

# SEAGULL SCHOOLS, INC. ADULT DAY CENTER

\*may contain mayo +may contain egg

^whl grain rich #may contain milk/cheese !may contain sesame

-may contain soy

CACFP is an indicator of quality child care.

## CACFP Weekly Menu

## ADC modified menu April 1-5

MEAL	COMPONENT	ADULTS	MONDAY - 1	TUESDAY - 2	WEDNESDAY - 3	THURSDAY - 4	FRIDAY - 5
BREAKFAST	Milk	1 cup 8oz	FAT FREE#	FAT FREE#	FAT FREE#	FAT FREE#	FAT FREE#
	Fruit/Vegetable	1/2 cup	Tropical Fruit	Diced Mango	Apple Slices -3-4 pcs	Banana – 1 each	Peaches
	Grain/Meat+	2 oz eq	Kix or Life Cereal -1 cup	Bagel w/SF Jelly -1 bagel	<b>WG French Toast#^--</b> -4 pcs	English Muffin w/SF jelly -1 muffin	Kix or Life Cereal -1 cup
MORNING SNACK	Milk	1 cup-- 8oz	WATER	WATER	WATER	WATER	WATER
	Fruit*	1/2 cup	Fruit Gel Cup		Fruit Gel Cup		
	Grain	2 oz eq		Toast		Toast	
	Meat/Meat Alternate	2 oz					Yogurt#
LUNCH & SUPPER	Milk	1 cup--	FAT FREE#	FAT FREE#	FAT FREE#	FAT FREE#	FAT FREE#
	Vegetable	1/2 cup	Diced Carrots	Potato Salad*+	Corn	Lett/Tom/Cuc	Cucumbers
	Fruit*	1/2 cup	Orange Wedges - 3-4 pcs	Peaches	Orange Wedges - 3-4 pcs	Diced Strawberries	Orange Wedges - 3-4 pcs
	Grain	2 oz eq	<b>WW Bread^</b> -4 slices (2 sandwiches)	<b>Brown Rice^</b> -1/4 c	Hoagie Roll 1-2 pcs	<b>WW Roll#^</b> 1-2 pcs	<b>WG Pita Pocket^</b> -1 each
	Meat/Meat Alternate	2 oz	Ham & Swiss# Sandwich -4 slices meat, 2 slices cheese	Chicken Long Rice – -1/2 cup	Meatball Sub# 3-4 meatballs w/sauce 1 slice Swiss cheese	Somen Salad w/diced ham & egg 1/2 c total	Tuna Salad Sandwich*+ 1/2 c mix 2 slices cheese
AFTERNOO N SNACK	Milk	1 cup	WATER	WATER	WATER	WATER	WATER
	Fruit	3/4 cup	Apple Slices -3-4 pcs	Banana – 1 each	Diced Pears	--	Apple Slices -3-4 pcs
	Vegetable	1/2 cup	--	--	--	--	--
	Grain	1 oz eq	--	Graham Crackers— -2 sheets; 8pcs	Club Crackers -8 pcs	Ritz – -8 pcs	Cheezit# -20 pcs
	Meat/Meat Alternate	1 oz	String Cheese# -1 stick	--	--	String Cheese# -1 stick	--

+ 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

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