

CCFP Standard Children's Menu C-4-NEW

Name of Center _____ Week of _____

Date

Breakfast

Lunch

Snack

Monday

Fruit Cup (C)
*Cereal
Milk

Ground Meat w/Shredded Lettuce
Grated Cheese/Diced Tomato (A)
Fruit Cocktail/Taco Shell/Milk

Applesauce
(WG) Crackers

Tuesday

Pears (C)
Pancakes
Milk

Meatballs w/ Pasta Sauce
Tossed Salad/ Apricots
(WG) Pasta/ Milk

Orange Wedges
Raisin Bread

Wednesday

Peaches (C)
French Toast
Milk

Chicken w/Gravy
Black Eyed Peas/Peaches
Rice/Milk

Fruit Cup
(WG) Tortilla Chips

Thursday

Orange Sections (C)
100 WG Cereal
Milk

Lasagna & Cheese (Slices or Cubes)
Tossed Salad/Pineapple
Lasagna Noodles/Milk

Yogurt
Apples Slices

Friday

Bananas (C)
*Cereal
Milk

Sliced Ham/Chicken/Turkey
Green Beans/ Sweet Potatoes (A)
(WG) Roll/Milk

Celery/Carrot Sticks w/Ranch Dip
Crackers

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

Owner/Director

Cereal

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.

