

South Carolina Department of Social Services • Child and Adult Care Food Program (CACFP)

5 DAY WEEKLY MENU FORM

Facility's Name: Fort Mill Cooperative Preschool			Month/Year:				
			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Calender Date							
Breakfast	Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable / Fruit	Apples	AppleSauce	Frozen Berries	Fresh Bananas	Fresh Oranges	
	Grain or Meat / Meat Alternate	General Mills Cherrios (CN)	Waffles (CN)	Yogurt w/Granola	Strawberry Cream Cheese Bagel (CN)	General Mills Cinnamon Toast Crunch (CN) Reduced Sugar	
	Addinional Food						
Lunch	*Main Dish	CN PF HM Chicken Hawaiian Wrap	CN PF HM BBQ Chicken Burger on a Bun	CN PF HM Sunflower Butter & Grape Jelly Sandwiches	CN PF HM Macaroni & Cheese	CN PF HM Turkey & Cheese on a Bun	
	Fluid Milk	Milk	Milk	Milk	Milk	Milk	
	Vegetable	Mixed Vegetables	Potato Wedges	Green Peas	Green Beans	Carrots w/Ranch	
	Fruit / Vegetable	Peaches	Pineapple	Mixed Fruit	Diced Pears	Fruit Salad	
	Grain	Wheat Tortilla	Hamburger Bun	Wheat Bread	Macaroni Pasta	Buns	
	Meat / Meat Alternate	Chicken		Cheese Stick, Sunflower Butter	Cheese	Turkey & Cheese	
	Additional Food						
PM Snack	Chose 2 of These 5:						
	Fluid Milk	Water	Water	Water	Water	Water	
	Vegetable						
	Fruit	Fresh Oranges	Fresh Bananas	Fresh Strawberries	Fresh Grapes	Fresh	
	Grain	Strawberry Yogurt Chex Mix	Savoritz Wheat Round Crackers	Chedder Chex Mix	Pretzels	D & J Educational Snacks Whole Grain Crackers	
Meat / Meat Alternate							

* Key:	CN = Child Nutrition Label	PF = Product Formulation Statement	HM = Homemade (include USDA recipe number, if applicable)	Water offered
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Calender Date											
Breakfast	Fluid Milk	Milk		Milk		Milk		Milk		Milk	
	Vegetable / Fruit	Fresh Apples		Applesauce		Frozen Berries		Frozen Strawberries		Fresh Oranges	
	Grain or Meat / Meat Alternate	Cherrios (CN) Gluten Free		French Toast (CN)		Yogurt w/Granola (CN)		Strawberry Cereal Bar (CN)		Cinnamon Toast Crunch (CN) Reduced Sugar	
	Additional Food										
Lunch	*Main Dish	CN	Chicken Noodle Soup	CN	Pizza Dente Box (Black pepper crackers, Pepperoni, Mozzarella Cheese, Tomatoe Sauce	CN	Toasted Cheese Sandwiches w/Tomatoe Soup	CN	Chicken Nuggets	CN	Deli Bento Box (Wheat Crackers, Grape Tomatoes, Turkey, Cucumbers)
		PF		PF		PF		PF			
		HM		HM		HM		HM			
	Fluid Milk	Milk		Milk		Milk		Milk		Milk	
	Vegetable	Corn		Green Beans		Mixed Vegetables		Mashed Potatoes		Carrots w/Ranch	
	Fruit / Vegetable	Diced Peaches		Mandarin Oranges		Mixed Fruit		Diced Pears		Fruit Salad	
	Grain	Pasta in Soup		Wheat Crackers		Wheat Bread		Breadding on Nuggets		Wheat Crackers	
	Meat / Meat Alternate	Chicken		Pepperoni / Cheese		Cheese Slice		Chicken		Turkey	
	Additional Food										
	PM Snack	Chose 2 of These 5:									
Fluid Milk		Water		Water		Water		Water		Water	
Vegetable											
Fruit		Fresh Oranges		Fresh Bananas		Strawberries		Fresh Grapes		Fresh Bananas	
Grain		Stawberry Yogurt Chex Mix (CN)		Savoritz Wheat Crackers (CN)		Chedder Chex Mix (CN)		Pretzels (CN)		D & J Educational Snacks Whole Grain (CN)	
Meat / Meat Alternate											
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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Calender Date						
Breakfast	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable / Fruit	Apples	Applesauce	Frozen Strawberries	Bananas	Oranges
	Grain or Meat / Meat Alternate	General Mills Cherrios (CN) Gluten Free	Waffles (CN)	Yogurt w/Granola (HM)	Bagels w/Plain Cream Cheese (HM)	General Mills Cinnamon Toast Crunch (CN)
	Addinional Food					
Lunch	*Main Dish	<div>CN</div> <div>PF</div> <div>HM</div> Ground Turkey Spagetti	<div>CN</div> <div>PF</div> <div>HM</div> Pizza Bagel	<div>CN</div> <div>PF</div> <div>HM</div> Toasted Cheese Sandwiches	<div>CN</div> <div>PF</div> <div>HM</div> Chicken Pasta Salad w/Zuccuni. Tomato, &	<div>CN</div> <div>PF</div> <div>HM</div> Turkey Sub w/Sliced Cheese
	Fluid Milk					
	Vegetable	Green Beans	Carrots w/Ranch	Peas	Broccoli	Mlxed Vegetables
	Fruit / Vegetable	Diced Peaches	Diced Pineapples	Mixed Fruits	Mandarin Oranges	Fruit Salad
	Grain	Pasta	Bagel	Wheat Bread	Pasta	Sub Bread
	Meat / Meat Alternate	Turkey (ground)	Pepperoni / Cheese	Cheese (2 Slices)	Chicken	Turkey
	Additional Food					
PM Snack	Chose 2 of These 5:					
	Fluid Milk	Water	Water	Water	Water	Water
	Vegetable					
	Fruit	Fresh Oranges	Fresh Bananas	Strawberries	Fresh Grapes	Fresh Bananas
	Grain	Strawberry Yogurt Chex	Savoritz Wheat Crackers	Cheddar Chex Mix (CN)	Pretzels	D & J Whole Grain Wheat Crackers
	Meat / Meat Alternate					

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