

Six Week Cycle Menus
Child and Adult Care Food Program
Colorado Department of Public Health and Environment

11/2009

| Week 1 | <u>Mon</u> | <u>Tues</u> | <u>Wed</u> | <u>Thurs</u> | <u>Fri</u> |
|------------------------------|--------------------------|--------------------|-------------------|---------------------|--------------------|
| | Breakfast | | | | |
| <i>Milk</i> | Milk | Milk | Milk | Milk | Milk |
| <i>(1) Fruit/Veg</i> | Sliced apples | Mixed Berries | Pears, Sliced | Mandarin Oranges | Banana |
| <i>Grain/Cereal, Hot</i> | * | * | * | * | Cinnamon Oatmeal |
| <i>Bread, slice</i> | Cheese WW Toast | * | WW Toast | Breakfast Burrito | * |
| <i>Cereal, cold</i> | * | Whole Grain Cereal | * | * | * |
| <i>Extra item (optional)</i> | * | * | Almond Butter | * | * |
| | Lunch | | | | |
| <i>Milk</i> | Milk | Milk | Milk | Milk | Milk |
| <i>Meat/ Meat Alt</i> | BBQ Chicken | Mac & Beef | Black Bean Salad | Sloppy Joe | Eng Muffin Pizza |
| <i>(1) Fruit/Veg</i> | Oven Potatoes | Peas | Corn | Baby Carrots | Green Beans |
| <i>(2) Fruit/Veg</i> | Orange Slices | Melon | Grapes, sliced | Cauliflower | Tossed Green Salad |
| <i>Grain Bread (svg)</i> | WW Bread | WW Macaroni Pasta | Brown Rice | WW Bun | WW English Muffin |
| <i>Extra(optional)</i> | * | * | * | * | * |
| | Snacks (select 2) | | | | |
| <i>Milk</i> | * | * | * | * | * |
| <i>Meat/ Meat Alt</i> | Peanut Butter | Cheese cubes | Yogurt | * | Tuna Salad Wrap |
| <i>Fruit/Veg</i> | Raisins | Pears | Mixed Berries | Broccoli Trees | * |
| <i>Grain Bread (svg)</i> | Celery | * | * | Mini Bagel | WW Tortilla |
| <i>Extra (optional)</i> | "Ants on a Log" | * | * | Cream cheese | * |

- Low-fat or skim milk is recommended for children over 2 years of age.
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| Week 2 | <u>Mon</u> | <u>Tues</u> | <u>Wed</u> | <u>Thurs</u> | <u>Fri</u> |
|------------------------------|--------------------|----------------------|------------------------------|---------------------------|--------------------------------------|
| | Breakfast | | | | |
| <i>Milk</i> | Milk | Milk | Milk | Milk | Milk |
| <i>(1) Fruit/Veg</i> | Pears | Melon | Kiwi | Mixed Fruit | Applesauce |
| <i>Grain/Cereal, Hot</i> | * | * | * | Buckwheat Pancake | * |
| <i>Bread, slice</i> | * | Bagel | Banana Bread | * | Cheesy Biscuit |
| <i>Cereal, cold</i> | Whole Grain Cereal | * | * | * | * |
| <i>Extra item (optional)</i> | * | Cr. Cheese | * | * | * |
| | Lunch | | | | |
| <i>Milk</i> | Milk | Milk | Milk | Milk | Milk |
| <i>Meat/ Meat Alt</i> | Bean/Meat Burrito | Sweet & sour Chicken | Beef stew | Cheesy Beans & Rice | Bird's Nest (Egg and English Muffin) |
| <i>(1) Fruit/Veg</i> | Lettuce/Tomatoes | Broccoli | Mixed Vegetables(in stew) | Corn or Harvest Vegetable | Oven Potatoes |
| <i>(2) Fruit/Veg</i> | Grapes, sliced | Pineapple | Sweet potatoes | Peaches | Orange slices |
| <i>Grain Bread (svg)</i> | WW Tortilla | Brown Rice | Corn Muffin | Brown Rice | WW English Muffin |
| <i>Extra(optional)</i> | * | * | * | * | * |
| | Snacks | | | | |
| <i>Milk</i> | * | * | * | * | * |
| <i>Meat/ Meat Alt</i> | * | | Tomato and Cheese Quesadilla | Yogurt | Hummus dip |
| <i>Fruit/Veg</i> | Apple slices | Peach Cobbler | * | Berries | Assorted fresh vegetables |
| <i>Grain Bread (svg)</i> | Rice Pudding | (Biscuit) | (WW Tortilla) | Granola topping | * |
| <i>Extra (optional)</i> | * | * | * | * | * |

