

## 21-Day Sample Cycle Menu

### Child and Adult Care Food Program

The abbreviation to the left of each menu item indicates the meal pattern component supplied. The following abbreviations are used: G/B = Grains/Breads; M/MA = Meat/Meat Alternate; F/V = Fruit/Vegetable; Other = Other additional food items served but not necessary to meet meal pattern requirements. This menu meets the Child and Adult Care Food Program Meal requirements for children ages 3-5 years; and may contain foods which present a choking hazard for younger children such as raw vegetables, raisins, pretzels, apples and grapes. Please substitute appropriate foods for children less than three years of age. All bread and bread alternates must be made with enriched or whole grains. Offer water as a beverage when a fluid is not included as one of the components of the snack. USDA Child Care Recipes, Food for Health and Fun were used and are available at the following website: <http://www.nal.usda.gov/childcare/Recipes/childcare.html>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Day 1 – Breakfast</b></p> <p>F/V: <u>Applesauce</u></p> <p>G/B: <u>Banana muffin</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 2 – Breakfast</b></p> <p>F/V: <u>Fresh mixed fruit</u></p> <p>G/B: <u>Biscuit</u></p> <p>Milk: <u>Milk</u></p> <p>Other <u>Jelly</u></p>	<p><b>Day 3 – Breakfast</b></p> <p>F/V: <u>100% cranapple juice</u></p> <p>G/B: <u>Cinnamon raisin bagel</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 4 – Breakfast</b></p> <p>F/V: <u>Sliced apples</u></p> <p>G/B: <u>Oven French toast</u></p> <p>Milk: <u>Milk</u></p> <p>Other <u>Maple Syrup</u></p>	<p><b>Day 5 – Breakfast</b></p> <p>F/V: <u>Seasonal melon</u></p> <p>G/B: <u>High fiber cold cereal</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>
<p><b>Day 1 – Lunch</b></p> <p>M/MA: <u>Mac &amp; cheese/ham D-20</u></p> <p>F/V 1: <u>Cooked peas</u></p> <p>F/V 2: <u>Orange slices</u></p> <p>G/B: <u>Macaroni (above)</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 2 – Lunch</b></p> <p>M/MA: <u>Spanish rice D-22</u></p> <p>F/V 1: <u>Green beans</u></p> <p>F/V 2: <u>Steamed corn</u></p> <p>G/B: <u>Whole wheat dinner roll</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 3 – Lunch</b></p> <p>M/MA: <u>Baked chicken D-29</u></p> <p>F/V 1: <u>Steamed broccoli</u></p> <p>F/V 2: <u>Sliced peaches</u></p> <p>G/B: <u>Bread</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 4 – Lunch</b></p> <p>M/MA: <u>Turkey &amp; cheese sand</u></p> <p>F/V 1: <u>Mixed veg w/ carrots</u></p> <p>F/V 2: <u>Apple wedges</u></p> <p>G/B: <u>Hoagie roll</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 5 – Lunch</b></p> <p>M/MA: <u>Tuna salad D-10</u></p> <p>F/V 1: <u>Lettuce, tomato</u></p> <p>F/V 2: <u>Fruit cocktail</u></p> <p>G/B: <u>Whole wheat bread</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>
<p><b>Day 1 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: <u>Yogurt</u></p> <p>F/V: <u>Strawberries</u></p> <p>G/B: _____</p> <p>Milk: _____</p>	<p><b>Day 2 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: <u>Peanut butter dip</u></p> <p>F/V: <u>Banana slices</u></p> <p>G/B: _____</p> <p>Milk: _____</p>	<p><b>Day 3 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: <u>Oatmeal raisin cookies</u></p> <p>Milk: <u>Milk</u></p>	<p><b>Day 4 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: <u>Fruit salad</u></p> <p>G/B: <u>Animal crackers</u></p> <p>Milk: _____</p>	<p><b>Day 5 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: <u>100% grape juice</u></p> <p>G/B: <u>Mini bagel w/crm cheese</u></p> <p>Milk: _____</p>

