

Week 1

BROOKWOOD CHILDREN'S ACADEMY

7/2/2019

Child Care Food Program * Toddler/School Aged Menu Record

Name _____ Provider# _____ Week of _____

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	BREAKFAST					
	Three Components Required					
	Vegetable					
	Fruit	Pineapples	Peaches	Apple Sauce	Mixed Fruit	Sliced pears
	Meat or Meat Alternate (optional)**		WGR-Oatmeal			
	Grains	Cheerios Cereal		French Toast	Cream of Wheat	Toasted Oat Spins
	Milk Fluid*	Milk*	Milk*	Milk*	Milk*	Milk*
	Any 2 of these from different groups:					
	1. Meat or Alternative					
2. Grains						
3. Vegetable 4. Fruit 5. Milk,Fluid*						
PM	LUNCH					
	Meat or Alternate	Grilled Chicken	Ground Beef	Turkey	Meatballs	Dried Red Beans
	Vegetable	Green Beans	Peas and Carrots	Potatoes	Sweet Peas	Mixed Veg
	Fruit	Pineapples	Mandarin Oranges	Corn Kernels	Fruit cocktail	Peaches
	Grains	WGR-Bread	Brown Rice	WGR-Bread	WGR-Noodles	Brown Rice
	Milk Fluid*	Milk*	Milk*	Milk*	Milk*	Milk*
	Any 2 of these from different groups:					
	1. Meat or Alternative		Cheese	Vanilla yogurt		Baked Wheat Crackers
	2. Grains	Vegetable crackers	Multi-Grain Crackers	Blueberry muffin	Saltine Crackers	
3. Vegetable 4. Fruit 5. Milk,Fluid*	Bananas			Apple Sauce	Mixed Fruits	
SUPPER	SNACK					
	Meat or Alternate					
	Vegetable					
	Fruit					
	Grains					
	Milk Fluid*	Milk*	Milk*	Milk*	Milk*	Milk*
	Total # children present each day					

* Milk: 1 yr old: Unflavored whole milk; 2-5 yr old: unflavored skim or 1% low-fat milk; 6 yr old and older: unflavored skim or 1% low-fat: flavored skim/fat-free milk

**Meat or Meat Alternate: Can be served in place of grains/breads up to three times per week at breakfast.

Codes: (HM) Homemade with recipe on file and used as a combination serving (WGR) Whole grain serving required once per day (CN) CN label on File

Week 2

BROOKWOOD CHILDREN'S ACADEMY

7/2/2019

Child Care Food Program * Toddler/School Aged Menu Record

Name _____

Provider# _____ CCLC - 39034

DAY OF WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Three Components Required					
Vegetable			Hash Browns		
Fruit	Peaches			Pineapples	Pears
Meat or Meat Alternate (optional)**		Eggs	Sausage		
Grains	WGR-Oatmeal	WGR-Bread		Rice Cereal	WGR-Waffles
Milk Fluid*	Milk*	Milk*	Milk*	Milk*	Milk*
Any 2 of these from different groups:					
1. Meat or Alternative					
2. Grains					
3. Vegetable 4. Fruit 5. Milk,Fluid*					
Meat or Alternate					
	Salisbury Steak	Ground Beef	Dried Pinto Bean	Meatballs	Chicken
Vegetable					
	Potatoes	Sweet Peas	Mixed Vegetables	Green Beans	Corn on the Cob
Fruit					
	Oranges	Peaches	Pineapples	Tropical Fruit	Oranges
Grains					
	WGR-Bread	WGR-Pasta	Brown Rice	WGR-Pasta	WGR-Crackers
Milk Fluid*					
	Milk*	Milk*	Milk*	Milk*	Milk*
Any 2 of these from different groups:					
1. Meat or Alternative			Cheese	Cheese	Apple Sauce
2. Grains	Baked Wheat Crackers	Saltine Crackers		Vegetable Crackers	Banana Muffins
3. Vegetable 4. Fruit 5. Milk,Fluid*	Peaches	100% Apple Juice	Apple Slices		
Meat or Alternate					
Vegetable					
Fruit					
Grains					
Milk Fluid*					
	Milk*	Milk*	Milk*	Milk*	Milk*
Total # children present each day					

* Milk: 1 yr old: Unflavored whole milk; 2-5 yr old: unflavored skim or 1% low-fat milk; 6 yr old and older: unflavored skim or 1% low-fat: flavored skim/fat-free milk

