

**CACFP MENU 2009-10****HOT MEALS  
NEW CASTLE****CYCLE MENU #7**

<b>LUNCH OR SUPPER</b>	<b>MONDAY 3-1</b>	<b>TUESDAY 3-2</b>	<b>WEDNESDAY 3-3</b>	<b>THURSDAY 3-4</b>	<b>FRIDAY 3-5</b>
<b>(1) MILK-1 CUP</b>	MILK YOGURT( 2EA) FRUIT CUP	MILK PINEAPPLE CHICKEN CREAM SPINACH SWEET POTATO FRUIT PUNCH	MILK MEATLOAF&GRAVY BAKED BEANS GRAPE JUICE ROLL	MILK SPAGHETTI MIXED VEGETABLES MEAT SAUCE ROLL	MILK PBJ WHOLE APPLE PINEAPPLE JUICE STRING CHEESE (1EA)
<b>(2) VEGETABLE FRUIT- 3/4 CUP</b>	MINI CARROTS GRAHM CRACKERS				
<b>(1) GRAIN/BREAD 1 SLICE OR 1 SERVING</b>	MONDAY 3-8 MILK CEREAL CUP PEAR CUP APPLE JUICE STRING CHEESE(2)	TUESDAY 3-9 MILK CHICKEN & RICE BROCCOLI FRUIT PUNCH ROLL	WEDNESDAY 3-10 MILK COUS COUS SALAD ROASTED VEGETABLES GRAPES CHEESE CUBES	THURSDAY 3-11 MILK PEPPER STEAK EGG NOODLES PEAS ROLL	FRIDAY 3-12 MILK TURKEY & CHEESE COLE SLAW FRUIT CUP WHEAT BREAD
<b>(1) MEAT/ ALTERNATE PROTEIN- 2 OZ</b>	MONDAY 3-15 MILK PBJ CARROTS STRING CHEESE (1EA) APPLE JUICE	TUESDAY 3-16 MILK TURKEY CHILI BEANS & TOMATO CORN APPLE JUICE	WEDNESDAY 3-17 MILK BAKED PASTA PEAS FRUIT PUNCH ROLL	THURSDAY 3-18 MILK VEGETABLE FRITTATA CHEESEY POTATOES PEACHES ORANGE JUICE	FRIDAY 3-19 MILK GRILLED CHICKEN CAESER SALAD MULTIGRAIN CROUTONS SLICED TOMATO
	MONDAY 3-22 MILK CEREAL CUP PINEAPPLE CUP APPLE SAUCE STRING CHEESE	TUESDAY 3-23 MILK MEATBALLS & MARINARA PASTA WITH SAUCE MIX VEGETABLES	WEDNESDAY 3-24 MILK TURKEY & CHEESE WHOLE APPLE PEAR CUP WHEAT BREAD	THURSDAY 3-25 MILK BARBEQUE CHICKEN PEACH COBBLER GREEN BEANS ROLL	FRIDAY 3-26 MILK TUNA SALAD PEPPER STRIPS PINEAPPLE JUICE PITA

**NO PORK PRODUCT ARE USED IN THE PRODUCTION OF MEALS****ALL JUICES ARE 100% FRUIT JUICE****CEREAL CUPS MAY BE RAISAN BRAN, WHEATIES, CORN FLAKES, CRISP RICE, FROSTED WHEAT SQUARES, OR****OTHER WHOLE GRAIN CEREAL****MILK MAY BE WHITE, COCOLATE OR STRAWBERRY**

