

**South Carolina Department of Social Services • Child and Adult Care Food Program (CACFP)
WEEKLY MENU FORM**

Provider's Name: <u>Cycle 3</u>		Month/Year: _____																											
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																					
Calendar Date																													
Breakfast	Fluid Milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk																							
	Fruit, Vegetable or Full Strength Juice	cantaloupe	slice orange	can peaches	kiwi	cantaloupe																							
	Bread or Bread Alternate(s)	WG Toast	WG Bagel	WG Toast	WG cheerios	WG Kix (honey)																							
	Additional Food (Optional)																												
AM Snack	Choose 2 of These 4: Fluid Milk																												
	Fruit, Vegetable or Full Strength Juice																												
	Bread or Bread Alternate																												
	Meat or Meat Alternate																												
Lunch	* Main Dish	<table border="1"><tr><td>CN</td></tr><tr><td>PS</td></tr><tr><td>HM</td></tr></table> HM Chicken Nuggets	CN	PS	HM	<table border="1"><tr><td>CN</td></tr><tr><td>PS</td></tr><tr><td>HM</td></tr></table> Hamburger	CN	PS	HM	<table border="1"><tr><td>CN</td></tr><tr><td>PS</td></tr><tr><td>HM</td></tr></table> dry black eye peas	CN	PS	HM	<table border="1"><tr><td>CN</td></tr><tr><td>PS</td></tr><tr><td>HM</td></tr></table> cheese sandwich	CN	PS	HM	<table border="1"><tr><td>CN</td></tr><tr><td>PS</td></tr><tr><td>HM</td></tr></table> Ham Sandwich	CN	PS	HM	<table border="1"><tr><td>CN</td></tr><tr><td>PS</td></tr><tr><td>HM</td></tr></table>	CN	PS	HM	<table border="1"><tr><td>CN</td></tr><tr><td>PS</td></tr><tr><td>HM</td></tr></table>	CN	PS	HM
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Fluid Milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk	1% or whole milk																							
Meat or Meat Alternate	HM Chicken Nuggets	Beef Hamburger	dry black eye peas	natural cheese	Ham (deli)																								
Vegetable or Fruit	collards	Baked Plantain	slice orange	mango	apple sauce																								
Vegetable or Fruit	Can pineapple	Romaine Lettuce/tomato	kale	peas/carrots	lima beans																								
Bread or Bread Alternate(s)	WG Roll	WG bun	corn bread	WG Bun	WG Slice Bread																								
Additional Food (Optional)																													
PM Snack	Choose 2 of These 4: Fluid Milk	Nabisco Wheat Thin GJ	Bran muffin Strawberries	Saltine Crackers 100% Orange Juice	Celery Ranch Dressing cheezit	Salsa Enriched tortilla chips																							
	Fruit, Vegetable or Full Strength Juice																												
	Bread or Bread Alternate																												
	Meat or Meat Alternate																												

* Key: CN = Child Nutrition Label PS = Product Specification Sheet HM = Homemade