Child Management Associates

ALL AGES: BREAKFAST, LUNCH, AM SNACK

Week 1 Menu

Provider's Name:

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	#1 Strawberries & Oatmeal Milk	#2 Yogurt w/Apples Milk	#3 Cold Cereal w/ Mixed Berries Milk	#4 Toast w/Grapes Milk	#5 French Toast w/Bananas Milk	#6 Toast w/ Oranges Milk	#7 Apple Cheese Biscuit Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Strawberries	Apples	Mixed Berries	Grapes	Banana	Mandarin Oranges	Watermelon
	Grain/Meat	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Oatmeal	WW Toast/Yogurt	Cereal	WW Bread	WW Bread	WW Toast	Biscuit
LUNCH	Milk	1/2 cup	3/4 cup	1 cup	1 cup	#1 Parmesan Chicken Milk	#2 Bean Burrito (Homemade) Milk	#3 Sweet & Sour Chicken Milk	#4 Homemade Mac & Cheese Milk	#5 Pork Chop Milk	#6 Chef Salad Milk	#7 Oven Baked Chicken Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Steamed Broccoli	Lettuce	Carrots	Mixed Peas/Carrots	Green Salad	Mixed Greens	Corn
	Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Apples	Peaches	Oranges	Tropical Fruit	Apricots	Tomato	Pears
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WW Roll	WW Tortilla	Brown Rice	WW Pasta	WW Roll	WW Breadsticks	Brown Rice
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Chicken	Ground Beef (Lean)	Chicken (Sweet and Sour Sauce)	Cheese/Ham	Pork Chop	Turkey/Ham/ Cheese/Egg	Chicken
AM SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	#1 Watermelon & Sun Chips	#2 Crackers & Cheese	#3 Blueberries & Crackers	#4 Raisin Bread Milk	#5 Apples w/ Yogurt Fruit Dip	#6 Soft Pretzels & Peaches	#7 Yogurt/ Cheese Tortilla
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Watermelon		Blueberries		Apples	Peaches	
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup							
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	WW Sun Chips	WW Crackers	WW Crackers	WW Raisin Bread		WW Soft Pretzel	WW Tortilla
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Cheese			Yogurt		Cheese & Yogurt

Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. The fruit component at lunch may be substituted by a second vegetable.
A serving of milk is optional at supper meals for adults. oz eq = ounce equivalents

Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free

At least one serving of grains per day must be whole grain-rich.

One 8 oz. glass of water per year of age until 8 years old.
8 yrs old + | 6-8 8 oz. glasses per day.

This institution is an equal opportunity provider.

CACFP CREDITABLE
National CACFP Association

ALL AGES: PM SNACK, EVENING SNACK, SUPPER

Child Management Associates

Week 1 Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PM SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	#8 Loaded Baked Potato	#9 Sweet Potato Fries Milk	#10 Baked Potato & Chili	#11 Yogurt w/ Animal Crackers	#12 Applesauce & Ham	#13 Grapes & Milk Milk	#14 Black Bean Dip w/Tortilla
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Potato	Sweet Potato	Potato				Tomato
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup					Applesauce	Grapes	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq				Animal Crackers			WW Tortilla
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	2 oz	Ham/Cheese		Chili Beans	Yogurt	Ham		Black Beans
EVENING SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	#15 Celery & Cheese Sticks	#16 Crackers & Milk Milk	#17 Peanut Butter & Apples	#18 Apples & Milk Milk	#19 Brown Rice Porridge w/ Peaches	#20 Cottage Cheese/ Peaches	#21 Milk and Graham Crackers Milk
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup			Apples	Apples	Peaches	Peaches	
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Celery						
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq		WW Crackers					Graham Crackers
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Cheese Sticks		Peanut Butter		Brown Rice Pudding	Cottage Cheese	
DINNER	Milk	1/2 cup	3/4 cup	1 cup	1 cup	#8 Quesadilla w/ Chili Milk	#9 Hamburger Milk	#10 Spanish Rice w/Beef Milk	#11 Grilled Cheese w/ Tomato & Ham Milk	#12 Chicken Stir-fry Milk	#13 Roast Beef Sandwich Milk	#14 Chicken Taco Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Salsa	Lettuce/ Salad	Green Beans/ Carrots	Broccoli/ Salad	Green Peppers	Carrots/Baked Potato Wedges	Lettuce/Tomato
	Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Corn	Tomato	Dragon Fruit	Tomato	Eggplant	Cucumbers	Pineapple
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WW Tortilla	WW Bun	WW Spanish Rice	WW Bread	Brown Rice (Not Fried)	WW Bread	WW Tortilla
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Black Beans	Ground Beef (Lean)	Ground Beef (Lean)	Ham/Cheese	Chicken	Roast Beef	Shredded Chicken/Cheese

