

**CCFP Standard Children's Menu B-5- NEW**

Name of Center \_\_\_\_\_ Week of \_\_\_\_\_

|                  | <b>Date</b> | <b>Breakfast</b>                        | <b>Lunch</b>   | <b>Snack</b>                      |
|------------------|-------------|---|--|-----------------------------------|
| <b>Monday</b>    | _____       | Fruit Cup (C)<br>English Muffin<br>Milk | Chicken<br>Mixed Vegetables/Peaches<br>Brown Rice/Milk                                 | 100% Fruit Juice<br>(WG) Crackers |
| <b>Tuesday</b>   | _____       | Orange Slices (C)<br>WG Bagel<br>Milk   | Ham OR Chicken w/ Macaroni & Cheese<br>Broccoli (A) /Fruit Salad<br>(WG) Macaroni/Milk | *Yogurt<br>Muffin                 |
| <b>Wednesday</b> | _____       | Apple Wedges (C)<br>*Cereal<br>Milk     | Meat Patty w/Gravy<br>Potatoes/Carrots (A)<br>(WG) Roll/Milk                           | Pears<br>(WG) Crackers            |
| <b>Thursday</b>  | _____       | Apricots (C)<br>Toast<br>Milk           | Beef OR Chicken<br>Green Beans/Fruit Cocktail<br>Noodles/Milk                          | Peaches<br>(WG) Corn Bread        |
| <b>Friday</b>    | _____       | Bananas (C)<br>*Cereal<br>Milk          | * Chicken<br>Black Beans/Pears<br>Yellow Rice/Milk                                     | Seasonal Fruit<br>(WG) Pretzels   |

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:**

Fruit Turnover

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

Sweet Crackers

Sweet Rolls/Sticky Bun

Flavored Tortilla Chips

Pastry

Popcorn

Sun Chips flavored

Pop Tart

Cake (all varieties, frosted or unfrosted)

Cereal Bar/Treat

Cobble/fruit Crisp

Cookies (all kinds)

Waffers (Vanilla, chocolate)

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

Brownies

Grain Fruit Bar

Granola Bar (all kinds)

Honey Bun

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

Doughnuts

Fig Bar

*All changes become effective October 1, 2017.*