

REGULAR MENU

(FOR CHILDREN OVER AGE ONE)

FEBRUARY 2012

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 _____ Provider ID _____
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.

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

Food:	Wed. 02/01	Thurs. 02/02	Friday 02/03	Monday 02/06	Tues. 02/07	Wed. 02/08	Thurs. 02/09	Fri. 02/10	Monday 02/13	Tues. 02/14	Wed. 02/15	Thurs. 02/16
B Brd/Alt/Cer	Oatmeal 47	Waffle 37	WW Toast 83	Cold Cereal 42	Eng. Muffin 13	Grits 46	Blueber.Muffin 121	Cold Cereal 42	Fr. Toast 17	Oatmeal 47	WW Toast 83	Cold Cereal 42
F Fruit or Veg	Peaches 28	Applesauce 02	Fruit Salad 16	Banana 04	Pineapple 31	Peaches 28	Mand Orange 23	Oranges 26	Fr. Cocktail 15	Pears 30	Applesauce 02	Banana 04
Milk	Milk 8	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	Cheese 85	Ground Beef 03	Chicken 25	Egg Salad 135	Ham 51	Fish Fillet 42	Beef Steak 18	Turkey 65	Salisbury Steak 17	Ground Beef 03	Pork Roast 58	Beef Kielbasa 04
U/ Bread/Alt	WW Bread 83	Spaghetti 78	White Rice 103	W W Bread 83	Cornbread 06	Mac/Cheese 73	Egg Noodles 71	Brown Rice 100	Roll 31	Hamb Bun 18	Stuffing 35	Hot Dog Bun 20
D Fruit or Veg	Veg. Soup 260	Gr. Beans 172	Broccoli 158	Cucumbers 170	Carrots 163	Peas 185	Corn 168	Cabbage 162	Peas/Carrots 186	French Fries 231	Broccoli 158	Bake Beans 213
I Fruit or Veg	Apple 01	Pineapple 31	Peaches 28	Tomato 250	Pears 30	Apple 01	Grapes 18	Pineapple 31	Mashed Potato 234	Apples 01	Pineapple 31	Cole Slaw 166
N Milk	Milk 8	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 85			Yogurt 150	Boiled Egg 135			Cheese 85			
N Brd/Alt/Cer	Crackers 07	WW Toast 83		Crackers 07		WW Toast 83	Pretzels 28		Crackers 07	Cookies 61	Pretzels 28	Crackers 07
K Ju/Fr/Veg	Apple Juice 50		Banana 04	Pears 30	Apple 01		Apple Juice 50	Peaches 28			Banana 04	Apple Juice 50
Milk			Milk 8					Milk 8		Milk 8		

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

Food:	Friday 02/17	Monday 02/20	Tuesday 02/21	Wed. 02/22	Thursday 02/23	Friday 02/24	Monday 02/27	Tuesday 02/28	Wed. 02/29
B Brd/Alt/Cer	Waffle 37	WW Toast 83	Waffle 37	Oatmeal 47	Eng. Muffin 13	Grits 46	Pancake 24	WW Toast 83	Cold Cereal 42
F Ju/Fr/Veg	Fruit Cocktail 15	Peaches 28	Applesauce 02	Banana 04	Peaches 28	Pineapples 31	Fruit Cocktail 15	Applesauce 02	Banana 04
Milk	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8
L Meat/Alt	Tuna Salad 46	Beef Meatballs 07	Chicken 25	Fish Fillet 42	Gr. Beef 03	Turkey 73	Ham 51	Gr. Beef 03	Chicken 25
U/ Bread/Alt	WW Toast 83	Pasta 75	White Rice 103	Mac/Cheese 73	Hamb Bun 18	Stuffing 35	Roll 31	Macaroni 74	Rice 103
D Fruit or Veg	Tomatoes 250	Gr. Beans 172	Corn 168	Mix. Veg. 177	French Fries 231	Sweet Pot. 241	Corn 168	GreenBeans 172	BlackBeans 214
I Fruit or Veg	Mand Orange 23	Fruit Salad 16	Pineapple 31	Applesauce 02	Mand. Orange 23	Collards 167	Pears 30	Peaches 28	Oranges 26
N Milk	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8
S Meat/Alt	Cheese 85			Cheese Stick 107			Boiled Egg. 135		Yogurt 150
N Brd/Alt/Cer	Crackers 07		Crackers 07	WW Toast 83	Pretzels 28		WW Toast 83	Crackers 07	
K Ju/Fr/Veg		Pears 30	Grape Juice 57		Apple 01	Jello w/Fruit 21		Grapes 18	Strawberries 38
Milk		Milk 8				Milk 8			

Holiday