



SAMPLE 20-DAY MENU

Child & Adult Care Food Program

See Meal Pattern Chart for serving sizes

MENU DAY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Oatmeal Banana Milk	Pancakes Blueberries Milk	Bagel & cream cheese Strawberries Milk	Bran Cereal Flakes Honeydew Milk	Whole wheat toast Cinnamon applesauce Milk
SNACK	Cottage cheese Pineapple	Cornbread Applesauce	Yogurt Peaches	Banana Rye bread	Cucumber coins Whole grain crackers
LUNCH	Greek Chicken Penne (chicken, tomato, feta cheese, spinach & penne pasta) Apricots Milk	Baked Cajun Fish Rice pilaf Broccoli Pears Milk	Vegetable Chili (kidney beans, mushrooms, onions, & tomatoes) Whole wheat dinner roll Cantaloupe Milk	Homemade macaroni and cheese Green beans Mandarin oranges Milk	Beef Barley Stew (extra lean ground beef, barley, carrots, celery, mushrooms, onions & peas) Biscuit Orange slices Milk
SNACK	Hummus Snap peas & baby carrots	Cauliflower spears Whole grain crackers Yogurt lemon dill dip	Bread sticks Pizza sauce	Baked tortilla chips Black bean dip	Strawberry short cake (biscuit topped with strawberries & yogurt)

MENU DAY	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
BREAKFAST	Waffles Strawberries Milk	Raisin toast Banana Milk	Corn cereal flakes Orange wedges Milk	Oatmeal Blueberries Milk	Pancakes Apricots Milk
SNACK	Oatmeal cookie Milk	Swiss cheese cubes Apple slices	Cottage cheese Pineapple	Fruit Parfait (yogurt & mixed fruit)	Hardboiled egg English muffin
LUNCH	Sliced turkey & cucumber sandwich (with cranberry sauce) Pears Milk	Tuna casserole Green beans Apricots Milk	Beef Stroganoff Butternut squash Cantaloupe Milk	Teriyaki pork stir-fry (pork, cabbage, carrots, red pepper) Rice Peaches Milk	Homemade baked chicken strips Mashed potatoes Dinner roll Beets Milk
SNACK	Greek salad Sour dough bread	Baked sweet potato fries Apple slices	Tortilla chips Guacamole dip	Bread pudding with raisins Milk	Broccoli spears Baked pita bread Yogurt honey mustard dip

Developed by Lisa Francescutti, RD
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MENU DAY	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
BREAKFAST	Raisin Bran Cereal Apple Slices Milk	Sour dough toast Fresh fruit salad Milk	Oatmeal topped with Banana slices Milk	Cinnamon French toast Peaches Milk	Bran cereal Orange Slices Milk
SNACK	Berry oat muffin Milk	Potato salad with apple Rye bread	Orange wedges Whole wheat roll	Yogurt Granola	Carrot zucchini bread Swiss cheese slices
LUNCH	BBQ chicken Rice Peas Pineapple Milk	Ham & pineapple pizza Caesar salad Pears Milk	Beef, macaroni, and tomato casserole Sliced French bread Broccoli Milk	Vegetable lasagna (cheese, tomato sauce, zucchini, mushrooms, noodles) Apricots Milk	Baked breaded fish on a hamburger bun (with tartar sauce) Baked home fries Coleslaw Milk
SNACK	Trail mix (mini pretzels, raisins, & granola) Milk	Vegetable soup Whole grain crackers	Chickpea salad Tomato wedges	Bean salsa Baked pita wedges	Spinach & mandarin salad topped with Mozzarella cheese cubes

MENU DAY	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
BREAKFAST	Bagel & cream cheese Peaches Milk	Multigrain toast Pineapple Milk	Blueberry muffin Apricots Milk	Waffles topped with Blueberries & yogurt Milk	Corn cereal flakes Apple slices Milk
SNACK	Yogurt Banana	Couscous vegetable salad	Red pepper slices Sliced baguette Cucumber yogurt dip	Baked cinnamon apples Milk	Ants on a log (celery topped with peanut butter and raisins)
LUNCH	Vegetable quesadilla (black beans, mozzarella cheese, red pepper, and spinach) with salsa Honeydew Milk	Egg salad sandwich Carrot sticks Apple slices Milk	Chicken salad & lettuce in a whole wheat pita Tomato wedges Mandarin oranges Milk	Tuna & cheese melt on an English muffin Corn salad with diced red peppers Pears Milk	Grilled ham & cheese sandwich Tomato & Cucumber salad Orange slices Milk
SNACK	Baked fruit crisp Milk	Gingerbread topped with Yogurt	Rice pudding Strawberries	Bean, corn, and tomato salad Whole grain crackers	Cottage cheese, avocado, & black bean salsa pinwheels

Meal Pattern Chart for Children: Food component requirements at each meal/snack

Breakfast

Milk
Fruit/vegetables
Grains/breads

Lunch

Milk
Fruit/vegetables (2 different types)
Grains/breads
Meat/beans

Snack (Select 2 of the 4 components)

Milk
Fruit/vegetables
Grains/breads
Meat/beans