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ALL AGES: BREAKFAST, LUNCH, AM SNACK

Child Management Associates

Week 2 Menu

Provider's Name: _____

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	#8 Apple Smiles Cinnamon Toast Milk	#9 Pears & Ham Milk	#10 Pancake w/ Cantaloupe Milk	#11 Toast w/ Berries Milk	#12 English Muffin w/ Applesauce Milk	#13 Cold Cereal & Mango Milk	#14 Bagel w/ Cream Cheese & Fruit Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Apple Smiles	Pears	Cantaloupe	Mixed Berries	Applesauce	Mango	Strawberries
	Grain/Meat	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WW Bread	Ham	WW Pancake	WW Toast	WW English Muffin	Cold Cereal	WW Bagel/ Cream Cheese
LUNCH	Milk	1/2 cup	3/4 cup	1 cup	1 cup	#15 Sandwich & Veggies Milk	#16 Spaghetti w/ Meat Sauce Milk	#17 Thanksgiving Dinner Milk	#18 Fish w/Potatoes Milk	#19 PB & Sandwich Milk	#20 Sloppy Joes Milk	#21 Baked Pasta Casserole Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Broccoli	Green Salad w/Carrots	Sweet Potatoes	Broccoli/ Potatoes	Carrots	Carrots	Carrots
	Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Carrot	Oranges	Zucchini	Pineapple	Green Pepper	Pineapple	Green Peas
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WW Bread	WW Spaghetti Noodles	WW Bread	WW Rolls	WW Bread	WW Bun	WW Pasta
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Turkey	Ground Beef (Lean)	Turkey	Baked Fish Fillet	PB/ Cheese Stick	Ground Beef (Lean)	Ground Turkey
AM SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	#22 Sun Chips	#23 Avocado w/Tuna Salad	#24 Hummus w/ Celery/Carrots	#25 Salad in Bag w/Egg	#26 PB & Crackers	#27 Apple Smiles w/ Yogurt	#28 Pears & Zucchini Bread
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Pears					Apple Smiles	Pears
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup		Avocado	Celery/Carrots	Salad in a Bag Lettuce, Celery & Tomatoes			Zucchini Bread
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	Sun Chips				Saltine Crackers	WW Bread	
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Tuna Salad	Hummus	Hard Boiled Egg	Peanut Butter	Yogurt	

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ALL AGES: PM SNACK, EVENING SNACK, SUPPER

Child Management Associates

Week 2 Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PM SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	#29 Tater-Tots & Ham	#30 Cheese Tortilla/Carrots	#31 Turkey & Apples	#32 Pears& String Cheese	#33 Veggie Sticks Milk	#34 Crackers & Milk Milk	#35 Mango & Crackers
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup		Carrots			Carrots/ Celery		
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup			Apples	Pears			Mango
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Tater-Tots	WW Tortilla				WW Crackers	WW Cracker
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	2 oz	Ham	Cheese	Turkey Slices or Cubes	Sting Cheese			
EVENING SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	#36 Kiwi & Crackers	#37 Toast w/ Oranges	#38 Tuna Salad w/ Chips	#39 Bananas w/ PB & Yogurt	#40 Chips & Salsa	#41 Donut Apple Milk	#42 Fro-Yo Fruit Bites Milk
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Kiwi	Oranges		Bananas		Apples	Mixed Berries
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup					Salsa		
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	WW Crackers	WW Toast	WW Chips		WW Chips		
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz			Tuna Salad	Yogurt/ Peanut Butter			
DINNER	Milk	1/2 cup	3/4 cup	1 cup	1 cup	#22 Tasty Lemon Fish Milk	#23 Hamburger Patty Milk	#24 Crock-Pot Cheeseburger Sand Milk	#25 Turkey Tetrazzini Milk	#26 Ham &Cheese Roll Up Milk	#27 Tuna Salad Milk	#28 Busy Day Stew Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Corn	Green Beans	Broccoli	Brussel Sprouts	Celery	Green Salad	Carrots
	Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Watermelon	Peaches	Oranges	Apples	Banana	Pears	Potatoes
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Brown Rice	WW Kraft Mac Cheese	WW Roll	WW Pasta Noodles	WW Tortilla	WW Bun	WW Roll
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Fish	Ground Beef (Lean)	Ground Beef (Lean)	Turkey	Ham/Cheese	Tuna/Cheese Stick	Busy Day Stew Beef

