


CACFP (Adult Day Care) Menus

WEEK 2

Breakfast	Lunch/Supper (no milk required at supper)	Snacks (select 2 of the 5 Components)
Orange Wedges	Ham & Cheese Sandwiches Enriched Bread	Pico de Gallo USDA G-150
Ready-to-Eat Cereal (WG) Toasted Bagel	Roasted Potato Salad USDA E-090 Cantaloupe (or seasonal fruit)	Tortilla Chips (WG) 
Cream Cheese	Crackers	
Unflavored 1% Milk	Unflavored 1% 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)
Grapefruit Juice	Oven Fried Chicken USDA D-29	Cheddar Cheese Cubes
Raisin Bread Toast Hot Grits	Black Eyed Peas (Canned or Dried) Pear Slices (Fresh, frozen or canned)	Pretzel Sticks (hard)
	Whole Wheat Roll & Bread Sticks (WG)	
Yogurt	Unflavored 1% Milk	
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Breakfast	Lunch/Supper (no milk required at supper)	Snacks (select 2 of the 5 Components)
Strawberries (Fresh or frozen) 	Broiled or Baked Fish Filet Linguini or Angel Hair Pasta	Sunflower butter (or other nut butter)
Hardboiled Egg Texas Toast	Herbed Broccoli and Cauliflower Polonaise USDA I-18 Peaches (Fresh, frozen or canned)	Graham Crackers 
Jam & Jelly	WW Bread (WG)	
Unflavored 1% Milk	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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Stewed Prunes	Southwestern White Bean Soup (HMV p.48)	Red & Green Grapes 
Ready-to-eat Cereal (WG)  Waffles (frozen)	Zucchini Sticks	Melba Toast
Maple Syrup	Peach Slices (Fresh, frozen or canned)	
Unflavored 1% Milk	Cornbread (WG) USDA B090 Saltine Crackers	
Participant may decline one of four food items. (OVS)	Unflavored 1% Milk	
	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)
Apple Slices	Hamburger Patty WW Bun (WG)	Cucumber Dip USDA G-13
Toasted English Muffin Ready-to-eat Cereal (WG)	Lettuce, Tomato, Onion Baked Beans USDA I-060	Baby Carrots 
Unflavored 1% Milk	Bread Sticks (hard)	
Jam or Jelly	Unflavored 1% Milk	Pineapple Juice
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