





# CACFP (Adult Day Care) Menus

## WEEK 3

Breakfast	Lunch/Supper (no milk required at supper)	Snacks (select 2 of the 5 Components)
Blackberries (Fresh or frozen)	Breaded Fish Sticks (WG)	Trail Mix with slivered Almonds
Oatmeal Pancakes (WG) <a href="#">(HMV p.117)</a> Toast	Spinach Salad Lemon Roasted Cauliflower <a href="#">(NC 825098)</a>	1% Unflavored Milk 
Yogurt (plain or flavored)	WW Bread (WG)	
Jam or Jelly	1% Unflavored 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 4 Components)
Grapefruit Juice 	Turkey & Cheese Sandwich	Dates 
Banana Bread <a href="#">USDA Recipe A-15</a> Ready-to-eat Cereal (WG)	Romaine Leaf Lettuce Cantaloupe (or fruit in season)	Soft Pretzel/w Honey Mustard
1% Unflavored Milk	Macaroni Salad <a href="#">USDA Recipe E7</a>	
	1% Unflavored 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)
Mandarin Oranges	Pork Roast	Black Bean Hummus <a href="#">USDA E-24</a>
Cinnamon Toast Ready-to-eat Cereal (WG)	Mashed Potatoes  Pan Fried Brussel Sprouts	Corn Tortillas
1% Unflavored Milk	Dinner Rolls (2 servings)	
	1% Unflavored 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



**Water made available at all meals. Check meal patterns for food components and serving sizes.**


- (WG) Whole Grain - Rich
- HMV – Healthy Meals Vermont Cookbook
- NC – North Carolina K-12 Culinary Institute
- USDA – Standardized Recipes
- OVS – Offer vs Serve



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Breakfast	Lunch/Supper (no milk required at supper)	Snacks (select 2 of the 5 Components)
Raisins	Crunchy Chinese Tuna Salad <a href="#">(MSR)</a>	Fruit Salsa <a href="#">USDA Recipe 1121</a>
Cream of Wheat  English Muffin (WG)	Gingered Carrots <a href="#">(MSR)</a>	Pita Triangles 
Fat Free Flavored Milk	Apple Slices	
Jam or Jelly	Bread Sticks (hard) Chow Mein Noodles	
	1% Unflavored 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)
Pears (fresh, frozen or canned)	Turkey Hot Dogs Enriched Hot Dog Buns	Ready-to-eat Cereal (WG)
Fried Eggs Over Easy or Poached 	Oven Roasted Potatoes (frozen) Sliced Avocado	1% Unflavored Milk
Toast	Corn Chips	
1% Unflavored Milk	Yogurt (choice of flavors)	
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

**Water made available at all meals. Check meal patterns for food components and serving sizes.**

- (WG) Whole Grain-Rich
- (MSR) Multicultural Standardized Recipes
- USDA – Standardized Recipes
- OVS – Offer vs Serve