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ALL AGES: BREAKFAST, LUNCH, AM SNACK

Week 3 Menu

Provider's Name:

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	#15 Veggie Omelet Milk	#16 Breakfast Burrito & Fruit Milk	#17 WW Waffle w/ Fruit Milk	#18 Cheese Quesadilla w/ Fruit Milk	#19 PB & J w/ Applesauce Milk	#20 Pumpkin Bread w/ Fruit Milk	#21 Veggies w/ Eggs Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Spinach	Fruit Cocktail	Strawberries	Pear Slices	Applesauce	Apricots	Mixed Veggies/Salsa
	Grain/Meat	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Eggs	WW Tortilla/ Scrambled Egg/ Cheese	WW Waffle	WW Tortilla/ Cheese	WW Bread/ Peanut Butter	Pumpkin Bread	WW Tortilla/ Scrambled Egg
LUNCH	Milk	1/2 cup	3/4 cup	1 cup	1 cup	#29 Ham Sandwich Milk	#30 Chicken Pita Sandwich Milk	#31 Chicken Enchilada Casserole Milk	#32 Homemade Fish Sticks Milk	#33 Meatloaf Sandwich Milk	#34 English Muffin Pizzas Milk	#35 Turkey Sandwich Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Tomato/Lettuce	Lettuce/ Tomato	Sugar Snap Peas	Green Beans	Broccoli Salad	Cucumber	Lettuce
	Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Grapes	Apples	Mandarin Oranges	Mandarin Oranges	Peaches	Green Peppers	Applesauce
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WW Bun	WW Pita	WW Tortilla	WW Bread	WW Bread	WW English Muffin	WW Roll
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Ham	Shredded Rotisserie Chicken	Chicken	Fish	Ground Beef (Lean)	Ham/ Mozzarella Cheese	Sliced Turkey
AM SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	#43 Sweet Potato & Eggs	#44 Cucumber Sushi Milk	#45 Silly Apple Bites Milk	#46 Berry Frozen Yogurt Bark	#47 Pita Bread & Hummus	#48 Pita Bread & Roll Up	#49 Pita Bread w/ Yogurt
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup			Apples	Mixed Berries			
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Sweet Potatoes	Cucumber/ Carrots/Pepper			Hummus		
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq					WW Pita Bread	WW Pita Bread	WW Pita Bread
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Hard Boiled Egg			Yogurt		Turkey	Yogurt

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Week 3 Menu

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PM SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	#50 Pita Bread w/ PB & Bananas	#51 Wheat Thins & Tuna Salad	#52 Pita Bread w/ Chicken Salad	#53 Pita Bread w/ Honey & Cinnamon Milk	#54 Funny Face Toast Fruit	#55 Funny Face Toast w/Veggies	#56 Under the Sea
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup						Avocado/ Tomato/Peppers	
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Banana				Mixed Berries & Banana		Green Apples/ Green Grapes
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WW Pita Bread	WW Crackers	WW Pita Bread	WW Pita Bread	WW Bread	WW Bread	Gold Fish Crackers
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	2 oz	Peanut Butter	Tuna	Chicken Salad		Peanut Butter		
EVENING SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	#57 Rice Puffs and Milk Milk	#58 Fruit Nachos	#59 Carrots & Crackers	#60 Milk and Apples Milk	#61 Carrots & Apples	#62 Scrambled Eggs and Toast	#63 Superhero Hummus
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup		Mixed Berries		Apples	Apples		
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup			Carrots		Carrots		Carrots
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	WW Rice Puffs	WW Tortilla	Ritz Crackers			WW Toast	
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz						Scrambled Eggs	Hummus
DINNER	Milk	1/2 cup	3/4 cup	1 cup	1 cup	#36 Homemade Chicken Nuggets Milk	#37 Ham & Egg Sandwich Milk	#38 BBQ Ribs Milk	#39 Chicken Salad Milk	#40 Rice Bowl Milk	#41 Saucy Beef Stir-Fry Milk	#42 Teriyaki Chicken Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Cucumbers	Potatoes	Green Beans	Celery	Mixed Veggies	Snow Peas/ Peppers Red/Green	Beans/Green Salad
	Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Strawberries	Watermelon	Papaya	Grapes	Oranges	Persimmon	Tomato
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Sun Chips	WW Toast	WW Bread	WW Rolls	Brown Rice	Whole Grain Rice	Brown Rice
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Chicken	Ham/Eggs	Ribs	Chicken	Chicken	Beef	Chicken

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ALL AGES: BREAKFAST, LUNCH, AM SNACK