**Meat or Meat Alternate: Can be served in place of grains/breads up to three times per week at breakfast.

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Week 3

BROOKWOOD CHILDREN'S ACADEMY

7/2/2019

Child Care Food Program * Toddler/School Aged Menu Record

Name _____ Provider# _____ Week of _____

DAY OF WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Three Components Required					
Vegetable	Hash Browns				
Fruit		Pineapples	Pears	Tropical Fruit	Oranges
Meat or Meat Alternate (optional)**	Sausage				
Grains		Oat cereal	Corn Flakes cereal	Pancakes	WGR-Oatmeal
Milk Fluid*	Milk*	Milk*	Milk*	Milk*	Milk*
Any 2 of these from different groups: 1. Meat or Alternative 2. Grains 3. Vegetable 4. Fruit 5. Milk,Fluid*					
Meat or Alternate	Ground Beef	Grilled Chicken	Turkey	Dried Black Eye Peas	Salisbury Steak
Vegetable	Broccoli	mixed Vegetables	Mashed Potatoes	Corn on the Cob	Squash
Fruit	Pineapples	Mixed Fruits	Corn Kernels	Peaches	Oranges
Grains	WGR Noodles	WGR-Totilla Wrap	WGR-Bread	WGR-Pasta	Brown Rice
Milk Fluid*	Milk*	Milk*	Milk*	Milk*	Milk*
Any 2 of these from different groups: 1. Meat or Alternative 2. Grains 3. Vegetable 4. Fruit 5. Milk,Fluid*					
1. Meat or Alternative	Low-fat plain yogurt				Cheese
2. Grains	Thin Wheat Crackers	Nature Valley Biscuits	WGR- Crackers	Pretzels	Saltine Crackers
3. Vegetable 4. Fruit 5. Milk,Fluid*		Apple Sauce	Banana slices	100%Apple Juice	
Meat or Alternate					
Vegetable					
Fruit					
Grains					
Milk Fluid*	Milk*	Milk*	Milk*	Milk*	Milk*
Total # children present each day					

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**Meat or Meat Alternate: Can be served in place of grains/breads up to three times per week at breakfast.

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Week 4

BROOKWOOD CHILDREN'S ACADEMY

7/2/2019

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Name _____ Provider# _____ Week of _____

DAY OF WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Three Components Required					
Vegetable	Hash Browns				
Fruit		Bananas	Pears	Peaches	Tropical Fruits
Meat or Meat Alternate (optional)**	Sausage		Eggs		
Grains		Cream of Wheat	WGR-Bread	Toasted Oat Cereal	WGR-Pancake
Milk Fluid*	Milk*	Milk*	Milk*	Milk*	Milk*
Any 2 of these from different groups:					
1. Meat or Alternative					
2. Grains					
3. Vegetable 4. Fruit 5. Milk,Fluid*					
Meat or Alternate	Meatballs	Turkey	Dried Lentilles	Ground Beef	Grilled Chicken
Vegetable	Squash	Baked Beans	Broccoli	Sweet Peas	Potatoes
Fruit	Pineapple	Oranges	Peaches	Tropical Fruits	Pears
Grains	WGR-Spaghetti	WGR-Bread	Brown Rice	WGR-Noodles	WGR Wheat Bread
Milk Fluid*	Milk*	Milk*	Milk*	Milk*	Milk*
Any 2 of these from different groups:					
1. Meat or Alternative	Vanilla yogurt	Cheese			
2. Grains		Crackers	Animal Crackers	Thin Wheat Crackers	Pretzels
3. Vegetable 4. Fruit 5. Milk,Fluid*	Banana Slices		Banana	Fruit Salad	100% Apple Juice
Meat or Alternate					
Vegetable					
Fruit					
Grains					
Milk Fluid*	Milk*	Milk*	Milk*	Milk*	Milk*
Total # children present each day					

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Week 5

BROOKWOOD CHILDREN'S ACADEMY

7/2/2019

Child Care Food Program * Toddler/School Aged Menu Record

Name _____

Provider# CCLC - 39034

DAY OF WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Three Components Required					
Vegetable			Hash Browns		
Fruit	Peaches	Apples		Pineapple	Pears
Meat or Meat Alternate (optional)**			Sausage		
Grains	WGR-Cinnamon Oatmeal	Wheat Cereal		Rice Cereal	WGR-Waffles
Milk Fluid*	Milk*	Milk*	Milk*	Milk*	Milk*
Any 2 of these from different groups: 1. Meat or Alternative 2. Grains 3. Vegetable 4. Fruit 5. Milk,Fluid*					
Meat or Alternate	Beef	Salisbury Steak	Meatballs	Turkey	Dried Lentilles
Vegetable	Peas and Carrots	Mashed Potatoes	Broccoli	Mashed Potatoes	Mixed Vegetables
Fruit	Mandarin Oranges	Peaches	Fruit cocktail	Peaches	Tropical Fruit
Grains	Brown Rice	WGR-Bread	WGR-Noodles	WGR-Bread	Brown Rice
Milk Fluid*	Milk*	Milk*	Milk*	Milk*	Milk*
Any 2 of these from different groups: 1. Meat or Alternative 2. Grains 3. Vegetable 4. Fruit 5. Milk,Fluid*					
1. Meat or Alternative			Cheese		100% Apple Juice
2. Grains	Baked Wheat Crackers	Pretzels	Saltine Crackers	Vegetable Crackers	Banana Muffins
3. Vegetable 4. Fruit 5. Milk,Fluid*	Oranges	Apple Sauce		Peaches	
Meat or Alternate					
Vegetable					
Fruit					
Grains					
Milk Fluid*	Milk*	Milk*	Milk*	Milk*	Milk*
Total # children present each day					

* Milk: 1 yr old: Unflavored whole milk; 2-5 yr old: unflavored skim or 1% low-fat milk; 6 yr old and older: unflavored skim or 1% low-fat: flavored skim/fat-free milk

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