

CCFP Standard Children's Vegetarian Menu - 5- MENU

Name of Center _____ Week of _____

	Date	Breakfast	Lunch	Snack
Monday	_____	Bananas (C) Cheese Toast Milk	Egg Salad Sandwich Oven Fries/Carrot Sticks (A) Berries/ (WG) Bread/Milk	Cheese Crackers
Tuesday	_____	Fruit Cup (C) English Muffin Milk	Cottage Cheese/Fruited Yogurt* Vegetable Soup/Peaches Whole Wheat Roll/Milk	Applesauce Bran Muffin
Wednesday	_____	Orange Wedges (C) Bagels Milk	Bean Burrito(Tortilla./Refried Beans/Cheese Lettuce/Tomato/Corn/Salsa (A) Tortilla Shell/Milk	Yogurt* Wheat Thins
Thursday	_____	Applesauce (C) *Cereal Milk	Red Beans/Rice Broccoli (A)/Baked Plantains Brown Rice/Cuban Bread/Milk	Cottage Cheese Pineapple Tidbits
Friday	_____	Peaches (C) *Cereal	Cheese Omelet w/Tomato/Bell Peppers Mixed Green Salad/Peaches (WG) Dinner Roll/Milk	Peaches Banana Bread

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.