



REGULAR MENU

(FOR CHILDREN OVER AGE ONE)

SEPTEMBER 2010

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:	Wednesday 9/1	Thursday 9/2	Friday 9/3	Monday 9/6	Tuesday 9/7	Wednesday 9/8	Thursday 9/9	Friday 9/10	Monday 9/13	Tuesday 9/14	Wed. 9/15
B Brd/Alt/Cer	Pancakes 24	Eng. Muffin 13	Cold Cereal 42	Fr. Toast 17	Cold Cereal 42	Oatmeal 47	Waffle 37	Cinn. Roll 58	Cold Cereal 42	Grits 46	Wheat Toast 83
R Ju/Fr/Veg	Mand. Orange 23	Fruit Cocktail 15	Banana 04	Pineapple 31	Banana 04	Peaches 28	Fruit Salad 16	Orange Juice 61	Pears 30	Strawberries 38	Applesauce 02
Milk	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7
L Meat/Alt	Boiled Egg 135	Turkey 71	Hamburger 03	Turkey 65	Chicken 25	Pot Roast 15	Quiche 136	Tuna Salad 46	Beef Ground 03	Fish Fillet 42	Pork Chop 53
U Bread/Alt	Wheat Toast 83	Roll 31	Bun 18	Wheat Toast 83	Mac & Cheese 73	Roll 31	Wheat Toast 83	Crackers 07	Pasta 75	Roll 31	Cornbread 06
D Fruit or Veg	Fruit Salad 16	Bk. Beans 213	Corn 168	Tator Tots 242	Gr. Beans 172	Potatoes 238	Hash Brns 232	Cucumber 170	Corn 168	Fries 231	Sw. Potatoes 241
I Fruit or Veg	Potatoes 238	Watermelon*41	Apricots 03	Cantaloupe 08	Fruit Cocktail 15	Carrots 163	Mixed Veggies 177	Peaches 28	Salad 208	Cole Slaw 166	Pineapple 31
N Milk	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7
S Meat/Alt				Yogurt 150		Cheese 85					
N Brd/Alt/Cer	Pretzels 28	Cookie 61	Crackers 07	Crackers 07	Cookie 61	WW Toast 83	Cold Cereal 42	Bagel 01	Pretzels 28		Crackers 07
K Ju/Fr/Veg	Grapes 18		Oranges 26		Watermelon*41			Grapes 18	Pineapple 31	Banana 04	100% Juice 50
Milk		Milk 7					Milk 7			Milk 7	
HOLIDAY											

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

Food:	Thursday 9/16	Friday 9/17	Monday 9/20	Tuesday 9/21	Wed. 9/22	Thursday 9/23	Friday 9/24	Monday 9/27	Tuesday 9/28	Wed. 9/29	Thursday 9/30
B Brd/Alt/Cer	Cold Cereal 42	Pancakes 24	Oatmeal 47	Waffle 37	Muffin 121	Wheat Toast 83	Bagel 01	Cold Cereal 42	Oatmeal 47	Fr. Toast 17	Grits 46
F Ju/Fr/Veg	Banana 04	Applesauce 02	Pears 30	Applesauce 02	Fruit Salad 16	Apples 01	Orange 26	Banana 04	Raisins 34	Applesauce 02	Orange Juice 61
Milk	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7
L Meat/Alt	Chicken 25	Cheese 85	Beef Ground 03	Ex. Cheese 101	Ham 51	Turkey 65	Egg 135	Chicken 25	Tuna Salad 46	Beef Ground 03	Ham 51
U Bread/Alt	Macaroni 74	WW Toast 83	Spanish Rice 102	Pizza Crust 51	Mac & Cheese 73	Roll 31	Crackers 07	White Rice 103	Wheat Bread 83	Pasta 75	Noodles 74
D Fruit or Veg	Broccoli 158	Peas 185	Tomatoes 250	Bk. Beans 213	Collards 167	Fries 231	Carrots 163	Peas 185	Salad 208	Gr. Beans 172	Pineapple 31
I Fruit or Veg	Peaches 28	Cantaloupe 08	Corn 168	Cantaloupe 08	Pineapple 31	Pears 30	Peaches 28	Apples 01	Fruit Cocktail 15	Watermelon*41	Spinach 205
N Milk	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7	Milk 7
S Meat/Alt		Yogurt 150				Yogurt 150			Cheese 85		Cott. Cheese 100
N Brd/Alt/Cer	Muffin 121		Pretzels 28	Cookie 61	Crackers 07		Cinn. Toast 83	Biscuit 02	Corn Chips 111	Muffin 121	
K Ju/Fr/Veg	Grapes 18	Fr. Cocktail 15	100% Juice 60		Watermelon 41	Carrots 163		Grapes 18			Peaches 28
Milk				Milk 7			Milk 7			Milk 7	