

Forest Park Christian Early Learning Center

Weekly Menu November 27, 2023

CACFP is an indicator of quality child care.

MEAL COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 11/27/23	TUESDAY 11/28/23	WEDNESDAY 11/29/23	THURSDAY 11/30/23	FRIDAY 12/1/23	
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Pineapple	Mandarin Oranges	Mixed Fruit	Cinnamon Applesauce	
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	Frosted Mini Wheats	Berry Kix	Cinnamon Chex	Strawberry Frosted Mini Wheats	Kix
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Corn	Cauliflower	Oven Steak Fries	Salad	
	Fruit*	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Peaches	Diced Pineapples	Fruit Cocktail	Apple Slices
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Noodles	WG Breading	WG Bread	WG Bun	WG Crust
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	Chicken Noodle Soup	Fish Sticks	Grilled Cheese & Tomato Soup	Chicken Patty Sandwich	Cheese Pizza
SNACK	Milk	1/2 cup	1/2 cup	1 cup	Water		Milk	Milk	Milk
	Fruit	1/2 cup	1/2 cup	3/4 cup	Mixed Fruit	100% Fruit Punch Juice			
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Blueberry Muffin		WG Mini Pancakes	Dried Fruit and Cereal	Popcorners
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz		Cheddar Stick			

*Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruit component at lunch may be substituted by an additional vegetable.

oz. eq = ounce equivalents

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Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free

ROSALYNDE-NO NUTS(HB)



At least one meal ingredient per day must be whole grain-rich.

ISAAC-SOY MILK(SA)

VINCENTE-SOY MILK(SA)

SALIF-NO NUTS(SA)

BENJAMIN-NO MILK/CHEESE(L)



One 8 oz. glass of water per year of age until 8 years old
8 yrs old + | 6-8 8 oz. glasses per day.



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Weekly Menu December 4, 2023

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MEAL COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 12/4/23	TUESDAY 12/5/23	WEDNESDAY 12/6/23	THURSDAY 12/7/23	FRIDAY 12/8/23
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Applesauce	Tropical Fruit	Pineapple	Mandarin Oranges
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	Blueberry/Mini Wheats	Oatmeal Squares	Berry Kix	Cinnamon Oatmeal Squares
								Multigrain Cheerios
	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Mixed Vegetables	Carrots	Green Beans
	Fruit*	1/8 cup	1/4 cup	1/4 cup	Apple Sliced	Mandarin Oranges	Pears	Peaches
LUNCH & SNACK	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Bread	WG Breading	WG Breading	WG Bread
								WG Crust
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	Turkey Melt	Bosco Cheese Sticks	Tyson Chicken Chunks	BBQ Turkey Sandwich
								Pizza
SNACK	Milk	1/2 cup	1/2 cup	1 cup	Water	Milk	Milk	
	Fruit	1/2 cup	1/2 cup	3/4 cup	Mixed Fruit			100% Fruit Punch Juice
	Vegetable	1/2 cup	1/2 cup	3/4 cup				
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Pita Chips	Animal Crackers	Bagel	
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	Vanilla Yogurt		Cream Cheese	Sunchips

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A serving of milk is not required at supper meals for adults.

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Weekly Menu December 11, 2023

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MEAL COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 12/11/23	TUESDAY 12/12/23	WEDNESDAY 12/13/23	THURSDAY 12/14/23	FRIDAY 12/15/23
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Mango Peach Applesauce	Pears	Tropical Fruit	Applesauce
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	Cheerios	Rice Chex	Quaker Oats Squares	Kix
	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Sweet Potato Fries	Mixed Vegetables	Pears	Baked Beans
LUNCH & SUPPER	Fruit*	1/8 cup	1/4 cup	1/4 cup	Pears	Pineapple	Peaches	Applesauce
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Bun	WG Noodles	WG Tortilla	WG Breading
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	All Beef Hamburger	Chicken Alfredo	Chicken Quesadilla	Turkey or Chicken Corn Dog
SNACK	Milk	1/2 cup	1/2 cup	1 cup	Milk		Milk	Milk
	Fruit	1/2 cup	1/2 cup	3/4 cup		100% Fruit Punch Juice		100% Fruit Punch Juice
	Vegetable	1/2 cup	1/2 cup	3/4 cup				
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Chex Mix		Banana Bread	Cheezits
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz		Mozzarella Sticks		Cool Ranch Doritos

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Forest Park Christian Early Learning Center

Weekly Menu December 18, 2023

CACFP is an indicator of quality child

MEAL COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 12/18/23	TUESDAY 12/19/23	WEDNESDAY 12/20/23	THURSDAY 12/21/23	FRIDAY 12/22/23
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Mandarin Oranges	Cinnamon Applesauce	Pears	Mango Peach Applesauce
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	Multigrain Cheetos	WG Blueberry Muffin	Frosted Mini Wheats	Kix Honey
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Peas	Hash Brown	Baked Beans
	Fruit*	1/8 cup	1/4 cup	1/4 cup	Grapes	Banana	Applesauce	Peaches
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Bun	WG Spaghetti	WG Waffle	Bun
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	Pulled Chicken Sandwich	Meatballs & Marinara Sauce	Turkey Sausage	100% Beef Hot Dog
SNACK	Milk	1/2 cup	1/2 cup	1 cup	Water	Milk	Milk	Milk
	Fruit	1/2 cup	1/2 cup	3/4 cup	Banana	100% Fruit Punch Juice	100% Fruit Punch Juice	100% Fruit Punch Juice
	Vegetable	1/2 cup	1/2 cup	3/4 cup				
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Graham Cracker	Goldfish Crackers		WG Pretzels
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz		Babybel Cheese Round		Baked Cheetos

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