

LOUISIANA CHILD AND ADULT CARE FOOD PROGRAM

Rev 10/17

4 WEEK CYCLE MENU RECORD: CHILD CARE CENTER (AGES 1-12 YEARS)

SPONSOR/FACILITY NAME: TRUMAN DAYCARE

WEEK OF: WEEK 1

20

AGES 1-2	AGES 3-5	AGES 6-12	BREAKFAST	DATE: MONDAY	DATE: TUESDAY	DATE: WEDNESDAY	DATE: THURSDAY	DATE: FRIDAY
1/2 C	3/4 C	1 C	MILK	MILK	MILK	MILK	MILK	MILK
1/2 SI	1/2 SI	1 SI	*GRAIN / BREAD	EGGS W/W TOAST	W/G CEREAL	PANCKAE SAUSAGE PATTY	BISCUIT BACON	W/G WAFFLE
1/4 C	1/2 C	1/2 C	VEGETABLE OR FRUIT	TROPICAL FRUITS	BANANNA	PEACHES	PEAR	PINEAPPLES
			OTHER (OPTIONAL) **Meat or meat alternate may be served in place of entire grain component at breakfast a maximum of 3 times per week.					
AGES 1-2	AGES 3-5	AGES 6-12	LUNCH	MILK	MILK	MILK	MILK	MILK
1/2 C	3/4 C	1 C	MILK	L/G RICE	RICE	W/G PIZZA DOUGH	RICE	L/G RICE
1/2 SI	1/2 SI	1 SI	*GRAIN / BREAD	CHICKEN STEW	BAKED PORK CHOPS	BEEF/ PEPPERONI	BEEF MEAT LOAF	DRIED RED BEANS
1 Oz	1 1/2 Oz	2 Oz	MEAT OR MEAT ALTERNATE	ORANGES	MIXED FRUITS	APPLES	PEACHES	CANTALOUPE
1/8 C	1/4 C	1/4 C	VEGETABLE OR FRUIT	GREEN BEANS	PEAS	DICE CARROTS	CORN	COLESLAW
1/8 C	1/4 C	1/2 C	VEGETABLE					
AGES 1-2	AGES 3-5	AGES 6-12	PM SNACK (CHOOSE 2)	JUICE	JUICE	JUICE	JUICE	JUICE
1/2 C	1/2 C	1 C	MILK	W/W CRACKERS	CHEESE STICKS	W/G CRACKERS	W/W BREAD GRILL CHEESE	GOLD FISH
1/2 SI	1/2 SI	1 SI	*GRAIN / BREAD					
1/2 C	1/2 C	3/4 C	VEGETABLE					
1/2 C	1/2 C	3/4 C	FRUIT					
1/2 OZ	1/2 Oz	1 Oz	MEAT OR MEAT ALTERNATE					

* At least one serving of grains per day must be whole grain (WG) rich. For additional grains/bread or meat/meat alternates, consult the "Meal Pattern Requirements" on the CNP website. Breakfast cereals must contain no more than 6 grams sugar per dry ounce. Juice can be served once a day at any meal. Breads and grains must be from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified

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SPONSOR/FACILITY NAME: TRUMAN DAYCAREWEEK OF:
WEEK 4

20

AGES 1-2	AGES 3-5	AGES 6-12	BREAKFAST	DATE: MONDAY	DATE: TUESDAY	DATE: WEDNESDAY	DATE: THURSDAY	DATE: FRIDAY
1/2 C	3/4 C	1 C	MILK	MILK	MILK	MILK	MILK	MILK
1/2 SI	1/2 SI	1 SI	*GRAIN / BREAD	W/W TOAST EGGS	W/G CEREAL	W/G WAFFLES	W/W OATMEAL	W/W MUFFIN
1/4 C	1/2 C	1/2 C	VEGETABLE OR FRUIT	PINEAPPLE TIDBITS	BANANAS	STRAWBERRIES	PEACHES	PEARS
			OTHER (OPTIONAL) **Meat or meat alternate may be served in place of entire grain component at breakfast a maximum of 3 times per week.					
AGES 1-2	AGES 3-5	AGES 6-12	LUNCH	DATE: MONDAY	DATE: TUESDAY	DATE: WEDNESDAY	DATE: THURSDAY	DATE: FRIDAY
1/2 C	3/4 C	1 C	MILK	MILK	MILK	MILK	MILK	MILK
1/2 SI	1/2 SI	1 SI	*GRAIN / BREAD	L/G RICE	ROLL	HAMBURGER BUNS	JAMBALAYA RICE	L/G RICE
1 Oz	1 1/2 Oz	2 Oz	MEAT OR MEAT ALTERNATE	BEEF STEW	SHAKE N BAKE CHICKEN STRIPS	BEEF SLOPPY JOES	CHICKEN/SAUSAGE	BAKED BONELESS RIBS
1/8 C	1/4 C	1/4 C	VEGETABLE OR FRUIT	PEARS	APPLES	ORANGES	TROPICAL FRUITS	MIXED FRUITS
1/8 C	1/4 C	1/2 C	VEGETABLE	POTATOES	CORN	FRENCH FRIES	GREEN BEANS	BAKED BEANS
AGES 1-2	AGES 3-5	AGES 6-12	PM SNACK (CHOOSE 2)	DATE: MONDAY	DATE: TUESDAY	DATE: WEDNESDAY	DATE: THURSDAY	DATE: FRIDAY
1/2 C	1/2 C	1 C	MILK	JUICE	JUICE	JUICE	JUICE	JUICE
1/2 SI	1/2 SI	1 SI	*GRAIN / BREAD	W/W CRACKERS & CHEESE	PRETZELS	GRAHAM CRACKERS	RICE CAKE	CHEESE NIPS
1/2 C	1/2 C	3/4 C	VEGETABLE			APPLE SAUCE		
1/2 C	1/2 C	3/4 C	FRUIT					
1/2 OZ	1/2 Oz	1 Oz	MEAT OR MEAT ALTERNATE					