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| Week 3 | <u>Mon</u> | <u>Tues</u> | <u>Wed</u> | <u>Thurs</u> | <u>Fri</u> |
|------------------------------|--------------------------|--------------------|------------------------|----------------------|-------------------------|
| | Breakfast | | | | |
| <i>Milk</i> | Milk | Milk | Milk | Milk | Milk |
| <i>(1) Fruit/Veg</i> | Berries | Mandarin oranges | Cooked cinnamon apples | Hash Browns | Banana |
| <i>Grain/Cereal, Hot</i> | * | * | * | * | Hot Cereal |
| <i>Bread, slice</i> | * | WW English Muffin | Waffle | Biscuits | * |
| <i>Cereal, cold</i> | Whole Grain Cereal | | | | |
| <i>Extra item (optional)</i> | | * | * | * | * |
| | Lunch | | | | |
| <i>Milk</i> | Milk | Milk | Milk | Milk | Milk |
| <i>Meat/ Meat Alt</i> | Grilled Chicken Sandwich | Turkey pot pie | Beans and Ham | Spaghetti Meat Sauce | Toasted Cheese Sandwich |
| <i>(1) Fruit/Veg</i> | Oven Potatoes | Mixed Vegetables | Cooked Carrots | Tossed Salad | Steamed Broccoli |
| <i>(2) Fruit/Veg</i> | Melon | Apple Slices | Orange Slices | Pears | Pineapple |
| <i>Grain Bread (svg)</i> | WW Bun | Biscuit | Corn Muffin | WW Bow Tie Pasta | WW Bread |
| <i>Extra(optional)</i> | * | * | * | * | * |
| | Snacks | | | | |
| <i>Milk</i> | * | * | * | Milk | * |
| <i>Meat/ Meat Alt</i> | * | | Cheese | * | Yogurt |
| <i>Fruit/Veg</i> | Peaches | Apricots | Baked potato | * | * |
| <i>Grain Bread (svg)</i> | Crackers w/ soup | Pasta Salad | | Whole Grain Cereal | Graham Crackers |
| <i>Extra (optional)</i> | | | | | |

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Week 4

| | <u>Mon</u> | <u>Tues</u> | <u>Wed</u> | <u>Thurs</u> | <u>Fri</u> |
|------------------------------|-------------------|-----------------------|-----------------------|---------------------|--------------------|
| Breakfast | | | | | |
| <i>Milk</i> | Milk | Milk | Milk | Milk | Milk |
| <i>(1) Fruit/Veg</i> | Orange slices | Peaches | Kiwi | Grapefruit sections | Cooked Apples |
| <i>Grain/Cereal, Hot</i> | * | * | * | * | * |
| <i>Bread, slice</i> | Bagel | Scone | WW English Muffin | * | WW French Toast |
| <i>Cereal, cold</i> | * | * | * | Whole Grain Cereal | * |
| <i>Extra item (optional)</i> | Cr cheese | * | * | * | * |
| Lunch | | | | | |
| <i>Milk</i> | Milk | Milk | Milk | Milk | Milk |
| <i>Meat/ Meat Alt</i> | Hot Turkey Slices | Chili beans w/ beef | Chicken Stir-Fry | Meat Loaf | Quesadilla |
| <i>(1) Fruit/Veg</i> | Sweet Potato | (kidney beans) | Red and Green Peppers | Mashed Potato | Lettuce and Tomato |
| <i>(2) Fruit/Veg</i> | Winter Blend | Applesauce or Harvest | Carrots | Peas | Grapes, sliced |
| <i>Grain Bread (svg)</i> | WW Roll | Fruit | Brown Rice | WW Roll | WW tortilla |
| <i>Extra(optional)</i> | * | Corn muffin | * | * | * |
| Snacks | | | | | |
| <i>Milk</i> | Milk | * | * | * | Milk |
| <i>Meat/ Meat Alt</i> | String Cheese | * | Egg Salad | Yogurt | * |
| <i>Fruit/Veg</i> | * | Apple Slices | * | Berries | 1/2 PB Sandw |
| <i>Grain Bread (svg)</i> | Bread Stix | Gingerbread | Whole grain crackers | * | * |
| <i>Extra (optional)</i> | Marinara Sauce | * | * | Granola topping | WW bread |

