

Effective Date July 1, 2018

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

Jan Mar May
July Sept, Nov

With No Change unless Meal Patterns are Revised

Menu A

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
K Breakfast	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Fruit/Veg.	Seasonal Fruit	Applesauce	Strawberries	Seasonal Fruit	Banana	Seasonal Fruit	Hash browns	Orange Slices	Seasonal Fruit	Applesauce	Fruit Cocktail	Blueberries	Seasonal Fruit	Grapes	Pineapple
	Bred/Grain			Croissant	Biscuit	Bagel			Cold Cereal	French Toast	Oatmeal			Pancakes	Toast	Bagel
	Meat/M. Alt.	Yogurt	Scrambled Eggs				Boiled Egg	Sausage Patty				Bacon/Eggs	Yogurt			
AM Snack	Milk												Milk			Milk
	Fruit/Veg.	Grapes		Pineapple	Orang Juice	Seasonal Fruit			Pears	Grape Juice	Seasonal Fruit			Mandarin Oranges	Apple Juice	Carrot Sticks
	Bred/Grain	Crackers	WG Crackers	Cheerios			Crackers	Pretzels	Animal Crackers	Crackers		WG Goldfish	Crackers	Crackers		Bread
	Meat/M. Alt.		Ham/Cheese	Cottage Cheese		Yogurt	P-nut Butter	Cheese			Yogurt	Cheese Cubes	Boiled Egg			Ham/Cheese
Lunch	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/M. Alt.	Tuna	HM Cheese Pizza	Ham/Cheese	HM Beef/Bean Burrito	HM Beef Meatballs	Grilled Cheese	Chicken & Rice	Chicken	Egg Salad	All Meat Hot Dog	HM Mac-n-Cheese	Ham/Cheese	Turkey	Fish	HM Beef-A-Roni
	Vegetable	Cucumber	Corn	Tator Tots	Lettuce/Tomato	Tomato Sauce	Carrot Sticks	Green beans	Potatoes	Lettuce/Tomato	Baked Beans	Green Beans	Broccoli	Lettuce/Tomato	Corn	Tomato Sauce
	Fruit/Veg.	Fruit Cocktail	Pineapple	Peach	Corn	Peas/Apples	Grapes	Orange Slices	Seasonal Fruit	Mixed Veggies	French Fries	Mandarin Oranges	Peaches	Sweet Peas	Tossed Salad	Peas/Kiwi
PM Snack	Milk		Milk	Milk	Milk								Milk			
	Fruit/Veg.	Applesauce		Seasonal Fruit		Salsa	Apple Juice	Cucumber	Pineapple	Fruit Cocktail		Celery		Grapes	Pineapple	Banana
	Bred/Grain	Crackers	Graham Crackers		Banana Bread	Tortilla Chips	Animal Crackers			Corn Muffin	Crackers		Soft Pretzel		Cheerios	Toast
	Meat/M. Alt.	Peanut Butter						Ham Chunks	Cottage Cheese	Ham/Cheese	Peanut Butter	Cheese Slice		Cheese Cubes		
Supper	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/M. Alt.	Shepherd's Pie	Chicken	HM Beef Meatloaf	HM Chicken Pot Pie	Turkey	Hamburgers	Spaghetti/W Bee	Ham	Pork	HM Beef Meatball	Chicken	Chili (Beef)	Chicken	Eggs/Sausage	Baked Fish
	Vegetable	Potatoes/Corn	Spinach	Broccoli	Mixed Veggies	Green Beans	Lettuce/Tomato	Tossed Salad	Sweet Potatoes	Potatoes	Green Beans	Beans	Kidney Beans	Baked Beans	Hash Browns	Asparagus
	Fruit/Veg.	Seasonal Fruit	Carrots	Pears	Apples	Potatoes	French Fries	Apple	Carrots	Beans	Peaches	Carrots	Corn	French Fries	Apples	Carrots
Approved UPC codes must be used for for chicken nuggets, fish sticks, corn dogs or any other prepared food																
Pizza must be homemade, have added meat or cheese or be purchased from an approved vendor																
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.	Orange Slices	Seasonal Fruit	Pears	Fruit Cocktail	Blueberries	Banana	Berry Juice	Banana	Peaches	Hash browns	Applesauce	Banana	Nectarine	Seasonal Fruit	Pears
	Bred/Grain		Cold Cereal	Waffle			Grits	Oatmeal	Cold Cereal			Pancakes	Biscuit	English Muffin		
AM Snack	Milk															
	Fruit/Veg.	Banana		Peaches	Apple Juice	Grapes		Seasonal Fruit		Grape Juice		Carrot Sticks	Seasonal Fruit	Grapes		Orange Slices
	Bred/Grain	Crackers	Bagel Chips	Graham Crackers	Crackers		Bagel Chips		Crackers	Cheerios	Graham Crackers		Toast	Corn Muffin	Banana Bread	
	Meat/M. Alt.		Ham				Cheese Stick		Yogurt	Cheese						Cheese Stick
Lunch	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/M. Alt.	HM Cheese Pizza	Turkey Sub	Chicken Tacos	Cheese Quesadilla	Roast Beef	HM Mac-n-Cheese	Chicken	All Meat Hot Dogs	Fish	HM Sloppy Joes	HM Beef Meatballs	Breaded Chicken	Ham/Cheese	Hamburger	Fish
	Vegetable	Peas & Carrots	Lettuce/Tomato	Corn	Lettuce/Tomato	Carrots	Tossed Salad	Squash	Broccoli	Potatoes	French Fries	Peas	Carrots	Celery	Lettuce/Tomato	Green Beans
	Fruit/Veg.	Pineapple	Pears	Seasonal Fruit	Applesauce	Peas	Orange Slices	Strawberries	Pears	Pineapple	Peaches	Tomato Sauce	Fruit Cocktail	Fruit Salad	French Fries	Melon
PM Snack	Milk															
	Fruit/Veg.	Blueberries	Mixed Fruit Juice	Orange Slices		Apples	Orange Juice	Carrot Sticks	Peaches	Salsa		Milk		Milk		
	Bred/Grain	Crackers	Crackers		Pretzels	Breadsticks	Crackers	Crackers	Animal Crackers	Tortilla Chips	Breadsticks		Crackers		Crackers	Goldfish
	Meat/M. Alt.			Cottage Cheese								Yogurt	Cheese			
Supper	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/M. Alt.	Chicken Enchiladas	All Meat Hot Dog	HM Beef Meatloaf	Fish	Hamburgers	Chicken	Tuna	Turkey	Chicken & Rice	Eggs/Sausage	Shepherd's Pie	HM Bean Burrito	Spaghetti/W Beef	Chicken	Beef Tacos
	Vegetable	Tossed Salad	Baked Beans	Mixed Veggies	Asparagus	Lettuce/Tomato	Spinach	Sweet Potato	Green Beans	Broccoli	Hash Browns	Potatoes	Corn	Broccoli	Baked Beans	Corn
	Fruit/Veg.	Pineapple	Apples	Potatoes	Carrots	French Fries	Apples	Fruit Cocktail	Potatoes	Banana	Apples	Seasonal Fruit	Orange Slices	Strawberries	Potatoes	Apples
Bred/Grain	Tortilla	Bun	Bread	Rice	Bun	Bread	Bread	Dressing	Rice	Toast	Bread	Tortilla Shell	Pasta	Roll	Tortilla Shell	
All Cold Cereal Served Must Contain No More Than 6 Grams Of Sugar																
** 100% Fruit Juice Must Be Served **																
**Whole Grain Must be Served at Least One Time Per Day **																

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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