



# REGULAR MENU

(FOR CHILDREN OVER AGE ONE)

**JANUARY 2012**

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 \_\_\_\_\_

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:	Monday 01/02	Tuesday 01/03	Wed. 01/04	Thursday 01/05	Friday 01/06	Monday 01/09	Tuesday 01/10	Wednesday 01/11	Thursday 01/12	Friday 01/13	Monday 01/16	Tuesday 01/17
B Brd/Alt/Cer	Grits 46	Cream/Wheat 44	Wheat Toast 83	Eng. Muffin 13	Pancakes 24	Cold Cereal 42	Muffin 121	Pancakes 24	Oatmeal 47	Cream/Wheat 44	Waffle 37	Cream/Wheat 44
F Ju/Fr/Veg	Peaches 28	Applesauce 02	Fruit Salad 16	Pineapple 31	Oranges 26	Peaches 28	Applesauce 02	Banana 04	Fruit Salad 16	Peaches 28	Applesauce 02	Pineapple 31
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	Tuna 46	Meat Sauce 03	Chicken 25	Eggs 135	Pork 58	Ham&Cheese 51	Tuna 46	Turkey 65	Pork Chops 53	Hamburger 03	Pizza Cheese 101	Pot Roast 15
U/ Bread/Alt	WW Bread 83	Spaghetti 78	Rice 103	WW Bread 83	Noodles 71	Bread 83	Crackers 07	Roll 31	Noodles 75	Bun 18	Pizza Crust 51	Cornbread 06
D Fruit or Veg	Carrots 163	Green Beans 172	Mix. Vegetable 177	Home Fries 232	Peas 185	Veg. Soup 260	Carrots 163	Mash Potato 234	Green Beans 172	French Fries 231	Toss.Salad 208	Collards 167
I Fruit or Veg	Apple Slices 01	Mand. Oranges 23	Pears 30	Fruit Cocktail 15	Apple 01	Apples 01	Fruit Salad 16	Peas 185	Applesauce 02	Carrots 163	Fruit Cocktail 15	Potato 238
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			Yogurt 150		String Cheese 107		Amer.Cheese 85			Yogurt 150		
N Brd/Alt/Cer	Crackers 07		Cookies 61	Pretzels 28		Crackers 07	Toast 83	Cold Cereal 42	Crackers 07	Muffin 121	Cookie 61	Pretzels 28
K Ju/Fr/Veg	100% Juice 50	Banana 04		100% Juice 50	Grapes 18	Oranges 26			Pears 30			Grapes 18
Milk		Milk 8						Milk 8			Milk 8	
	<b>Holiday</b>										<b>Holiday</b>	

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

Food:	Wed. 01/18	Thursday 01/19	Friday 01/20	Monday 01/23	Tuesday 01/24	Wednesday 01/25	Thursday 01/26	Friday 01/27	Monday 1/30	Tuesday 01/31
B Brd/Alt/Cer	Eng. Muffin 13	Pancakes 24	Cold Cereal 42	Cream Wheat 44	Muffin 121	Toast 83	Oatmeal 47	Pancakes 24	Cold Cereal 42	Grits 46
F Ju/Fr/Veg	Fruit Salad 16	Peaches 28	100% Juice 50	Applesauce 02	Pears 30	Banana 04	Peaches 28	Mand.Oranges 23	Fruit Salad 16	Pineapples 31
Milk	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8
L Meat/Alt	Gr. Beef 03	Fish 42	Turkey 73	EX Cheese 101	Salisbury Steak 17	Hamburger 03	Turkey 73	Ham Steak 51	Beef Stew 20	Beef Franks 02
U/ Bread/Alt	Pasta 78	Mac & Cheese 73	Rice 103	Pizza Crust 51	Rice 103	Macaroni 74	Stuffing 35	WW Bread 83	Rolls 31	Hotdog Buns 20
D Fruit or Veg	Green Beans 172	Carrots 163	Broccoli 158	Peas 185	Carrots 163	Corn 168	Potatoes 238	Sweet Pot. 241	Potatoes 238	Bake Beans 213
I Fruit or Veg	Apple Slices 01	Fruit Salad 16	Pineapple 31	Fruit Cocktail 15	Pineapple 31	Fruit Cocktail 15	Green Beans 172	Apple 01	Applesauce 02	Pears 30
N Milk	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8	Milk 8
S Meat/Alt		String Cheese 107			Boiled Egg 135	Yogurt 150				
N Brd/Alt/Cer	Crackers 07		Cookies 61		Toast 83		Cookies 61	Crackers 07	Muffin 121	Corn Chips 111
K Fruit or Veg	Jello W/Fruit 21	Cut Grapes 18		Banana 04		Celery 165		Apple Juice 50	Pears 30	Salsa 246
Milk			Milk 8	Milk 8			Milk 8			