




CACFP (Adult Day Care) Menus

WEEK 4

Breakfast	Lunch/Supper (no milk required at supper)	Snacks (select 2 of the 5 Components)
Blackberries (Fresh or frozen) 	Egg Salad Sandwiches USDA Recipes F-10	Pimento Cheese Spread
Toasted Bagel Ready-to-eat cereal (WG)	Dill Pickle Spears Red Seedless Grapes	Melba Toast
1% unflavored Milk	Saltine Crackers	
Cream Cheese	1% unflavored Milk	
Participant may decline one of four food items. (OVS)	Participant may decline: two of six food items at <i>Lunch</i> ; and two of five food items at <i>Supper</i> . (OVS)	Participant must take both food components

Breakfast	Lunch/Supper (no milk required at supper)	Snacks (select 2 of the 5 Components)
Pineapple Juice	Mac & Cheese USDA D260	Orange Sections 
Oatmeal Muffin Squares (WG) USDA B-20 Toast	Green Beans (fresh, frozen or canned) Cantaloupe (or fruit in season)	Animal Crackers
Yogurt	Bread Sticks (Hard)	
Jam & Jelly	1% unflavored Milk	
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Breakfast	Lunch/Supper (no milk required at supper)	Snacks (select 2 of the 5 Components)
Banana	Chicken Stir Fry USDA #D-39	Fruit Cocktail
Toasted English Muffin Ready-to-eat Cereal (WG) 	Enriched White Rice Chow Mein Noodles	Cottage Cheese
1% unflavored Milk	Purple Plums (Fresh or canned)	
Jam & Jelly	1% unflavored Milk	
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Water made available at all meals. Check meal patterns for food components and serving sizes.


- (WG) Whole Grain-Rich
- USDA – Standardized Recipes
- HMV – Healthy Meals Vermont Cookbook
- OVS – Offer vs Serve



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Vegetable Juice 	Taco Salad USDA E-100 Enriched Taco Shells	Peanut Butter and Jelly Sandwich
Ready-to-eat Cereal (WG) Biscuits (HM or canned) USDA Recipe B040	Pinto Beans (fresh or canned)	1% unflavored Milk 
1% unflavored Milk	Peach Halves	
Jam, Jelly or Honey	Cornbread USDA Recipe B090	
	1% unflavored Milk	
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Breakfast	Lunch/Supper (no milk required at supper)	Snacks (select 2 of the 5 Components)
Pico de Gallo USDA G-150	Cheese Pizza (HM or commercial) USDA D-30	Ready-to-eat Cereal (WG)
Scrambled Eggs with Hash brown potatoes	Broccoli Salad (USDA E-17) Pear Halves	1% unflavored Milk
Toast 	Soft Bread Sticks	
1% unflavored Milk	Yogurt (choice of flavors)	
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