

**CCFP Standard Children's Menu D-4-NEW**

Name of Center _____	Week of _____		
Date	Breakfast	Lunch	Snack
<b>Monday</b> _____	Applesauce (C) (WG) Waffles Milk	Chicken & Vegetable Stir Fry Mixed Vegetables/Mixed Fruit Brown Rice/Milk	Applesauce Blueberry Muffins
<b>Tuesday</b> _____	Strawberries (C) *Cereal Milk	Ground Meat Sloppy Joes Potatoes/Carrots (A)/Applesauce (WG) Hamburger Bun	Oranges Ritz Crackers
<b>Wednesday</b> _____	Pineapple (C) *Cereal Milk	All Meat Hot Dog Baked Beans/Pears (WG) Hot Dog Roll/Milk	Fruit Cup Chex Mix
<b>Thursday</b> _____	Peaches (C) (WG) English muffin Milk	Ham w/Macaroni & Cheese Sweet Peas (A) /Pineapple Macaroni/Milk	Nacho Cheese or Pizza Sauce Plain Tortilla Chips or Pita Bread
<b>Friday</b> _____	Pears (C) Cinnamon Toast Milk	Sliced Chicken w/Cheese on Bun Garden Salad/Peaches (WG) Bun/Milk	*Yogurt Peaches

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.*