

CCFP Standard Children's Vegetarian Menu - 3-NEW

Name of Center _____	Week of _____		
Date	Breakfast	Lunch	Snack
Monday _____	Bananas (C) *Cereal Milk	Lentil Stew Mixed Vegetables/Potatoes Garlic Bread/Milk	String Cheese (WG) Crackers
Tuesday _____	Mandarin Oranges (C) (WG) Bagels Milk	Black Beans & Rice Baked Plantains/Broccoli (A) Cuban Bread/Milk	Applesauce Plain Tortilla Chips
Wednesday _____	Strawberries (C) Pancakes Milk	Macaroni & Cheese Sweet Peas (A)/Melon Elbow Macaroni/Milk	*Yogurt (WG) Crackers
Thursday _____	Applesauce (C) (WG) Cheese Toast Milk	Cottage Cheese/Fruited Yogurt 3 Bean Salad/Orange Wedges Milk/(WG) Crackers	Peaches Banana Bread
Friday _____	Pears (C) *Cereal Milk	Peanut Butter & Banana Sandwich Bean Soup/Carrot Sticks Whole Wheat Bread/Milk	Cheex Mix 100% Fruit Juice

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.