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SPONSOR/FACILITY NAME: TRUMAN DAYCARE

WEEK OF: WEEK 2

20

AGES 1-2	AGES 3-5	AGES 6-12	BREAKFAST	DATE: MONDAY	DATE: TUESDAY	DATE: WEDNESDAY	DATE: THURSDAY	DATE: FRIDAY
1/2 C	3/4 C	1 C	MILK	MILK	MILK	MILK	MILK	MILK
1/2 SI	1/2 SI	1 SI	*GRAIN / BREAD	CORN BREAD	W/G CEREAL	WW TOASTED BREAD	BISCUIT BREAKFAST SAUSAGE	
1/4 C	1/2 C	1/2 C	VEGETABLE OR FRUIT	SAUSAGE PATTY	BANANA	MIX FRUIT	EGG	
			OTHER (OPTIONAL) **Meat or meat alternate may be served in place of entire grain component at breakfast a maximum of 3 times per week.	TROPICAL FRUITS			CANNED PEACHES	FRESH STRAWBERRIES
AGES 1-2	AGES 3-5	AGES 6-12	LUNCH					
1/2 C	3/4 C	1 C	MILK	MILK	MILK	MILK	MILK	MILK
1/2 SI	1/2 SI	1 SI	*GRAIN / BREAD	RICE	W/G ELBOW MACARONI & CHEESE	HAMBURGER BUNS	L/G RICE	RICE/BROWN
1 Oz	1 1/2 Oz	2 Oz	MEAT OR MEAT ALTERNATE	BEEF MEATBALL/GRAVY	CHICKEN	BEEF HAMBURGER	PORK STEW	CHICKEN
1/8 C	1/4 C	1/4 C	VEGETABLE OR FRUIT	SLICED APPLES	ORANGE SLICES	CANTALOUPE	PEARS	PINEAPPLES
1/8C	1/4C	1/2C	VEGETABLE	CARROTS	GREEN BEANS	BAKED FRIES ⁸	POTATOES	PEAS
AGES 1-2	AGES 3-5	AGES 6-12	PM SNACK (CHOOSE 2)					
1/2 C	1/2 C	1 C	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
1/2 SI	1/2 SI	1 SI	*GRAIN / BREAD	W/W MUFFIN	RICE CAKES	W/G CRACKERS	PIZZA BITES	SUNCHIPS
1/2 C	1/2 C	3/4 C	VEGETABLE		APPLE SAUCE			
1/2 C	1/2 C	3/4 C	FRUIT					
1/2 OZ	1/2 Oz	1 Oz	MEAT OR MEAT ALTERNATE					

* At least one serving of grains per day must be whole grain (WG) rich. For additional grains/bread or meat/meat alternates, consult the "Meal Pattern Requirements" on the CNP website. Breakfast cereals must contain no more than 6 grams sugar per dry ounce. Juice can be served once a day at any meal. Breads and grains must be from whole-grain or enriched meal or flour Cereal must be wholegrain or enriched or fortified.

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WEEK OF: 20
WEEK 3

AGES 1-2	AGES 3-5	AGES 6-12	BREAKFAST	DATE: MONDAY	DATE: TUESDAY	DATE: WEDNESDAY	DATE: THURSDAY	DATE: FRIDAY
1/2 C	3/4 C	1 C	MILK	MILK	MILK	MILK	MILK	MILK
1/2 SI	1/2 SI	1 SI	*GRAIN / BREAD	W/W WAFFLES	GRITS	W/G CEREAL	FRENCH TOAST	W/W MUFFIN
1/4 C	1/2 C	1/2 C	VEGETABLE OR FRUIT	EAPPLE	EGGS	BANANAS	STRAWBERRIES	TANGERINES
			OTHER (OPTIONAL) **Meat or meat alternate may be served in place of entire grain component at breakfast a maximum of 3 times per week.		FRUIT CUPS			
AGES 1-2	AGES 3-5	AGES 6-12	LUNCH					
1/2 C	3/4 C	1 C	MILK	MILK	MILK	MILK	MILK	MILK
1/2 SI	1/2 SI	1 SI	*GRAIN / BREAD	RICE DRESSING	W/W SPAGHETTI	RICE	RICE	L/G RICE
1 Oz	1 1/2 Oz	2 Oz	MEAT OR MEAT ALTERNATE	BBQ PORK CHOPS	GARLIC BREAD	DRIED NAVY BEANS	BAKED CHICKEN	MEATBALL STEW
1/8 C	1/4 C	1/4 C	VEGETABLE OR FRUIT	ORANGES	GROUND BEEF	CANTALOUPE	PINEAPPLES	APPLES
1/8 C	1/4 C	1/2 C	VEGETABLE	BAKED BEANS	MEAT SAUCE	COLESLAW	GREEN PEAS	GREEN BEANS
AGES 1-2	AGES 3-5	AGES 6-12	PM SNACK (CHOOSE 2)					
1/2 C	1/2 C	1 C		JUICE	JUICE	JUICE	JUICE	JUICE
1/2 SI	1/2 SI	1 SI	*GRAIN / BREAD	PIZZA BITES	MUFFIN	GRAHAM CRACKERS	W/G CRACKERS	ANIMAL CRACKERS
1/2 C	1/2 C	3/4 C	VEGETABLE			APPLE SAUCE		
1/2 C	1/2 C	3/4 C	FRUIT					
1/2 OZ	1/2 Oz	1 Oz	MEAT OR MEAT ALTERNATE					

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