

Effective Date July 1, 2021

Menu for Children over one year  
Infant and Child Nutrition, Inc

Feb Apr June  
Aug Oct Dec

With No Change unless Meal Patterns are Revised

Menu B

REFER TO YOUR CCFP FOOD CHART FOR MEAL REQUIREMENTS AND AMOUNTS **Unflavored Non-Fat or 1% Milk must be served to children ages 2-6yrs Unflavored Whole milk must be served to children ages 1-2** ** 1% or Non-Fat or Flavored milk may be served to children ages 6 to 12**																
	Date: 1st	Date: 2nd	Date: 3rd	Date: 4th	Date: 5th	Date: 6th	Date: 7th	Date: 8th	Date: 9th	Date: 10th	Date: 11th	Date: 12th	Date: 13th	Date: 14th	Date: 15th	Date: 16th
Breakfast	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Fruit/Veg.	Banana	Mand oranges	Peaches	Blueberries	Blueberries	Hash Browns	Fruit Cocktail	Seasonal Fruit	Strawberries	Seasonal Fruit	Pineapple	Grapes	Seasonal Fruit	Mand Oranges	Orange Juice
	Bred/Grain	Oatmeal	Waffle			Cheerios	Muffin w/Egg	Toast		Fruit Muffin	Bagel	French Toast			English Muffin	Waffle
	Other			Yogurt	Sausage Patty				Ham	Eggs				Bacon/Eggs	Yogurt	
AM Snack	Milk	Milk	Milk	Milk					Milk						Milk	
	Fruit/Veg.	Orange Slices	Apple Juice	Carrot Sticks		Seasonal Fruit	Pears	Mixed Berry Juice	Peaches	Orange Juice	Mandarin Oranges				Carrot Sticks	
	Bred/Grain		Graham Crackers		Muffins		Breadsticks	Crackers	Banana Bread	Cheerios	Animal Crackers	Wheat Thins	Pretzels	Crackers		Bagel Chips
	Meat/M. Alt.					Yogurt							Cheese	Ham/Chz		Peanut Butter
Lunch	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/M. Alt.	All Meat Hotdog	Sloppy Joes	HM Cheese Pizza	Beef	Breaded Fish	Turkey	Tuna Roll	Chicken	Hamburger	Turkey	All Meat Hotdog	Ham/Cheese	HM Beef Lasagna	HM Mac-n-Chz	Beef/Bean Burrito
	Fruit/Veg.	Seasonal Fruit	Fruit Cocktail	Pineapple	Grapes	Peas & Carrots	Carrots	Apples	Fruit Cocktail	Tator Tots	Peas	Seasonal Fruit	Applesauce	Pears	Orange Slices	Lettuce/Tomato
	Vegetable	French Fries	Green Beans	Corn	Broccoli	Potatoes	Corn	Cucumber	Squash	Lettuce/Tomato	Mixed Veggies	French Fries	Sweet Potato	Tomato Sauce	Tossed Salad	Corn
PM Snack	Milk															
	Fruit/Veg.	Peaches	Banana	Cucumber	Mixed Fruit Juice				Banana	Seasonal Fruit		Fruit Salad	Grape Juice	Strawberries	Seasonal Fruit	Peaches
	Bred/Grain	Wheat Thins		Crackers		Pretzels	Crackers	Animal Crackers		Crackers		Crackers	Graham Crackers		Pretzels	Cheerios
	Other				Ham Chunks				Yogurt			Ham Chunks	Cheese			Yogurt
Supper	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/M. Alt.	Pork	Beef Meatloaf	Ham	Chicken	Beef Tacos	Salad (Ham&Egg)	Salisbury Steak	Pork	Beef Stroganoff	Meatballs	Chicken	Chili (Beef)	Chicken Tacos	Chicken	Fish
	Fruit/Veg.	Peas	Potatoes	Apple Juice	Potatoes	Lettuce/Tomato	Lettuce/Tomato	Potatoes	Apples	Corn	Peaches	Beans	Kidney Beans	Lettuce/Tomato	Potatoes	Pineapple
	Vegetable	Carrots	Broccoli	Beans	Tossed Salad	Mixed Veggies	Banana	Beans	Potatoes	Carrots	Tomato Sauce	Potatoes	Broccoli	Corn	Peas	Coleslaw
