

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 29-May 3

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	Diced Pears	Peaches	Apple – 1 each	Banana – 1 each	Blueberries
	Grain/Meat ⁺	2 oz eq	Life Cereal - 1 cup	WG French Toast^{^#+++}	WG Pancakes^{^#+++}	Sweetbread#	Chex 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		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	Diced Carrots	Cauliflower	Tossed Salad	Olives/Tomatoes/Cuc/ Cauli/Garbanzo	Lettuce Leaf
	Fruit*	1/2 cup	Orange – 1 each	Banana	Tropical Fruit	Applesauce	Orange – 1 each
	Grain	2 oz eq	WW Bread[^] -2 slices each	Brown Rice – 1/4 c	Brioche Bun# - 2 pcs	WW Roll#	WW Bread[^] -2 slices each
	Meat/Meat Alternate	2 oz	Turkey & Swiss# Sandwich <i>-4 slices meat, 1 slice cheese</i>	Kalua Pig & Cabbage— <i>-1/2 cup</i>	Hamburger w/cheese# <i>-2 patties, 2 slices cheese</i>	Italian Pasta Salad# w/chicken-- <i>-1 cup</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	Frozen Apples	Pineapple Chunks	Diced Strawberries	Peaches	Pears
	Vegetable	1/2 cup	--	--	--	--	--
	Grain	1 oz eq	--	Ritz Crackers – 7 pcs	Club Crackers – 7 pcs	Goldfish# - 20pcs	Graham Crackers-- 2 sheets
	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