



# REGULAR MENU

(FOR CHILDREN OVER AGE ONE)

**JULY 2010**

National Hot Dog - Ice Cream Month

USDA CHILD CARE FOOD PROGRAM - Sponsored by: COORDINATED CHILD CARE OF PINELLAS, INC.  
Due in the office by the 5th day of the following month.

I CERTIFY THAT MEAL PATTERNS HAVE BEEN MET:

Print Name \_\_\_\_\_

Signature \_\_\_\_\_

CCFP Provider ID

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REFER TO CHILD CARE FOOD PROGRAM MEAL PATTERN FOR MEAL REQUIREMENTS AND AMOUNTS.

Food:	Thursday 7/1	Friday 7/2	Monday 7/5	Tuesday 7/6	Wednesday 7/7	Thursday 7/8	Friday 7/9	Monday 7/12	Tuesday 7/13	Wednesday 7/14	Thursday 7/15	Friday 7/16
<b>B</b>	<b>Brd/Alt/Cer</b> Cinn Rolls 58	Cold Cereal 42	Grits 46	Muffins 121	Oatmeal 47	Cold Cereal 42	Raisin Bread 123	Pancakes 24	Oatmeal 47	Biscuits 02	English Muffin 13	Cold cereal 42
<b>R</b>	<b>Ju/Fr/Veg</b> Apple Sauce 02	Cantaloupe 08	Strawberries 38	Pineapple 31	Apples 01	Bananas 04	Peaches 28	Pears 30	Mand Oranges 23	Bananas 04	Cantaloupe 08	Pineapple 31
	<b>Milk</b> Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7
<b>L</b>	<b>Meat/Alt</b> Beef Sausage 10	Gr. Beef 03	Turkey Breast 65	Gr. Beef 03	Ham 51	Cube Steak 14	Beef Franks 02	Turkey L/Meat 71	Chicken Breast 27	Fish Fillets 42	Steak 18	Ex. Cheese 101
<b>U</b>	<b>Bread/Alt</b> Rolls 31	Spag Noodles 78	Wheat Bread 83	Hamburg Bun 18	Wheat Bread 83	Brown Rice 100	Hotdog Buns 20	Hamburg Bun 18	Wild Rice 104	Rolls 31	Spanish Rice 102	Pizza Crust 51
<b>D</b>	<b>Fruit or Veg</b> Bake Beans 213	Toss Salad 208	Carrots 163	Corn 168	Tator Tots 242	Peas 185	Bake Beans 213	Mix Veg 177	Broccoli 158	Tator Tots 242	Green Beans 172	Jello w/Fruit 21
<b>I</b>	<b>Fruit or Veg</b> Grapes (Cut) 18	Carrots 163	Bananas 04	Watermelon* 41	Fruit Cocktail 15	Pineapple 31	Blueberries 06	Peaches 28	Apricots 03	Honeydew/M 20	Apples 01	Corn 168
<b>N</b>	<b>Milk</b> Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7
<b>S</b>	<b>Meat/Alt</b>			Yogurt 150			Am Cheese 85					
<b>N</b>	<b>Brd/Alt/Cer</b> Corn Tortillas 107	Bread Pudding 85	Taco Shell 110		Granola Bars 64	Pretzels 28	Wheat Bread 83	Banana Bread 117	Crackers 07	Yogurt 150	Carrots 163	Apple Bread 115
<b>K</b>	<b>Ju/Fr/Veg</b> Salsa 246		Salsa 246	Bananas 04		Cantaloupe 08			Grapes(Cut) 18	Pineapple 31		Apple Juice 50
	<b>Milk</b>	Milk 7			Milk 7			Milk 7			Milk 7	

Menu must always reflect what is actually being served. Please write your food substitutions here.

Food:	Monday 7/19	Tuesday 7/20	Wednesday 7/21	Thursday 7/22	Friday 7/23	Monday 7/26	Tuesday 7/27	Wednesday 7/28	Thursday 7/29	Friday 7/30
<b>B</b>	<b>Brd/Alt/Cer</b> Fr. Toast 17	Grits 46	Raisin Bread 123	Cold Cereal 42	Biscuit 02	Muffin 121	Cold Cereal 42	Bagel 01	Waffles 37	Oatmeal 47
<b>R</b>	<b>Ju/Fr/Veg</b> Bananas 04	Peaches 28	Strawberries 38	Apple Sauce 02	Fruit Cocktail 15	Pears 30	Hash Browns 232	Peaches 28	Fruit Salad 16	Bananas 04
	<b>Milk</b> Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7
<b>L</b>	<b>Meat/Alt</b> Gr. Beef 03	Pork 58	Sausage 10	Ham 51	Fish Filet 42	Gr. Beef 03	Chicken 25	Ex. Cheese 101	Pork Chops 53	Tuna Salad 46
<b>U</b>	<b>Bread/Alt</b> Wheat Bread 83	Noodles/Pasta 75	Wild Rice 104	Mac & Cheese 73	Rolls 31	Hamburger Bun 18	Cornbread 06	Pizza Crust 51	Rolls 31	Crackers 07
<b>D</b>	<b>Fruit or Veg</b> M/Potatoes 234	Broccoli 158	Cabbage 162	Peas 185	Corn 168	Fries 231	Collard Greens 167	Corn 168	Potatoes 238	Toss Salad 208
<b>I</b>	<b>Fruit or Veg</b> Green Beans 172	Applesauce 02	Peaches 28	Cucumbers 170	Apples 01	Cantaloupe 08	Sweet Potatos 241	Nectarines 25	Mixed Veg. 177	Peaches 28
<b>N</b>	<b>Milk</b> Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7
<b>S</b>	<b>Meat/Alt</b>	Ch/Cheese 86				Yogurt 150				Am. Cheese 85
<b>N</b>	<b>Brd/Alt/Cer</b> Cookies 61	Crackers 07	Bread Sticks 04	Wheat Bread 83	Crackers 07		Raisin Bread 123	Bread Pudding 85	Cookies 61	Wheat Bread 83
<b>K</b>	<b>Ju/Fr/Veg</b>		Applesauce 02		Pineapple 31	Crackers	Oranges 26		Grape Juice 57	
	<b>Milk</b> Milk 7			Trop Fruit Ju 075				Milk 7		