Child Management Associates

Week 4 Menu

Provider's Name: _____

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	#22 Choc Raspberry French Toast Milk	#23 Breakfast Scramble Milk	#24 Breakfast Banana Splits Milk	#25 Veggie Potato Hash Milk	#26 Oatmeal & Bananas Milk	#27 Eggs & Veggies Milk	#28 Breakfast Burrito Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Raspberry/ Banana	Zucchini/ Squash	Bananas/Berries	Kale/Spinach/ Potatoes	Banana	Zucchini/ Broccoli/Onion	Avocado/ Salsa/ Potato/
	Grain/Meat	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Whole Wheat Toast	Eggs/ Ham	Yogurt	Whole Wheat Toast	Oatmeal	Eggs	Whole Wheat Tortilla
LUNCH	Milk	1/2 cup	3/4 cup	1 cup	1 cup	#43 Beef Chop Suey Milk	#44 Pasta Salad Milk	#45 Lu-Pulu Milk	#46 Beef Noodle Soup Homemade Milk	#47 Homemade Pork Burrito Milk	#48 Beef Fajitas Milk	#49 Steamed Fish Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Carrots/ Peas	Cucumbers	Taro Leaves (Spinach)	Carrots	Lettuce/Tomato	Lettuce/Tomato	Green Beans
	Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Oranges	Tomatoes	Watermelon	Celery	Papaya	Avocado	Watermelon
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Egg Noodle	WW Pasta	Brown Rice	WW Noodles	WW Tortilla	WW Tortilla	Brown Rice
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Beef	Ham/Cheese	Corned Beef	Beef	Pork Shoulder	Steak	Fish
AM SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	#64 Persimmons w/ WW Rice Crackers	#65 Hardboiled Egg w/Cucumber	#66 Greek Yogurt w/ Cucumber	#67 Cottage Cheese w/ Cherry Tomatoes	#68 Bean Dip w/ Whole Grain Chips	#69 Jicama and Ham	#70 Creamy Rice w/ Mango
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Persimmons						Mango
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup		Cucumber	Cucumber	Cherry Tomato		Jicama	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	WW Rice Cracker				Whole Grain Chips		White Rice
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Hard Boiled Egg	Greek Yogurt	Cottage Cheese	Refried Beans	Ham	

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Week 4 Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PM SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	#71 French Toast Sticks w/ Melted Peanut Butter	#72 Cheesy Critters	#73 Banana Surprise	#74 Apple Salad	#75 Fruit Kabobs w/ Yogurt	#76 Raisins Snack Mix	#77 Surprise Croissant
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup				Romaine Lettuce			
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup			Banana	Apples	Strawberries/ Blueberries/ Banana	Raisins	Banana
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WW Bread	WW Crackers	Graham Crackers	Sun Chips		Whole Grain Square Cereal	Croissant
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	2 oz	Peanut Butter	Cheese	Peanut Butter		Yogurt		
EVENING SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	#78 Sliced Mozzarella Cheese w/ Tomato/Basil	#79 Mini Pancakes w/Milk Milk	#80 Sugar Snap Peas w/Mandarin Oranges	#81 Baked Kale Chips w/Scrambled Eggs	#82 WW Toast w/Milk Milk	#83 Yogurt Berry Parfait	#84 Corn on the Cob w/ Watermelon
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup			Mandarin Oranges			Blackberries	Watermelon
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Tomato		Sugar Snap Peas	Kale			Corn on the Cob
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq		WW Pancakes			WW Toast		
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Mozzarella Cheese			Scrambled Eggs		Yogurt	
DINNER	Milk	1/2 cup	3/4 cup	1 cup	1 cup	#50 Irish Dinner Milk	#51 Bacon Cheeseburger Roll-Up Milk	#52 Skillet Chicken Stroganoff Milk	#53 Tuna Twister Melt Milk	#54 Easy Chinese Stir-Fry Milk	#55 Curry Chicken Milk	#56 Chicken Congee Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Cabbage	Celery	Peas	Lettuce	Carrots	Carrots/ Potato	Beets/ Carrots
	Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Grapes	Oranges	Carrots	Dragon Fruit	Red Peppers	Watermelon	Pineapple
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WW Roll	WW Tortilla	WW Egg Noodles	WW Tortilla	Whole Grain Rice	Brown Rice	Rice
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Corn Beef	Ground Beef (Lean)/ Cheese	Chicken	Tuna/Cheese	Chicken	Chicken	Chicken

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ALL AGES: BREAKFAST, LUNCH, AM SNACK

