

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

Provider's Name: <u> Cycle 4 </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	1% or whole milk																														
	Fruit, Vegetable or Full Strength Juice	banana (fr)	slice apple	mango	strawberries	banana																															
	Bread or Bread Alternate(s)	WG Total Cereal	WG Toast	Oatmeal	Kix (WG)	Cheerios (WG)																															
	Additional Food (Optional)		Canadian Bacon	Raisins																																	
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> Baked Chicken	CN	PS	HM	<table border="1"><tr><td>CN</td></tr><tr><td>PS</td></tr><tr><td>HM</td></tr></table> Lima Beans	CN	PS	HM	<table border="1"><tr><td>CN</td></tr><tr><td>PS</td></tr><tr><td>HM</td></tr></table> Tuna	CN	PS	HM	<table border="1"><tr><td>CN</td></tr><tr><td>PS</td></tr><tr><td>HM</td></tr></table> Slice Deli Turkey	CN	PS	HM	<table border="1"><tr><td>CN</td></tr><tr><td>PS</td></tr><tr><td>HM</td></tr></table> Turkey Spaghetti	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	Baked Chicken	Lima Beans	Tuna	Slice Deli Turkey	Turkey Spaghetti																																
Vegetable or Fruit	steam spinach	Can string beans	romaine lettuce/ cucumber	carrots	tomato paste																																
Vegetable or Fruit	Honey dew melon	Slice peaches (can)	blackberries	can pears	apple sauce																																
Bread or Bread Alternate(s)	WG Roll	butter toast	quisant	WG bread	WG noodles																																
Additional Food (Optional)																																					
PM Snack	Choose 2 of These 4: Fluid Milk																																				
	Fruit, Vegetable or Full Strength Juice	Salsa enriched tortilla chips	Soft pretzel (natural) cheese slice	ritz crackers 100% Apple Juice	Cheezit 100% Grape Juice	Watermelon bagel																															
	Bread or Bread Alternate																																				
	Meat or Meat Alternate																																				

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