

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 25-29

MEAL	COMPONENT	ADULTS	MONDAY - 25	TUESDAY - 26	WEDNESDAY - 27	THURSDAY - 28	FRIDAY - 29
BREAKFAST	Milk	1 cup 8oz	FAT FREE#		FAT FREE#	FAT FREE#	
	Fruit/Vegetable	1/2 cup	Peaches	CENTER	Diced Pears	Apple Slices -3-4 pcs	CENTER
	Grain/Meat ⁺	2 oz eq	Cheerios [^] - 1 cup	CLOSED	WG Pancakes ^{^#++} -up to 2 pcs	Mini Wheats [^] - 1 cup	CLOSED
MORNING SNACK	Milk	1 cup ^{**} 8oz	WATER		WATER	WATER	
	Fruit [*]	1/2 cup	Fruit Gel Cup		Fruit Gel Cup		
	Grain	2 oz eq					
	Meat/Meat Alternate	2 oz		PRINCE		Yogurt#	
LUNCH & SUPPER	Milk	1 cup ^{**}	FAT FREE#	KUHIO	FAT FREE#	FAT FREE#	GOOD
	Vegetable	1/2 cup	Green Beans	DAY	Peas	Diced Carrots	FRIDAY
	Fruit [*]	1/2 cup	Applesauce		Peaches	Diced Strawberries	
	Grain	2 oz eq	WW Bread [^] -4 slices (2 sandwiches)	OBSERVED	WG Waffles ^{^#++} -up to 2 pcs	WG Pita Pocket [^] -1 each	OBSERVED
	Meat/Meat Alternate	2 oz	Pastrami & Swiss# Sandwich -4 slices meat, 2 slices cheese		WG Chicken Nuggets ^{^--} -up to 6 pcs each	Egg ⁺ + Salad Pita Pocket -1/4 c	
AFTERNOON SNACK	Milk	1 cup	WATER		WATER	WATER	
	Fruit	3/4 cup	Diced Mango	CENTER	Orange Wedges - 4-5 pcs	100% Apple Juice	CENTER
	Vegetable	1/2 cup	--	CLOSED	--	--	CLOSED
	Grain	1 oz eq	Graham Crackers— -2 sheets; 8pcs		Club Crackers -8 pcs	Carrot Cake Muffin ^{^#+} -up to 2 squares	
	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.

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

oz eq = ounce equivalents

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