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<p><b>Day 6 – Breakfast</b></p> <p>F/V: <u>Orange wedges</u></p> <p>G/B: <u>English muffin</u></p> <p>Milk: <u>Milk</u></p> <p>Other <u>Peanut butter</u></p>	<p><b>Day 7 – Breakfast</b></p> <p>F/V: <u>100% grape juice</u></p> <p>G/B: <u>Oatmeal</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 8 – Breakfast</b></p> <p>F/V: <u>Banana</u></p> <p>G/B: <u>Toast</u></p> <p>Milk: <u>Milk</u></p> <p>Other <u>Peanut butter spread</u></p>	<p><b>Day 9– Breakfast</b></p> <p>F/V: <u>Orange slices</u></p> <p>G/B: <u>Wheat squares cereal</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 10 – Breakfast</b></p> <p>F/V: <u>Cantaloupe/watermelon</u></p> <p>G/B: <u>Applesauce muffins</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>
<p><b>Day 6 – Lunch</b></p> <p>M/MA: <u>Chicken breast</u></p> <p>F/V 1: <u>Carrot raisin salad</u></p> <p>F/V 2: <u>Green beans</u></p> <p>G/B: <u>Rice</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 7 – Lunch</b></p> <p>M/MA: <u>Cheese pizza D-23</u></p> <p>F/V 1: <u>Chopped lettuce salad</u></p> <p>F/V 2: <u>Carrots &amp; celery</u></p> <p>G/B: <u>Pizza crust</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 8 – Lunch</b></p> <p>M/MA: <u>BBQ pork sand F-8</u></p> <p>F/V 1: <u>Potato wedges</u></p> <p>F/V 2: <u>Fresh spinach salad</u></p> <p>G/B: <u>Wheat bun</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 9 – Lunch</b></p> <p>M/MA: <u>Vegetable Frittata D-1</u></p> <p>F/V 1: <u>Vegs (¼ cup in recipe)</u></p> <p>F/V 2: <u>Sliced pears</u></p> <p>G/B: <u>Rye bread</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 10 – Lunch</b></p> <p>M/MA: <u>Baked ham</u></p> <p>F/V 1: <u>Mixed fruit /pineapple</u></p> <p>F/V 2: <u>Sweet Potato</u></p> <p>G/B: <u>Corn bread</u></p> <p>Milk: <u>Milk</u></p> <p>Other <u>Honey Spread</u></p>
<p><b>Day 6 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: <u>Low fat yogurt</u></p> <p>F/V: <u>Green &amp; red grapes</u></p> <p>G/B: _____</p> <p>Milk: _____</p>	<p><b>Day 7 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: <u>Fresh strawberries</u></p> <p>G/B: <u>Bagel</u></p> <p>Milk: _____</p>	<p><b>Day 8 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: <u>Peaches</u></p> <p>G/B: <u>Graham crackers</u></p> <p>Milk: _____</p>	<p><b>Day 9 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: <u>Fruit cocktail</u></p> <p>G/B: <u>Soft bread sticks</u></p> <p>Milk: _____</p>	<p><b>Day 10 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: <u>Cereal bar</u></p> <p>Milk: <u>Low fat chocolate milk</u></p>

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<p><b>Day 11 – Breakfast</b></p> <p>F/V: <u>100% apple juice</u></p> <p>G/B: <u>Blueberry muffin</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 12 – Breakfast</b></p> <p>F/V: <u>Mixed fruit</u></p> <p>G/B: <u>Raisin toast</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 13 – Breakfast</b></p> <p>F/V: <u>100% grape juice</u></p> <p>G/B: <u>Southern style biscuit</u></p> <p>Milk: <u>Milk</u></p> <p>Other <u>Honey butter</u></p>	<p><b>Day 14– Breakfast</b></p> <p>F/V: <u>Peaches</u></p> <p>G/B: <u>Waffles</u></p> <p>Milk: <u>Milk</u></p> <p>Other <u>Maple Syrup</u></p>	<p><b>Day 15 – Breakfast</b></p> <p>F/V: <u>Bananas</u></p> <p>G/B: <u>Corn flaked cereal</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>
<p><b>Day 11 – Lunch</b></p> <p>M/MA: <u>Deli roast beef sand</u></p> <p>F/V 1: <u>Brussels sprouts</u></p> <p>F/V 2: <u>Steamed corn</u></p> <p>G/B: <u>Whole wheat bun</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 12 – Lunch</b></p> <p>M/MA: <u>Chili D-25</u></p> <p>F/V 1: <u>Applesauce</u></p> <p>F/V 2: <u>Chili beans (recipe above)</u></p> <p>G/B: <u>Crackers</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 13 – Lunch</b></p> <p>M/MA: <u>Chicken soup D-17</u></p> <p>F/V 1: <u>Cooked peas/carrots</u></p> <p>F/V 2: <u>Orange slices</u></p> <p>G/B: <u>Noodles (in soup above)</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 14 – Lunch</b></p> <p>M/MA: <u>Toasted cheese F-13</u></p> <p>F/V 1: <u>Carrot/celery sticks</u></p> <p>F/V 2: <u>Broccoli/cauliflower mix</u></p> <p>G/B: <u>Whole wheat bread</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 15 – Lunch</b></p> <p>M/MA: <u>Hard tacos D-24</u></p> <p>F/V 1: <u>Pineapple tidbits</u></p> <p>F/V 2: <u>Lettuce/tomato</u></p> <p>G/B: <u>Taco shell</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>
<p><b>Day 11 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: <u>Mozzarella string cheese</u></p> <p>F/V: <u>Fresh green/red grapes</u></p> <p>G/B: _____</p> <p>Milk: _____</p>	<p><b>Day 12 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: <u>Wheat crackers</u></p> <p>Milk: <u>Milk</u></p>	<p><b>Day 13 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: <u>Peanut butter</u></p> <p>F/V: _____</p> <p>G/B: <u>Whole grain roll</u></p> <p>Milk: _____</p>	<p><b>Day 14 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: <u>100% cranapple juice</u></p> <p>G/B: <u>Hard pretzels</u></p> <p>Milk: _____</p>	<p><b>Day 15 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: <u>Fresh pears</u></p> <p>G/B: <u>English muffin</u></p> <p>Milk: _____</p>