Approved UPC codes must be used for for chicken nuggets, fish sticks, corn dogs or any other prepared food <span style="float:right">Pizza must be homemade, have added meat or cheese or be purchased from an approved vendor</span>																
Breakfast	Date: 17th	Date: 18th	Date: 19th	Date: 20th	Date: 21st	Date: 22nd	Date: 23rd	Date: 24th	Date: 25th	Date: 26th	Date: 27th	Date: 28th	Date: 29th	Date: 30th	Date: 31st	
	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Fruit/Veg.	Seasonal Fruit	Nectarine	Apples	Blueberries	Fruit Cocktail	Orange Juice	Orange Slices	Hash Browns	Apples	Seasonal Fruit	Orange Slices	Fruit Cocktail	Pears	Applesauce	Fruit Cocktail
	Bred/Grain	Biscuit			Oatmeal	Croissant	Pancakes			Cheerios	Toast	Waffles			Grits	French Toast
AM Snack	Milk	Milk					Milk		Milk				Milk	Milk		
	Fruit/Veg.		Strawberries		Grape Juice		Orange Slices	Banana	Cucumber				Milk	Milk		
	Bred/Grain	Graham Crackers		Bread	Pretzels		Cheerios	Animal Crackers		Banana Bread		Crackers	Apple Slices		Muffins	Pretzels
	Meat/M. Alt.		Yogurt	Ham/Cheese			Cheese Stick		Ham			Boiled Egg				
Lunch	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/M. Alt.	Grilled Cheese	Breaded Fish	Chicken Wrap	Bologna	Egg Salad	Breaded Chicken	All Meat Hotdogs	Chicken & Rice	Cheese Quesadilla	Chicken	PBJ, Boiled Egg	Hamburger	Turkey	HM Mac-n-Chz	Roast Beef
	Fruit/Veg.	Grapes	Corn	Seasonal Fruit	Fruit Salad	Lettuce/Tomato	Mixed Fruit	Peaches	Strawberries	Fruit Salad	Pears	Peaches	Lettuce/Tomato	Fruit Salad	Strawberries	Blueberries
	Vegetable	Carrot Sticks	Tossed Salad	Lettuce/Tomato	Broccoli	Mixed Veggies	Potatoes	French Fries	Green Beans	Corn	Peas	Tator Tots	Carrots	Carrots	Green Beans	Peas
PM Snack	Milk															
	Fruit/Veg.	Orange Juice	Apple Slices	Celery, Raisins												
	Bred/Grain	Goldfish	Toast		Toast		Carrot Sticks	Seasonal Fruit	Grape Juice	Pears		Pineapple	Berry Juice	Cucumber		Seasonal Fruit
	Meat/M. Alt.			Peanut Butter	Cheese Slice	Animal Crackers						Ham/Cheese	Graham Crackers		Ham	Peanut Butter
Supper	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/M. Alt.	Chicken	Turkey	Eggs/sausage	Beef Meatloaf	Chicken & Rice	Beef	Chick & Dumpling	Meat Sauce (beef)	Chicken	Beef Tacos	Chicken	Ham	All Meat Hotdogs	Shepherd's Pie	Hamburger
	Fruit/Veg.	Strawberries	Beans	Orange Juice	Potatoes	Banana	Corn	Fruit Cocktail	Tossed Salad	100% AppleJuice	Lettuce/Tomato	Apple Juice	Orange Slices	Apples	Potatoes	Lettuce/Tomato
	Vegetable	Broccoli	Potatoes	Hash browns	Carrots	Beans	Peas	Beans	Grapes	Mixed Veggies	Beans	Peas	Corn	Baked Beans	Corn	French Fries
Other	Pasta	Bread	Toast	Bread	Rice	Bread	Dumplings	Pasta	Bread	Tortilla Shell	Pasta	Roll	Bun	Roll	Bun	
**All Cold Cereal Served Must Contain No More Than 6 Grams Of Sugar** <span style="float:right">** 100% Fruit Juice Must Be Served **</span> <span style="float:right">**Whole Grain Must be Served at Least One Time Per Day **</span>																

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Faxed or emailed menus are due by the 2nd day of every month  
Menus brought to the office are due by the 4th day of every month