

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 May 6-10

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	Peaches	Diced Strawberries	Apple – 1 each	Banana – 1 each	Blueberries
	Grain/Meat+	2 oz eq	Cheerios – 1/2 cup	Buttermilk Biscuit – 1 ea	Quesadilla# 1 tortilla, 1 slice cheese	Apple-Cinnamon Bun - 2ea	Kix Cereal – 1/2 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	Peas	Tossed Salad w/dressing	Tomato & Lettuce	Bell Peps/Carrots/Celery Incl in main dish	Cucumber
	Fruit*	1/2 cup	Frozen Apple Slices	Diced Pears	Tropical Fruit	Pineapple Chunks	Orange – 1 each
	Grain	2 oz eq	WW Bread[^] -2 slices each	Brown Rice – 1 cup	Brioche Bun# - 1 pcs	Brown Rice – 1 cup	WW Pita Pocket -1 each
	Meat/Meat Alternate	2 oz	Ham & Swiss# Sandwich <i>-3 slices meat, 2 slices cheese</i>	Beef Chili – 1/2 cup	Chicken Patty—on Bun	Sweet & Sour Pork--!	Tuna Salad*+ <i>-1/2 c mix, 2 slices cheese</i>
AFTERNOON SNACK	Milk	1 cup	WATER	WATER	WATER	WATER	WATER
	Fruit	3/4 cup	Pineapple Chunks	Orange – 1 1/2 each		Diced Mango	Applesauce
	Vegetable	1/2 cup	--	--	--	--	--
	Grain	1 oz eq	Cheezit# - 20 pcs	Club Crackers - 7 pcs	Ritz Crackers -- 7 pcs	Goldfish# - 20pcs	Graham Crackers-- 2 sheets
	Meat/Meat Alternate	1 oz	--	--	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.

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

oz eq = ounce equivalents