

SEAGULL SCHOOLS, INC. ADULT DAY CENTER

CACFP is an indicator of quality child care.

*may contain mayo +may contain egg

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

-may contain soy

CACFP Weekly Menu

ADC modified menu April 22-26

MEAL	COMPONENT	ADULTS	MONDAY - 15	TUESDAY - 16	WEDNESDAY - 17	THURSDAY - 18	FRIDAY - 19
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 – 1 each	Blueberries	Banana – 1 each
	Grain/Meat ⁺	2 oz eq	Cheerios - 1 cup	WW Bread Thin – 1 ea	Yogurt – 1 container	WW Eng. Muffin – 1 ea	Cheerios – 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		Oatmeal		Oatmeal	
	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	Green Beans	Mashed Potatoes#	Zucchini (<i>incl. in main dish</i>)	Coleslaw+*	Cucumbers
	Fruit*	1/2 cup	Orange – 1 each	Applesauce	Tossed Salad	Peaches	Orange – 1 each
	Grain	2 oz eq	WW Bread[^] -2 slices each	Hawaiian Roll# - 2pcs	WW Roll# – 2pcs	WW Pita Pocket – 1pc	WW Bread[^] -2 slices each
	Meat/Meat Alternate	2 oz	Ham & Swiss# Sandwich <i>-3 slices meat, 1 slices cheese</i>	Roast Pork w/gravy# <i>-1/2 c</i>	Vegetable Lasagna# -1 piece	Teriyaki Chicken--! <i>-1/2 c</i>	Egg Salad*+ <i>-1/2 c mix, 2 slices cheese</i>
AFTERNOON SNACK	Milk	1 cup	WATER	WATER	WATER	WATER	WATER
	Fruit	3/4 cup	Raisins – 1/2 c	Banana – 1 each	--	Pears	Tropical Fruit
	Vegetable	1/2 cup	--	--	--	--	--
	Grain	1 oz eq	Applesauce Cake#* <i>- 1 piece</i>	Graham Crackers – 2 sheets/8pcs	Ritz-- <i>-7 pcs</i>	WW Bread Thin -1 each	Cheezit# <i>-20 pcs</i>
	Meat/Meat Alternate	1 oz	--		--		--

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

oz eq = ounce equivalents