




# CACFP (Adult Day Care) Menus

## WEEK 1

Breakfast	Lunch/Supper (no milk required at supper)	Snacks (select 2 of the 5 Components)
Blueberries (Fresh or Frozen)	Quiche with Self-Forming Crust <a href="#">(USDA D-32)</a>	Sweet Potato Hummus <a href="#">(HMV p.93)</a>
Ready-to-eat Cereal (WG)  Texas Toast	Spinach & Kale Salad Mandarin Orange Slices	(WG) Crackers 
Yogurt	Bread Sticks	
Jam & Jelly	Fat-Free Flavored Milk	
Participant may decline one of four food items. (OVS)	Participant may decline: two of six food items at <i>Lunch</i> ; and two of five food items at <i>Supper</i> . (OVS)	Participant must take both food components

Breakfast	Lunch/Supper (no milk required at supper)	Snacks (select 2 of the 5 Components)
Orange Juice	Sweet and Sassy Chicken <a href="#">(USDA D-570)</a>	Watermelon or Seasonal Fruit
Golden Apple Oatmeal (WG) <a href="#">(USDA I-7)</a>   Toast	Cooked Carrots (Fresh, frozen or canned ) Green Beans (Fresh, frozen or canned )	Cottage Cheese
Unflavored 1% Milk	Enriched White Rice Dinner Rolls	
Jam or Jelly	Unflavored 1% Milk	
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Breakfast	Lunch/Supper (no milk required at supper)	Snacks (select 2 of the 5 Components)
Banana	Minestrone Soup & Cheese Cubes <a href="#">(USDA H-07)</a>	Fruit Cocktail 
Turkey Sausage Patty	Tomato & Cucumber Slices	Rice Cakes
WW Toast (WG)	Pears (Fresh, frozen or canned )	
Fat-Free Flavored Milk	French Bread & Bread Sticks	
Jam or Jelly	Unflavored 1% Milk	
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**Water made available at all meals. Check meal patterns for food components and serving sizes.**

- (WG) Whole Grain-Rich
- (HM) Homemade
- USDA– Standardized Recipes
- HMV – Healthy Meals Vermont Cookbook
- OVS – Offer vs Serve

Menus developed 2017



Texas Department of Agriculture  
**Commissioner Sid Miller**



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<b>Breakfast</b>	<b>Lunch/Supper</b> (no milk required at supper)	<b>Snacks</b> (select 2 of the 5 Components)
Grape Juice	Beef Chalupa <a href="#">(USDA D-24)</a> Enriched Chalupa Shells	Hard Boiled Eggs
Baked French Toast Strips (frozen or HM) <a href="#">(USDA I-03)</a> Syrup	Shredded Lettuce Pineapple Chunks (Fresh, frozen or canned )	Celery Sticks 
Ready-to-eat Cereal (WG) 	Corn Bread <a href="#">(USDA B090)</a>	
Unflavored 1% Milk	Unflavored 1% Milk	
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<b>Breakfast</b>	<b>Lunch/Supper</b> (no milk required at supper)	<b>Snacks</b> (select 2 of the 5 Components)
Grapefruit Sections (fresh or jarred)	Creamy Tomato Soup <a href="#">(HVM p.36)</a>	Vanilla Yogurt
Biscuits (HM or canned) <a href="#">(USDA B040)</a> Jam & Jelly	Grilled Cheese Sandwich <a href="#">(USDA F-13)</a>  Saltine Crackers	Apricots (Fresh, frozen or canned)
Ready-to-eat Cereal (WG)	Broccoli Florets (Fresh or frozen)	
Unflavored 1% Milk	Unflavored 1% Milk	
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