

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 Mar 18-22

MEAL	COMPONENT	ADULTS	MONDAY - 18	TUESDAY - 19	WEDNESDAY - 20	THURSDAY - 21	FRIDAY - 22
BREAKFAST	Milk	1 cup 8oz	FAT FREE#	FAT FREE#	FAT FREE#	FAT FREE#	FAT FREE#
	Fruit/Vegetable	1/2 cup	Diced Strawberries	Tropical Fruit	Blueberries	Diced Mango	Frozen Apples
	Grain/Meat ⁺	2 oz eq	Cheerios [^] - 1 cup	Sweetbread# -up to 2 pcs	WG Waffles [^] #+-- -up to 2 pcs	Cheerios [^] - 1 cup	Sweetbread# -up to 2 pcs
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					
	Meat/Meat Alternate	2 oz		Smoothie Cup#		Yogurt#	Smoothie Cup#
LUNCH & SUPPER	Milk	1 cup ^{**}	FAT FREE#	FAT FREE#	FAT FREE#	FAT FREE#	FAT FREE#
	Vegetable	1/2 cup	Green Beans	Lett/Tom/Cuc	Corn	Peas	Diced Carrots
	Fruit*	1/2 cup	Orange Wedges - 3-4 pcs	Diced Mango	Diced Strawberries	Tropical Fruit	Diced Mango
	Grain	2 oz eq	WW Bread [^] -4 slices (2 sandwiches)	WW Roll# [^] -up to 2 pcs	Brown Rice [^] -1/2 c	WW Roll# [^] -up to 2 pcs	WW Bread [^] -4 slices (2 sandwiches)
	Meat/Meat Alternate	2 oz	Turkey & Swiss# Sandwich -4 slices turkey, 2 slices cheese	Somen Salad w/Ham & egg+# -1/2 cup	Beef Chop Suey--! -1/2 c	Pasta Salad w/ham# -1/2 c	Roast Beef & Swiss# Sandwich -4 slices turkey, 2slices cheese
AFTERNOON SNACK	Milk	1 cup	WATER	WATER	WATER	WATER	WATER
	Fruit	3/4 cup	100% Apple Juice	Frozen Apples	Orange Wedges - 4-5 pcs	--	Blueberries
	Vegetable	1/2 cup	--	--	--	--	--
	Grain	1 oz eq	Poi Rolls# -up to 2 pcs	Graham Crackers-- -2 sheets; 8 pcs	Goldfish# -20 pcs	Ritz-- -8 pcs	Graham Crackers-- -2 sheets; 8 pcs
	Meat/Meat Alternate	1 oz				String Cheese# - 2 sticks	

⁺ 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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