



REGULAR MENU

(FOR CHILDREN OVER AGE ONE)

MARCH 2012

NUTRITION 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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Fruit juice may only be served once a day. Fresh, frozen or canned vegetables and/or fruits must be served at least twice a week at breakfast and at least twice a week at snack.

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

Food:	Thursday 3/01	Friday 3/02	Monday 3/05	Tuesday 3/06	Wednesday 3/07	Thursday 3/08	Friday 3/09	Monday 3/12	Tuesday 3/13	Wednesday 3/14	Thursday 3/15
B Brd/Alt/Cer	Oatmeal 47	Waffle 37	WW Toast 83	Cold Cereal 42	Eng. Muffin 13	Grits 46	Biscuit 02	Pancakes 24	Cold Cereal 42	Fr. Toast 17	Biscuits 02
F Ju/Fr/Veg	Peaches 28	Applesauce 02	Strawberries 38	Banana 04	Pineapple 31	Peaches 28	Oranges 26	Pears 30	Banana 04	Applesauce 02	Grapes 18
Milk	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8
L Meat/Alt	Amer Cheese 85	Gr. Beef 03	Chicken 25	Egg Omelet 135	Baked Ham 51	Fish 42	Pizza XCH 101	Cheese 85	Gr Beef 03	Chicken 25	Beef Meatballs 07
U/ Bread/Alt	WW Toast 83	Spaghetti 78	White Rice 103	Biscuit 02	Corn Bread 06	Mac & Cheese 73	Pizza Crust 51	WW Bread 83	Roll 31	Biscuits 02	Noodles 71
D Fruit or Veg	Tomato Soup 258	Gr. Beans 172	Mix. Veg. 177	Peppers 187	Carrots 163	Peas 185	Toss.Salad 208	Gr Beans 172	Fr Fries 231	Bk Beans 213	Broccoli 158
I Fruit or Veg	Apple Slices 01	Fruit Cocktail 15	Pineapple 31	Hash Browns 232	Pears 30	Fruit Salad 16	Banana 04	Apricots 03	Apple Slices 01	Peaches 28	Fruit Salad 16
N Milk	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8
S Meat/Alt		Cheese 87			Yogurt 150	Boiled Egg 135		Turkey 71			
N Brd/Alt/Cer	Crackers 07	WW Toast 83		Pretzels 28		WW Toast 83	Cracker 07	WW Bread 83	Cookie 61	Cracker 07	Cookies 61
K Ju/Fr/Veg	Fruit Salad 16		Banana 04	100% Juice 50	Apple Slices 01		Fruit Cocktail 15			Banana 04	Jello w/fruit 21
Milk			Milk 8						Milk 8		

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

Food:	Friday 3/16	Monday 3/19	Tuesday 3/20	Wednesday 3/21	Thursday 3/22	Friday 3/23	Monday 3/26	Tuesday 3/27	Wednesday 3/28	Thursday 3/29	Friday 3/30
B Brd/Alt/Cer	Oatmeal 47	Bagel 01	Pancakes 24	Waffle 37	Oatmeal 47	Cold Cereal 42	Eng Muffin 13	Banana Bread 117	Cold Cereal 42	Fr Toast 17	Grits 46
F Ju/Fr/Veg	Oranges 26	Banana 04	Strawberries 38	Applesauce 02	Pears 30	Banana 04	Peaches 28	Applesauce 02	Banana 04	Oranges 26	Pears 30
Milk	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8
L Meat/Alt	Black Beans 117	Tuna 46	Pizza XCH 101	Ham 51	Turkey 71	Fish 42	Beef Patty 03	Pot Roast 15	Ham 51	Gr. Beef 03	Chicken 25
U/ Bread/Alt	Spanish Rice 102	WW Toast 83	Pizza Crust 51	Mac n Cheese 73	Crackers 07	WW Bread 83	Ham. Bun 18	WW Bread 83	Stuffing 35	Flour Tortilla 110	WW Bread 83
D Fruit or Veg	Collards 167	Gr Beans 172	Toss.Salad 208	Peas 185	Mixed Veg 177	Gr Beans 172	Fr. Fries 231	Carrots 163	Sweet Pot. 241	Let./Tomato 250	Peas 185
I Fruit or Veg	Apple Slices 01	Peaches 28	Mand Oranges 23	Pineapple 31	Apple Slices 01	Strawberries 38	Fruit Salad 16	Potatoes 238	Pineapple 31	Refried beans 227	Banana 04
N Milk	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8
S Meat/Alt	Cheese 87		Yogurt 150		Cheese 85					Yogurt 150	Cheese 86
N Brd/Alt/Cer	WW Toast 83	Muffin 121	Pretzel 28	Crackers 07	WW Toast 83	Crackers 07	Pretzel 28	Crackers 07	Cookie 61		
K Fruit or Veg				100% Juice 50		Applesauce 02	Apples 01	Pears 30		Strawberries 38	Apple 01
Milk		Milk 8							Milk 8		