

Aldersgate Center for Child Development

Child and Adult Care Food Program

Sample Menu

| Date | APRIL | 2019 | 22 | 23 | 24 | 25 | 26 |
|---|-------|----------------|----|--------------------------|-------------|--------------------|------------------|
| Breakfast | | | | | | | |
| 1. Fluid Milk | | Milk | | milk & yogurt | Milk | Milk | Milk |
| 2. Fruit | | Strawberries | | | Blueberries | Cantalope | Bananas |
| 3. Grain/Bread | | Cheerios | | Cinnamon Raisin Bread | Pancakes | Breakfast Burritos | Raisin Bread |
| Other Combination Foods | | | | | | | |
| AM Snack | | | | | | | |
| 1. Fluid Milk | | Fruit | | Apple Juice | Juice | Juice | Green Smoothie |
| 2. Meat or Meat Alternative | | Smoothie | | | | | Smoothie |
| 3. Fruit, Vegetable, or Juice | | | | Sweet Potato Chips | | Vegetable Sticks | PB&celery |
| 4. Grain/Bread | | Pretzels | | | Wheat Thins | | |
| Lunch | | | | | | | |
| 1. Fluid Milk | | Milk | | Milk | milk | Milk | Milk |
| 2. Meat or Meat Alternative | | Turkey | | Monster Burgers | meat sauce | French Dip | Meatloaf |
| 3. Vegetable | | Vegetable Soup | | Lettuce, Tomato, pickles | zucchini | Green Beans | Roasted Potatoes |
| 4. Fruit or Vegetable | | Pineapple | | Orange Cuties | watermelon | Mixed fruit | Peas & Apples |
| 5. Grain/ Bread Other Combination Foods | | Saltines | | Pita Bread | Spaghetti | | |
| PM Snack (serve 2 of 4) | | | | | | | |
| 1. Fluid Milk | | | | | | | |
| 2. Meat or Meat Alternative | | 1/2 Sandwich | | | Turkey | | 1/2 Sandwich |
| 3. Fruit, Vegetable, or Juice | | | | Salsa | | Salsa | |
| 4. Grain / Bread | | | | Chips | Tricuits | Chips | |