Child Management Associates

Week 5 Menu

Provider's Name: _____

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	#29 Breakfast Pizza Milk	#30 Hard Boiled Egg & Fruit Milk	#31 Cream of Wheat w/Fruit Milk	#32 Cold Cereal w/ Banana Milk	#33 Cinnamon Toast w/ Apples Milk	#34 Toast w/ Fruit Milk	#35 Oatmeal & Oranges Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Bananas/Raisins	Grapefruit	Strawberries	Banana	Apples	Banana	Oranges
	Grain/Meat	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WW Tortilla/ Peanut Butter	Egg	Oatmeal	Cold Cereal	WW Toast	WW Toast	Oatmeal
LUNCH	Milk	1/2 cup	3/4 cup	1 cup	1 cup	#57 Meatloaf Dinner Milk	#58 Chicken & Rice Milk	#59 Lettuce Wrap Milk	#60 Sweet Pork Milk	#61 Turkey Bean Chili Milk	#62 BBQ Chicken Drummies Milk	#63 Homemade Beef Meat Balls Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Green Beans	Corn	Lettuce	Kale	Red, Green, Yellow Peppers	Asparagus	Mashed Potatoes
	Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Pears	Strawberries	Pomegranate	Pineapple	Tropical Fruit Cup	Watermelon	Kiwi Slices
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WW Roll	Brown Rice	White Rice	Whole Grain Rolls	Cornbread	Brown Rice	White Rice
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Ground Beef	Chicken/Colby Cheese	Tuna	Pork	Turkey/Beans	BBQ Chicken Drumsticks	Ground Beef
AM SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	#85 Cauliflower and Broccoli w/ Ranch Dip Milk	#86 Strawberries & Banana w/ Pretzel Sticks	#87 Cherries w/ Fish Shaped Crackers	#88 Pear Slices w/ Round Savory Crackers	#89 Crepes & Strawberries	#90 Peanut Butter and Banana Wrap	#91 Caesar Salad w/Breadsticks
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup		Strawberries/ Bananas	Cherries	Pear Slices	Strawberries	Banana	
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Cauliflower/ Broccoli						Lettuce
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq		Pretzel Sticks	Fish Shaped Crackers	Round Savory Crackers	Crepes	WW Tortilla	WW Breadsticks
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz						Peanut Butter	

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ALL AGES: PM SNACK, EVENING SNACK, SUPPER

Child Management Associates

Week 5 Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PM SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	#92 Orange Fruit Cup w/ Bear Shaped Crackers	#93 Whole Wheat Toast w/ Sunny Side Up Egg	#94 Avocado/ Tomato Toast	#95 Cheese Quesadilla	#96 Grilled Cheese	#97 Sweet Hawaiian Rolls w/ Milk Milk	#98 Tomato Soup w/ Toast
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup			Avocado/ Tomato				Tomato Soup
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Orange Fruit Cup						
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Bear Shaped Crackers	WW Toast	WW Toast	WW Tortilla	WW Bread	Sweet Hawaiian Rolls	WW Toast
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	2 oz		Sunny Side Up Egg		Monterey Jack Cheese	Cheddar Cheese		
EVENING SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	#99 Mango Bagel	#100 Pineapple Kabobs	#101 Lunch Meat Roll Up	#102 Deviled Eggs	#103 Egg Salad w/Crackers	#104 Baked Frosted Zucchini	#105 Berries and Banana Cream
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Mango	Pineapple					Blueberries/ Bananas
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup			Celery Sticks	Asparagus		Zucchini	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	WW Bagel		WW Bread		Savory Round Crackers	WW Toast	
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Ham Cubes	Turkey	Eggs	Eggs		Yogurt
DINNER	Milk	1/2 cup	3/4 cup	1 cup	1 cup	#64 Creamy Chicken Alfredo Milk	#65 Turkey Sliders Milk	#66 Lasagna w/Ground Turkey Milk	#67 Cheese Pizza Milk	#68 Chicken Enchiladas Milk	#69 Parmesan Crusted Tilapia Milk	#70 Pozole Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Broccoli	Cole Slaw	Kale Salad	Cauliflower	Lettuce/ Tomatoes	Broccoli	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Pear Slices	Honeydew	Orange Wedges	Cherries	Cantaloupe	Grapes	Pineapple
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Rotini Noodles	WW Roll	WW Lasagna Noodles	WW Pizza Dough	Corn Tortilla	Brown Rice	Corn Tortilla
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Chicken	Turkey	Ground Turkey	Mozzarella Cheese	Chicken	Tilapia	Pork Shoulder

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