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<p><b>Day 16 – Breakfast</b></p> <p>F/V: <u>Applesauce</u></p> <p>G/B: <u>Cinnamon raisin toast</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 17 – Breakfast</b></p> <p>F/V: <u>100% orange juice</u></p> <p>G/B: <u>Muffins</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 18 – Breakfast</b></p> <p>F/V: <u>Apricot halves</u></p> <p>G/B: <u>French Toast sticks</u></p> <p>Milk: <u>Milk</u></p> <p>Other <u>Maple syrup</u></p>	<p><b>Day 19– Breakfast</b></p> <p>F/V: <u>Watermelon/cantaloupe</u></p> <p>G/B: <u>Cinnamon bagel</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 20 – Breakfast</b></p> <p>F/V: <u>Fresh orange</u></p> <p>G/B: <u>Cereal</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>
<p><b>Day 16 – Lunch</b></p> <p>M/MA: <u>Chicken in pita</u></p> <p>F/V 1: <u>Peas and carrots</u></p> <p>F/V 2: <u>Peach slices</u></p> <p>G/B: <u>Pita bread</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 17 – Lunch</b></p> <p>M/MA: <u>Lasagna D-19</u></p> <p>F/V 1: <u>Mixed green salad</u></p> <p>F/V 2: <u>Wax beans</u></p> <p>G/B: <u>Noodles (in recipe above)</u></p> <p>Milk: <u>Milk</u></p> <p>Other <u>Italian salad dressing</u></p>	<p><b>Day 18 – Lunch</b></p> <p>M/MA: <u>Ham &amp; Cheese Sand</u></p> <p>F/V 1: <u>Carrot/raisin salad</u></p> <p>F/V 2: <u>Pineapple bits</u></p> <p>G/B: <u>Whole wheat bread</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 19 – Lunch</b></p> <p>M/MA: <u>Bean &amp; Cheese Burrito</u></p> <p>F/V 1: <u>Pears</u></p> <p>F/V 2: <u>Mixed vegetables</u></p> <p>G/B: <u>Tortilla shell</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>	<p><b>Day 20 – Lunch</b></p> <p>M/MA: <u>Cheeseburger</u></p> <p>F/V 1: <u>Oven French fries</u></p> <p>F/V 2: <u>Steamed broccoli</u></p> <p>G/B: <u>Whole wheat bun</u></p> <p>Milk: <u>Milk</u></p> <p>Other _____</p>
<p><b>Day 16 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: <u>Graham crackers</u></p> <p>Milk: <u>Milk</u></p>	<p><b>Day 17 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: <u>Banana slices w/raisins</u></p> <p>G/B: _____</p> <p>Milk: <u>Milk</u></p>	<p><b>Day 18 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: <u>Peanut butter</u></p> <p>F/V: <u>Apple slices</u></p> <p>G/B: _____</p> <p>Milk: _____</p>	<p><b>Day 19 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: <u>Vanilla yogurt</u></p> <p>F/V: <u>Strawberries</u></p> <p>G/B: _____</p> <p>Milk: _____</p>	<p><b>Day 20 – Snack</b> (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: <u>Mixed fruit</u></p> <p>G/B: <u>Vanilla wafers</u></p> <p>Milk: _____</p>

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<b>Day 21 – Breakfast</b>  F/V: <u>Fruit cocktail</u> G/B: <u>Pancakes</u> Milk: <u>Milk</u>  Other <u>Maple syrup</u>	F/V: _____ G/B: _____ Milk: _____  Other _____	F/V: _____ G/B: _____ Milk: _____  Other _____	F/V: _____ G/B: _____ Milk: _____  Other _____	F/V: _____ G/B: _____ Milk: _____  Other _____
<b>Day 21 – Lunch</b>  M/MA: <u>Baked spaghetti</u> F/V 1: <u>Spinach salad</u> F/V 2: <u>Blueberries</u> G/B: <u>Garlic bread (noodles)</u> Milk: <u>Milk</u>  Other _____	M/MA: _____ F/V 1: _____ F/V 2: _____ G/B: _____ Milk: _____  Other _____	M/MA: _____ F/V 1: _____ F/V 2: _____ G/B: _____ Milk: _____  Other _____	M/MA: _____ F/V 1: _____ F/V 2: _____ G/B: _____ Milk: _____  Other _____	M/MA: _____ F/V 1: _____ F/V 2: _____ G/B: _____ Milk: _____  Other _____
<b>Day 21 – Snack</b> (Serve 2 of these 4 components)  M/MA: _____ F/V: <u>Vegetable juice</u> G/B: <u>Cheese crackers</u> Milk: _____	(Serve 2 of these 4 components)  M/MA: _____ F/V: _____ G/B: _____ Milk: _____	(Serve 2 of these 4 components)  M/MA: _____ F/V: _____ G/B: _____ Milk: _____	(Serve 2 of these 4 components)  M/MA: _____ F/V: _____ G/B: _____ Milk: _____	(Serve 2 of these 4 components)  M/MA: _____ F/V: _____ G/B: _____ Milk: _____