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| Week 5 | <u>Mon</u> | <u>Tues</u> | <u>Wed</u> | <u>Thurs</u> | <u>Fri</u> |
|------------------------------|--------------------|--------------------|-------------------|---------------------|---------------------|
| Breakfast | | | | | |
| <i>Milk</i> | Milk | Milk | Milk | Milk | Milk |
| <i>(1) Fruit/Veg</i> | Pears | Bananas | Tropical Fruit | Pineapple | Apple Slices |
| <i>Grain/Cereal, Hot</i> | * | * | Hot Cereal | * | Rice & Cinnamon |
| <i>Bread, slice</i> | Whole grain muffin | Waffle Sticks | * | WW Toast | * |
| <i>Cereal, cold</i> | * | * | * | * | * |
| <i>Extra item (optional)</i> | * | * | * | Peanut butter | * |
| Lunch | | | | | |
| <i>Milk</i> | Milk | Milk | Milk | Milk | Milk |
| <i>Meat/ Meat Alt</i> | Hot Ham & Cheese | Lasagna | Taco Pie | Black Bean Soup | Scrambled Eggs |
| <i>(1) Fruit/Veg</i> | Sandw | Zucchini | Lettuce & Tomato | Baby carrots | Hash browns |
| <i>(2) Fruit/Veg</i> | Spinach | Yellow Squash | Apricots | Pears | Mandarin Oranges |
| <i>Grain Bread (svg)</i> | WW Bread | French Bread | WW Tortillas | Cheesy Tortilla | WW Toast |
| <i>Extra(optional)</i> | * | * | * | * | * |
| Snacks | | | | | |
| <i>Milk</i> | * | * | * | * | * |
| <i>Meat/ Meat Alt</i> | * | Yogurt | Tuna Salad | French Bread | Bean and cheese dip |
| <i>Fruit/Veg</i> | Melon | * | * | Cheese Pizza | * |
| <i>Grain Bread (svg)</i> | Soft Pretzel | Banana bread | WW Bread | (french bread) | Tortilla Triangle |
| <i>Extra (optional)</i> | | | | | |

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|-----------------------|----------------------------|------------------------------|-------------------------------|---------------------------|-------------------------|
| Breakfast | | | | | |
| Milk | Milk | Milk | Milk | Milk | Milk |
| (1) Fruit/Veg | Berries | Melon | Apricots | Bananas | Grapefruit sections |
| Grain/Cereal, Hot | * | * | * | * | * |
| Bread, slice | Oatmeal | Breakfast pizza | WW Toast | * | Breakfast burrito |
| Cereal, cold | * | * | * | Whole Grain Cereal | * |
| Extra item (optional) | * | * | Yogurt | * | * |
| Lunch | | | | | |
| Milk | Milk | Milk | Milk | Milk | Milk |
| Meat/ Meat Alt | Tuna Boat Melt (cheese) | Sloppy Joes | Macaroni & Cheese with Ham | Tacos | Turkey and Spinach Wrap |
| (1) Fruit/Veg | Corn | Mixed Vegetables | Broccoli | Refried beans | Baby carrots |
| (2) Fruit/Veg | Kiwi | Apricots | Pineapple or Harvest Fruit | Pears | Peaches |
| Grain Bread (svg) | Hot dog bun | WW bun | (macaroni) | Corn tortilla | WW Tortilla |
| Extra(optional) | * | * | * | * | * |
| Snacks | | | | | |
| Milk | * | Milk | * | * | * |
| Meat/ Meat Alt | Black Bean Dip | * | Hard Boiled Egg | Peanut butter sandwich | Ham slices |
| Fruit/Veg | * | Assorted fresh vegetables | Orange slices | * | Potato Salad |
| Grain Bread (svg) | WW Tortilla triangles | * | * | WW bread | * |
| Extra (optional) | * | Dip | * | * | * |

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