

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 | | | | | |