

Forest Park Christian Early Learning Center


Weekly Menu January 13th, 2025


CACFP is an indicator of quality child care.

MEAL COMPONENT		AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 1/13/25	TUESDAY 1/14/25	WEDNESDAY 1/15/25	THURSDAY 1/16/25	FRIDAY 1/17/25
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Peaches	Strawberry Applesauce	Pineapples	Mandarin Oranges	Mixed Fruit
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	1 oz eq	Rice Chex	Multi Grain Cheerios	Ouaker Oats Square	Frosted Mini Wheats	Trix
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	Bake Beans	Corn	Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	Fruit Cocktail	Mandarin Oranges	Peaches	Pears	Apple Slices
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Spaghetti	WG Noodles	WG Breading	WG Breading	WG Crust
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	Meatballs & Marinara Sauce	Chicken Noodle Soup	Corn Dogs	Chicken Nuggets	Cheese Pizza
SNACK	Milk	1/2 cup	1/2 cup	1 cup	Milk		Milk	Water	Milk
	Fruit	1/2 cup	1/2 cup	3/4 cup		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	Gold Fish		Banana Bread	Granola Crunch	Bagel
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz		Mozzarella Sticks		Vanilla Yogurt	Cream Cheese

⁺ 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.
⁻ A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents

 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.



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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) JAKOBI MCGRATH- LACTOSE FREE MIOLK (B) ROSALINA RAMIREZ- ALMOND MILK (SA)
GABRIELLE- LACTOSE FREE MILK; NO STRAWBERRIES (SA)

Forest Park Christian Early Learning Center

Weekly Menu January 20th, 2025

CACFP is an indicator of quality child care.

MEAL COMPONENT		AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 1/20/25	TUESDAY 1/21/25	WEDNESDAY 1/22/25	THURSDAY 1/23/25	FRIDAY 1/24/25
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Mandarin Oranges	Bananas	Tropical Fruit	Pears	Applesauce
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	Cinnamon Toast Crunch	WG Blueberry Muffin	Frosted Mini Wheats	Cinnamon Chex	Cheerios
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	Sweet Potato Fries	Mixed Corn & Green Beans	Cauliflower	Mixed Vegetables	Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	Pears	Applesauce	Peaches	Bananas	Pineapples
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Bun	WG Breading	WG Bun	WG Warp	WG Crust
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	100% Beef Hot Dog	Chicken Chucks	Sloopy Joe	Chicken Burritos	Chesse 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			
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Dried Fruit with Cereal	Cool Ranch Doritos	Chex Mix	Graham Crackers	WG Blueberry Muffin
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz					

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 JAKOBI MCGRAPH- LACTOSE FREE MILK (B) JOSHUA FURR JR.- ALMOND MILK (C) JULIAN RAMIREZ- LACTOSE FREE YD MILK (L)
 GABRIELLE FIELDS- LACTOSE FREE MILK; NO STRAWBERRIES (SA) ROSALINA RAMIREZ- ALMOND MILK (SA)



National CACFP Association

Forest Park Christian Early Learning Center

Weekly Menu January 27th, 2025


CACFP is an indicator of quality

MEAL COMPONENT		AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 1/27/25	TUESDAY 1/28/25	WEDNESDAY 1/29/25	THURSDAY 1/30/25	FRIDAY 1/31/25
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Cinnamon Applesauce	Tropical Fruit	Mandarin Oranges	Peaches	Applesauce
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	Multigrain Cheerios	Rice Chex	Trix	Strawberry Frosted Mini Wheats	WG Cinnamon Muffin
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	Green Beans	Peas	Corn	Broccoli	Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	Mandrin Oranges	Apple Slices	Pineapples	Fruit Cocktail	Grapes
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Bun	WG Tortilla Warp	WG Bun	WG Breadding	WG Crust
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	100% Beef Hamburger	Chicken Quesadilla	BBQ Pulled Chicken	Fish Sticks	Cheese Pizza
SNACK	Milk	1/2 cup	1/2 cup	1 cup	Water	Milk	Milk	Milk	Milk
	Fruit	1/2 cup	1/2 cup	3/4 cup	Banana				
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq		Animal Crackers	WG Pretzels	Bagels	Pita Chips
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	Vanilla Yogurt			Cream Cheese	


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Forest Park Christian Early Learning Center


Weekly Menu January 6th, 2025


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MEAL COMPONENT		AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 1/6/25	TUESDAY 1/7/25	WEDNESDAY 1/8/25	THURSDAY 1/9/25	FRIDAY 1/10/25
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Pineapples	Tropical Fruit	Mandarin Oranges	Pears	Cinnamon Applesauce
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	Cheerios	Kix	Cinnamon Toast Crunch	Trix	Rice Krispie
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	Mixed Vegetables	Green Beans	Carrots	Cauliflower	Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	Apple Slices	Mandarin Oranges	Applesauce	Peaches	Pears
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Sliced Bread	WG Breading	WG Bun	WG Bread	WG Crust
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	Grilled Cheese & Tomato Soup	Fish Sticks	Chicken Patty	Turkey Sandwich	Cheese Pizza
SNACK	Milk	1/2 cup	1/2 cup	1 cup	Milk	Milk	Water	Milk	
	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					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq		WG Mini Pancakes		Baked Cheetos	Sun Chips
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	Cheddar Cheese Sticks		Vanilla Yogurt		

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