

Forest Park Christian Early Learning Center

Weekly Menu September 16, 2024

CACFP is an indicator of quality child care.

MEAL COMPONENT	AGES			MONDAY 9/16/24	TUESDAY 9/17/24	WEDNESDAY 9/18/24	THURSDAY 9/19/24	FRIDAY 9/20/24	
	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	Strawberry Applesauce	Pineapple	Mandarin Oranges	Mixed Fruit	Cinnamon Applesauce
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	Frosted Mini Wheats	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	Green Beans	Corn	Hash Brown	Oven Steak Fries	Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Peaches	Applesauce	Fruit Cocktail	Apple Slices
SNACK	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Roll	WG Breading	WG Waffle	WG Bun	Crust
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	General Tso's Chicken	Fish Sticks	Turkey Sausage	Chicken Patty Sandwich	Cheese Pizza
	Milk	1/2 cup	1/2 cup	1 cup	Water	100% Fruit Punch Juice	Milk	Milk	Milk
SNACK	Fruit	1/2 cup	1/2 cup	3/4 cup	Mixed Fruit	100% Fruit Punch Juice	WG Mini Pancakes	Dried Fruit and Cereal	Popcorners
	Vegetable	1/2 cup	1/2 cup	3/4 cup	WG Blueberry Muffin				
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Blueberry Muffin	Cheddar Stick			
SNACK	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz					

*Meal and meal alternatives 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. cacfp.org | This institution is an equal opportunity provider.



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(T) ROSALYND-NO NUT(C) LAEL BOTAN- LACTOSE FREE- VD MILK (D)
MCGRAWTH-LACTOSE FREE MILK (B) JOSHUA FURR JR. - ALMOND MILK (C)
LACTOSE FREE VD MILK (A) GABRIELLE FIELDS- LACTOSE FREE MILK- NO STRAWBERRIES (SA)

JAKOBI JULIAN RAMIREZ



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Forest Park Christian Early Learning Center

Weekly Menu September 23, 2024


CACFP is an indicator of quality child care.

MEAL COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 9/23/24	TUESDAY 9/24/24	WEDNESDAY 9/25/24	THURSDAY 9/26/24	FRIDAY 9/27/24	
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 Strawberry 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	Green Beans Salad	
	Fruit*	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Apply Sliced	Pears	Peaches Pineapples	
SNACK	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Bread	WG Breading	WG Breading	WG Bread Crust	
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	Turkey Sandwich	Bosco Cheese Sticks	Tyson Chicken Chunks	BBQ Turkey Sandwich	Cheese Pizza
	Milk	1/2 cup	1/2 cup	1 cup	Milk	Milk	Milk	Milk	
SNACK	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		Pita Chips	Animal Crackers	Bagel	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Vanilla Yogurt			Cream Cheese	
Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz					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.
oz eq = ounce equivalents



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BENJAMIN-NO DAIRY(T) ROSALYND-NO NUT(C) LAEL BOTAM- LACTOSE FREE- VD MILK(L) JOSHUA FORR JEW-ALMOND MILK(C)
 JULIAN RAMIREZ- LACTOSE FREE VD MILK(L) JAKOBI MCGRAPTH- LACTOSE FREE MIOLK(B) ROSALINA RAMIREZ- ALMOND MILK(SA)
 GABRIELLE- LACTOSE FREE MILK: NO STRAWBERRIES(SA)

Forest Park Christian Early Learning Center

Weekly Menu September 30, 2024

CACFP is an indicator of quality child care.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Peaches	Mango Peach Applesauce	Strawberry Applesauce	Pineapple	Pears		
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	Cheerios	Rice Chex	Frosted Mini Wheats	Berry Kix			
	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk		
LUNCH & SUPPER	Vegetable	1/8 cup	1/4 cup	1/2 cup	Sweet Potato Fries	Mixed Vegetables	Oven Steakes Fries	Corn	Green Salad		
	Fruit*	1/8 cup	1/4 cup	1/4 cup	Pears	Fruit Cocktail	Peaches	Apple Slices	Mandarin Oranges		
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Bun	WG Bun	WG Breading	WG Bread	Crust		
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	All Beef Hamburger	Chicken Patty	Turkey or Chicken Corn Dog	Grilled Cheese & Tomato Soup	Cheese Pizza		
SNACK	Milk	1/2 cup	1/2 cup	1 cup	Milk		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	Cheezits	WG Mini Pancakes		Cool Ranch Doritos		
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz				Mozzarella Sticks			

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

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JAKOBI MCCRA-PTH-LACTOSE FREE MILK (B) JOSHUA TORR JR.-ALMOND MILK (C) JULIAN RAMIREZ-LACTOSE FREE YO MILK (L)
GABRIELLE FIELDS-LACTOSE FREE MILK; NO STRAWBERRIES (SA) ROSALINA RAMIREZ-ALMOND MILK (SA)

Forest Park Christian Early Learning Center

Weekly Menu October, 7 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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	10/07/24	Milk	10/08/24	Milk	10/09/24	Milk	10/11/24
	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		
	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk		
LUNCH & SUPPER	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	Noodles	Crust		
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	Turkey Sandwich	Meatballs & Marinara Sauce	Chicken Taco	Chicken Noodle Soup	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					
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz			Babybel Cheese Round	Cream Cheese			
									Baked Cheetos		

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 CABELLE FIELDS- LACTOSE FREE MILK; NO STRAWBERRIES (SN) ROSALINA RAMIREZ- ALMOND MILK (SN)



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