

Effective Date July 1, 2021

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.	Grapefruit	Applesauce	Strawberries	Peaches	Banana	Orange	Hash browns	Orange Slices	Grapes	Applesauce	Fruit Cocktail	Blueberries	Bananas	Grapes	Pineapple	Hash Browns	
	Bred/Grain			Croissant	Biscuit	Bagel			Cheerios	French Toast	Oatmeal			Pancakes	Toast	Bagel		
	Meat/M. Alt.	Yogurt	Scrambled Eggs				Boiled Egg	Sausage Patty				Bacon/Eggs	Yogurt				Scrambled Egg	
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	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	Bologna	
	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	Sweet Potato	
	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	Fruit Salad	
PM Snack	Milk		Milk	Milk	Milk								Milk					
	Fruit/Veg.	Applesauce		Strawberries		Salsa	Apple Juice	Cucumber	Pineapple	Fruit Cocktail		Celery			Grapes	Pineapple	Banana	Mixed Fruit Juice
	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	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	HM Chicken Soup	
	Vegetable	Potatoes/Corn	Spinach	Broccoli	Mixed Veggies	Green Beans	Lettuce/Tomato	Tossed Salad	Sweet Potatoes	Potatoes	Green Beans	Lima Beans	Kidney Beans	Green Peas	Hash Browns	Asparagus	Carrots, Celery	
	Fruit/Veg.	Aoosauce	Carrots	Pears	Apples	Potatoes	French Fries	Apple	Carrots	Baked Beans	Peaches	Carrots	Corn	French Fries	Apples	Carrots	Peaches	
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	Grapefruit	Pears	Fruit Cocktail	Blueberries	Banana	Berry Juice	Banana	Peaches	Hash browns	Applesauce	Banana	Nectarine	Peacues	Pears	Fruit Cocktail	
	Bred/Grain		Cheerios	Waffle			Grits	Oatmeal	Cold Cereal			Pancakes	Biscuit	English Muffin				
AM Snack	Milk									Sausage Patty	Cheese/Sausage			Boiled Egg	Canadian Bacon			
	Fruit/Veg.	Banana		Peaches	Apple Juice	Grapes		Watermelon		Grape Juice		Carrot Sticks	Cantaloupe	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	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		Banana		Apple Slices	Tomato Juice	Cheese Cubes		
	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	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	Corn	Broccoli	Baked Beans	Corn		
	Fruit/Veg.	Pineapple	Apples	Potatoes	Carrots	French Fries	Apples	Fruit Cocktail	Potatoes	Banana	Apples	Applesauce	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 **																		

1948 NE 28th Street  
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(352) 732-2561 fax

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