

Forest Park Christian Early Learning Center

Weekly Menu August 19, 2024

CACFP is an indicator of quality child care.

MEAL COMPONENT	AGES			MONDAY 8/19/24	TUESDAY 8/20/24	WEDNESDAY 8/21/24	THURSDAY 8/22/24	FRIDAY 8/23/24
	1-2	3-5	6-18					
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	Trix Cereal	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	Hash Brown	Oven Steak Fries	Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	Peaches	Applesauce	Fruit Cocktail	Apple Slices
SNACK	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Breading	WG Waffle	WG Bun	Crust
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	Fish Sticks	Turkey Sausage	Chicken Patty Sandwich	Cheese Pizza
	Milk	1/2 cup	1/2 cup	1 cup	Milk	Water	Water	Milk
SNACK	Fruit	1/2 cup	1/2 cup	3/4 cup		Mixed Fruit	Mixed Fruit	
	Vegetable	1/2 cup	1/2 cup	3/4 cup			WG Blueberry Muffin	Popcorners
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Dried Fruit Cereal			
SNACK	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz		Vanilla Yogurt		

Closed

*Meal and meal alternatives may be served in place of the entire grains component at breakfast a maximum of three times per week. A serving of milk is not required at supper meals for adults.

oz eq = ounce equivalents

component at lunch may be substituted by an additional vegetable.

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



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



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

BENJAMIN-NO DAIRY (D) ROSALYND-NO NUT (C) LAEL BOTAM- LACTOSE FREE- VD MILK (L)
JOSHUA FURR JR.- ALMOND MILK (C) JULIAN RAMIREZ- LACTOSE FREE VD MILK (L)



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Forest Park Christian Early Learning Center

Weekly Menu August 26, 2024

CACFP is an indicator of quality child care.

MEAL COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 8/27/24	TUESDAY 8/28/24	WEDNESDAY 8/29/24	THURSDAY 8/30/24	FRIDAY 8/31/24
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 Applesauce
LUNCH & SUPPER	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	Blueberry Mini Wheats	Rice Krispie Cereal	Trix Cereal	Cinnamon Toast Crunch 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	Baked Beans
	Fruit*	1/8 cup	1/4 cup	1/4 cup	Grapes	Mandarin Oranges	Pears	Fruit Cocktail
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Breading	WG Breading	WG Bun	Bun
SNACK	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	Tyson Chicken Chunks	Bosco Cheese Sticks	Pulled Chicken Sandwich	100% Beef Hot Dog Cheese Pizza
	Milk	1/2 cup	1/2 cup	1 cup		Milk	Milk	
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Fruit Punch Juice			100% Fruit Punch Juice
SNACK	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	WG Pretzels
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	Cheddar Cheese Stick			Sunchips

* 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.

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BENJAMIN-NO DAIRY(T)

ROSALYND-NO NUT(C)

LAEL BOTAM- LACTOSE FREE- VD MILK (L)

JOSHUA FURR JR.- ALMOND

MILK (C)

JULIAN RAMIREZ- LACTOSE FREE VD MILK (L)

Forest Park Christian Early Learning Center

Weekly Menu September 2, 2024

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MEAL COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9/2/24	9/3/24	9/4/24	9/5/24	9/6/24
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	Mixed Fruit
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	Rice Chex	Rice Krispie Cereal	Kix	Cinnamon Toast Crunch
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	Sweet Potato Fries	Peas	Baked Beans	Green Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	Fruit Cocktail	Peaches	Applesauce	Mandarin Oranges
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Bun	WG Noodles	WG Tortilla	Crust
SNACK	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	All Beef Hamburger	Chicken Alfredo	Chicken Quesadilla	Cheese Pizza
	Milk	1/2 cup	1/2 cup	1 cup		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	Cheezits	Banana Bread		Cool Ranch Doritos

Closed

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Forest Park Christian Early Learning Center

Weekly Menu September 9, 2024

CACFP is an indicator of quality child

MEAL COMPONENT	AGES 1-2		AGES 3-5		AGES 6-18		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	AGES 1-2	AGES 3-5	AGES 6-18	AGES 1-2	AGES 3-5	AGES 6-18	9/9/24	9/10/24	9/11/24	9/12/24	9/13/24
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Mixed Fruit	Cinnamon Applesauce	Pears	Mango Peach Applesauce	Mandarin Oranges		
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	Multigrain Cheerios	WG Blueberry Muffin	Frosted Mini Wheats	Kix Honey	Strawberry Mini Wheats		
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk		
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Peas	Cauliflower	Green Beans	Salad		
	Fruit*	1/8 cup	1/4 cup	1/4 cup	Apple Slices	Banana	Pineapples	Fruit Cocktail	Pears		
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Bread	WG Spaghetti	WG Tortilla	WG Bread	Crust		
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	Turkey Sandwich	Meatballs & Marinara Sauce	Chicken Taco	BBQ Turkey Sandwich	Cheese Pizza		
SNACK	Milk	1/2 cup	1/2 cup	1 cup	Water	Milk		Milk			
	Fruit	1/2 cup	1/2 cup	3/4 cup	Banana		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		Bagel	Baked Cheetos		
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz			Babybel Cheese Round	Cream Cheese			

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