

## CCFP Standard Children's Vegetarian Menu - 4 - NEW

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

	Date	Breakfast	Lunch	Snack
<b>Monday</b>	_____	Bananas ( C ) English muffin Milk	PB&J Sandwich w/Fruited Yogurt Tater Tots /Apple Wedges (WG) Bread/Milk	Applesauce Crackers
<b>Tuesday</b>	_____	Applesauce ( C ) ( WG ) Pancakes Milk	Veggie/Cheese Lasagna Broccoli ( A )/Peaches (WG) Lasagna Noodles/Milk	100% Fruit Juice Sun Chips Plain
<b>Wednesday</b>	_____	Peaches ( C ) French Toast Milk	Taco Bake w/Refried Beans/Shredded Lettuce Tomato/Grated Cheese/Corn Fruit Cocktail/Taco Shell/Milk	Fruit Cup Wheat Thins Crackers
<b>Thursday</b>	_____	Orange Sections ( C ) *Cereal Milk	Grilled Cheese Sandwich Baked Beans/Mixed Fruit (WG) Bread/Milk	*Yogurt Peaches
<b>Friday</b>	_____	Fruit Cup ( C ) *Cereal Milk	Egg Omelet w/Tomatoes & Red Peppers ( A ) Carrot Sticks ( A ) Whole Wheat Roll/Milk	Cheese Apple Wedges

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.*