

CCFP Standard Children's Menu B-4- NEW

Name of Center _____ Week of _____

| | Date | Breakfast | Lunch | Snack |
|------------------|-------------|--|---|---------------------------------|
| Monday | _____ | Fruit Cup (C) English Muffin Milk | Ground meat w/shredded lettuce/tomato/cheese Seasonal Fresh Fruit Taco Shell/Milk | Applesauce (WG) Crackers |
| Tuesday | _____ | Applesauce (C) Pancakes Milk | Turkey, Beef or Chicken Patty w/Gravy Potatoes/Broccoli (A) (WG) Wheat Bread/Milk | 100% Fruit Juice Chex Mix |
| Wednesday | _____ | Orange Sections (C) *Cereal Milk | Chicken Sweet Peas (A) /Peaches Rice/Milk | Fruit Cup (WG) Ritz Crackers |
| Thursday | _____ | Peaches (C) French Toast Milk | Beef, Turkey or Chicken Lasagna Lettuce & Tomato Salad/Pineapple Noodles/Milk | Peaches (WG) Wheat Thins |
| Friday | _____ | Bananas (C) *Cereal Milk | Mac & Cheese w/Sliced Ham OR Chicken Green Beans/Mandarin Oranges (A) (WG) Elbow Macaroni/Milk | Bread Sticks Yogurt |

I certify that this is the menu of food that was served during the week indicated above.

Owner/Director

NOTES

While the COMPONENTS required to be served in a reimbursable meal HAVE NOT changed, some of the food ITEMS have. Please see the notes below, and remember, if in doubt, call!

1. Meat/meat alternates (proteins) may be served in place of the **ENTIRE** grain component at breakfast up to 3 times per week.
2. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce. **STRONGLY** recommended use of the **WIC** approved cereal list.
3. The combined Fruit/Vegetable component is now a **SEPARATE** fruit component and a **SEPARATE** vegetable component. Two **different** vegetables may be served but **NOT** two different fruits.
4. At least one serving of grains per day must be **100% Whole Grain** (to be served at lunch).
5. ***Grain Based Desserts**, i.e. cookies, graham crackers, vanilla wafers, granola bars, animal crackers, fruit bars, toaster pastries, etc. **NO LONGER** count towards the grain component.
6. Tofu counts as a meat alternate.
7. Yogurt must contain **NO MORE** than 23 grams of sugar per 6 ounces.

***NON-Creditable Grain/Bread food Items:**

Animal Crackers

Brownies

Cake (all varieties, frosted or unfrosted)

Cereal Bar/Treat

Cobble/fruit Crisp

Cookies (all kinds)

Doughnuts

Fig Bar

Sun Chips flavored

Fruit Turnover

Graham Crackers

Grain Fruit Bar

Granola Bar (all kinds)

Honey Bun

Oatmeal (more than 6 grams of sugar per dry ounce)

Pastry

Popcorn

Pop Tart

Potato/Vegetable Chips (or puffs/straws/sticks)

Sweet Crackers

Sweet Rolls/Sticky Bun

Flavored Tortilla Chips

Waffers (Vanilla, chocolate)

Cereal (more than 6 grams of sugar per dry ounce)

All changes become effective October 1, 2017.