

Please Note: If your child arrives after 8 AM, they will receive an alternative lunch

**Growing Futures Early Education Center  
July 2017**

This institution is an equal opportunity provider.

CACFP Under 3 Requirement	Monday	Tuesday	Wednesday	Thursday	Friday	CACFP 3 and Older Requirements
<p><b>Breakfast:</b> Milk – ½ Cup, Fruit – ¼ Cup, Grains/Breads – ½ Slice or ¼ Cup</p> <p><b>Lunch:</b> Milk – ½ Cup, Vegetables and Fruits – ¼ Cup Total, Grains/Breads – ½ Slice or ¼ Cup Meat and Meat Alternatives – 1 ounce</p> <p><b>Snack:</b> (serve 2 components) Milk – ½ Cup Vegetables and Fruits – ½ Cup Grains/Breads – ½ Slice or ¼ Cup Meat and Meat Alternatives – *Cheese – ½ Ounce *Cottage Cheese – 1/8 Cup *Yogurt – ¼ Cup</p>	<p><b>3</b> <b>Breakfast:</b> Whole Grain French Toast Sticks, Peaches, Milk, Yogurt <b>Lunch:</b> Hamburger on Whole Wheat Bun, Potato Wedges (with skin on), Oranges, Milk <b>Snack:</b> Mozzarella String Cheese, Whole Wheat Crackers</p>	<p><b>4</b> <b>Agency Closed</b> <b>Independence Day</b></p>	<p><b>5</b> <b>Breakfast:</b> Mini Bagel with Cream Cheese, Apricots, Milk <b>Lunch:</b> Meatloaf, Mashed Potatoes, Peas, Banana, Whole Wheat Roll, Milk <b>Snack:</b> Applesauce, Teddy Grahams</p>	<p><b>6</b> <b>Breakfast:</b> Cereal, Apple Slices, Milk <b>Lunch:</b> Chicken Alfredo with Whole Wheat Fettuccine Noodles, Steamed Broccoli, Tropical Fruit, Milk <b>Snack:</b> Nutri-Gran Bar, Milk</p>	<p><b>7</b> <b>Breakfast:</b> Enriched Whole Wheat Toast, Pears, Milk <b>Lunch:</b> Cheese Pizza, Corn, Honeydew Melon Slices, Milk <b>Snack:</b> Vanilla Wafers, Yogurt Fruit (Peaches) Dip</p>	<p><b>Breakfast:</b> Milk – ¾ Cup, Fruit – ½ Cup, Grains/Breads – ½ Slice or ¼ Cup</p> <p><b>Lunch:</b> Milk – ¾ Cup, Vegetables and Fruits – ½ Cup Total, Grains/Breads – ½ Slice or ¼ Cup Meat and Meat Alternatives – 1 ½ ounce</p> <p><b>Snack:</b> (serve 2 components) Milk – ½ Cup Vegetables and Fruits – ½ Cup Grains/Breads – ½ Slice or ¼ Cup Meat and Meat Alternatives – *Cheese – ½ Ounce *Cottage Cheese – 1/8 Cup *Yogurt – ¼ Cup</p>
	<p><b>10</b> <b>Breakfast:</b> Whole Wheat Toast, Mandarin Oranges, Milk <b>Lunch:</b> Meatballs, Green Beans, Peaches, Whole Wheat Bun, Milk <b>Snack:</b> Animal Crackers, Milk</p>	<p><b>11</b> <b>Breakfast:</b> Whole Grain Pancake, Mixed Berries, Milk <b>Lunch:</b> Baked Chicken Tenders, Mashed Potatoes, Honeydew Melon Slices, Whole Wheat Roll, Milk <b>Snack:</b> Apple Slices, Cheddar Cheese Cubes</p>	<p><b>12</b> <b>Breakfast:</b> Mini Bagel with Cream Cheese, Strawberries, Milk <b>Lunch:</b> Goulash, Corn, Tropical Fruit, Whole Wheat Roll, Milk <b>Snack:</b> Chex Mix/Cheezyts, Milk</p>	<p><b>13</b> <b>Breakfast:</b> Cereal, Crushed Pineapple, Milk <b>Lunch:</b> Grilled Chicken Breast, Potato Wedges (with skin on), Apricots, Whole Wheat Roll, Milk <b>Snack:</b> Cheese Roll-Up (Whole Wheat Tortilla and Shredded Cheese)</p>	<p><b>14</b> <b>Breakfast:</b> Sunrise Taco (Whole Wheat Tortilla, Scrambled Eggs, and Cheese), Orange Slices, Milk <b>Lunch:</b> Beef and Broccoli Stir Fry, Fresh Pears, Brown Rice, Milk <b>Snack:</b> Applesauce, Teddy Grahams</p>	
	<p><b>17</b> <b>Breakfast:</b> Whole Wheat Toast, Applesauce, Milk <b>Lunch:</b> Cheese and Vegetable Lasagna, Berry and Melon Medley, Steamed Broccoli, Milk <b>Snack:</b> Banana Bread, Milk</p>	<p><b>18</b> <b>Breakfast:</b> Egg Patty and Cheese on Whole Wheat English Muffin, Peaches, Milk <b>Lunch:</b> Cheese Pizza, Tossed Spinach and Fresh Vegetable Salad, Oranges, Milk <b>Snack:</b> Pita Bread, Hummus, Milk</p>	<p><b>19</b> <b>Breakfast:</b> Whole Grain Waffle, Strawberries, Milk <b>Lunch:</b> Grilled Turkey and Cheese Sandwich on Whole Wheat Bread, Tomato Soup, Banana, Milk <b>Snack:</b> Cottage Cheese, Crushed Pineapple</p>	<p><b>20</b> <b>Breakfast:</b> Cereal, Apple Slices, Milk <b>Lunch:</b> Chicken Fajitas on Whole Wheat Tortilla, Romaine Lettuce and Tomatoes, Shredded Cheese, Salsa, Cantaloupe, Milk <b>Snack:</b> Goldfish, Milk</p>	<p><b>21</b> <b>Breakfast:</b> Biscuit with Jelly, Tropical Fruit, Milk <b>Lunch:</b> Salisbury Steak, Cooked Carrots, Crushed Pineapple, Whole Wheat Roll, Milk <b>Snack:</b> Mozzarella String Cheese, Whole Wheat Crackers</p>	
	<p><b>24</b> <b>Breakfast:</b> Sunrise Taco (Whole Wheat Tortilla, Scrambled Eggs, and Cheese), Orange Slices, Milk <b>Lunch:</b> Baked Chicken Tenders, Cooked Carrots, Fresh Pears, Whole Wheat Roll Milk <b>Snack:</b> Gardettos/Animal Crackers, Milk</p>	<p><b>25</b> <b>Breakfast:</b> Cereal, Apricots, Milk <b>Lunch:</b> Sloppy Joe on Whole Wheat Bun, Steamed Broccoli and Cauliflower with Cheese, Banana, Milk <b>Snack:</b> Apple Slices, Cheddar Cheese Cubes</p>	<p><b>26</b> <b>Breakfast:</b> Whole Grain French Toast Sticks, Peaches, Milk, Yogurt <b>Lunch:</b> Chicken Enchiladas (Whole Wheat Tortilla), Spinach and Fresh Vegetable Salad, Tropical Fruit, Milk <b>Snack:</b> Nutri-Gran Bar, Milk</p>	<p><b>27</b> <b>Breakfast:</b> Whole Grain Pancakes, Mixed Berries, Milk <b>Lunch:</b> Chili with Beans, Corn, Cantaloupe, Saltine Crackers, Milk <b>Snack:</b> Yogurt, Vanilla Wafers</p>	<p><b>28</b> <b>Breakfast:</b> Muffins, Mandarin Oranges, Milk <b>Lunch:</b> Marinara Chicken, Green Beans, Crushed Pineapple, Whole Wheat Roll, Milk <b>Snack:</b> Cheezits, Milk</p>	
	<p><b>31</b> <b>Agency</b></p>	<p><b>1</b> <b>closed</b></p>	<p><b>2</b> <b>for</b></p>	<p><b>3</b> <b>Academy</b></p>	<p><b>4</b> <b>training</b></p>	