ cup) or Yogurt (¾ cup)	Mozzarella pizza on whole grain crust with optional organic turkey bacon	Potato stuffed Pierogi in a Alfredo organic garlic cream and olive oil sauce with Pecorino Romano cheese.	Turkey meatloaf with molasses ketchup glaze	Homemade Irish Tilapia fish cakes with a whole grain panko bread crumb coating and lemon dill cucumber tartar sauce	Sweet and tangy barbecue boneless skinless chicken
Grains/Breads* Bread (½ slice) or Pasta and Grains (¼ cup)	Above	Above	<i>Panko bread crumbs in above</i>	Above	Butted garlic risotto
fruits and/or Vegetables (two or more servings for ½ cup total)	Organic baby greens carrots croutons craisins and English cucumbers	Green beans	Steamed broccoli	Large steak fries	Steamed green peas
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Other foods (Do Not Count)					
Low-fat milk (½ cup)	Low-fat milk	Low-fat milk	Low-fat milk	Low-fat milk	Low-fat milk
Meat or Meat Alternate Meat, Poultry or Fish (½ oz.) or Cheese (½ oz.) or Egg (½ large) or Peanut Butter (1 Tbsp.) or Cooked Dried Beans & Peas (⅓ cup) or Yogurt (¼ cup)	Hummus and wheat thins		Raspberry jam sun butter wheat sandwich		
Juice or Fruit or Vegetable (½ cup)		Below		Fresh fruit salad melon blueberries pineapple and strawberries	Below
Grains/Breads* Bread (1/2 slice) or cereal (1/3 cup) or Enriched pasta and grains (1/4 cup)	Above	Homemade apple peach crisp with whole oats butter organic flour and sugar in the raw	Above		Whole grain tortilla chips optional mild salsa and Monterey Jack cheese
Other foods (Do Not Count)					

Note: The quantities of food specified are the minimum serving sizes for children ages 3-5. Quantities must be adjusted for other ages. *See "Serving Sizes for Grains/Breads in the CACFP" for specific serving sizes.