<b>LUNCH OR SUPPER</b>	<b>CACFP MENU 2009-10</b>		<b>COLD MEALS</b>	<b>CYCLE MENU #7</b>	
	<b>KENT AND SUSSEX</b>				
<b>(1) MILK-1 CUP</b>  <b>(2) VEGETABLE FRUIT- 3/4 CUP</b>  <b>(1) GRAIN/BREAD 1 SLICE OR 1 SERVING</b>  <b>(1) MEAT/ ALTERNATE PROTEIN- 2 OZ</b>	MONDAY 3-1	TUESDAY 3-2	WEDNESDAY 3-3	THURSDAY 3-4	FRIDAY 3-5
	MILK	MILK	MILK	MILK	MILK
	GRAPE JUICE	ORANGE JUICE	APPLE JUICE	PINEAPPLE CUP	FRUIT PUNCH
	APPLESAUCE	PEACH CUP	FRUIT CUP	CUCUMBER SLICES	CARROT STICKS
	CEREAL CUP	CHICKEN SALAD	TURKEY & CHEESE	HAM & CHEESE	PBJ
	STRING CHEESE (2)	PITA	WHEAT BREAD	WHEAT BREAD	STRING CHEESE(1)
	MONDAY 3-8	TUESDAY 3-9	WEDNESDAY 3-10	THURSDAY 3-11	FRIDAY 3-12
	MILK	MILK	MILK	MILK	MILK
	APPLE JUICE	PINEAPPLE CUP	ORANGE JUICE	GRAPE JUICE	CELERY STICKS
	RAISANS	PEACH CUP	APPLESAUCE	PEAR CUP	PINEAPPLE JUICE
	YOGURT	TURKEY AND CHEESE	TUNA SALAD	BOLOGNA & CHEESE	HAM & CHEESE
	GRAHM CRACKERS	WHEAT BREAD	PITA	WHEAT BREAD	WHEAT BREAD
MONDAY 3-15	TUESDAY 3-16	WEDNESDAY 3-17	THURSDAY 3-18	FRIDAY 3-19	
MILK	MILK	MILK	MILK	MILK	
FRUIT PUNCH	GRAPE JUICE	APPLE JUICE	PEACH CUP	ORANGE JUICE	
PEAR CUP	FRUIT CUP	PINEAPPLE CUP	PEPPER STRIPS	FRUIT CUP	
CEREAL CUP	HAM & CHEESE	TURKEY & CHEESE	GRILLED CHICKEN	PBJ	
STRING CHEESE (2)	WHEAT BREAD	WHEAT BREAD	WHEAT BREAD	STRING CHEESE(1)	
MONDAY 3-22	TUESDAY 3-23	WEDNESDAY 3-24	THURSDAY 3-25	FRIDAY 3-26	
MILK	MILK	MILK	MILK	MILK	
APPLE JUICE	ORANGE JUICE	GRAPE JUICE	FRUIT PUNCH	PINEAPPLE CUP	
RAISANS	FRUIT CUP	PEAR CUP	APPLESAUCE	CARROT STICKS	
YOGURT	TUNA SALAD	HAM & CHEESE	BOLOGNA & CHEESE	TURKEY & CHEESE	
GRAHM CRACKERS	PITA	WHEAT BREAD	WHEAT BREAD	WHEAT BREAD	

**NO PORK PRODUCT ARE USED IN THE PRODUCTION OF MEALS**

**ALL JUICES ARE 100% FRUIT JUICE**

**CEREAL CUPS MAY BE RAISAN BRAN, WHEATIES, CORN FLAKES, CRISP RICE, FROSTED WHEAT SQUARES, OR**

**OTHER WHOLE GRAIN CEREAL**

**MILK MAY BE WHITE, COCOLATE OR STRAWBERRY**

## CACFP FALL 09-SNACK

NEW CASTLE, KENT

<u>SNACK</u>	MONDAY 3-1	TUESDAY 3-2	WEDNESDAY 3-3	THURSDAY 3-4	FRIDAY 3-5
<b>2 OF THE 4 COMPONENTS</b>	MILK FRUIT CUP	ORANGE JUICE 6OZ MUFFIN	MILK MINI PRETZELS	MILK CEREAL CUP	GRAPE JUICE 6OZ SUNCHIPS
	MONDAY 3-8	TUESDAY 3-9	WEDNESDAY 3-10	THURSDAY 3-11	FRIDAY 3-12
<b>(1) MILK-1 CUP</b>	MILK CEREAL BAR	MILK TORTILLA CHIPS	APPLE JUICE 6 OZ MUFFIN	FRUIT PUNCH 6OZ GOLDFISH	MILK GRAHM CRACKERS
<b>(1) VEGETABLE OR FRUIT- 3/4 CUP</b>	MONDAY 3-15	TUESDAY 3-16	WEDNESDAY 3-17	THURSDAY 3-18	FRIDAY 3-19
<b>(1) MEAT OR ALTERNATE PROTEIN- 1OZ</b>	MILK FRUIT CUP	GRAPE JUICE 6OZ MUFFIN	MILK PBJ	APPLE JUICE 6OZ STRING CHEESE	ORANGE JUICE 6OZ BAGEL
<b>(1) GRAIN OR BREAD- 1 SLICE OR 1 SERVING</b>	MONDAY 3-22	TUESDAY 3-23	WEDNESDAY 3-24	THURSDAY 3-25	FRIDAY 3-26
	MILK GOLDFISH	FRUIT PUNCH 6OZ GRAHM CRACKERS	MILK CEREAL CUP	ORANGE JUICE 6OZ PRETZELS	APPLE JUICE 6OZ STRING CHEESE

**NO PORK PRODUCT ARE USED IN THE PRODUCTION OF MEALS**

**ALL JUICES ARE 100% FRUIT JUICE**

**ALL ROLL, BREAD, PITA AND PASTA ARE MADE FROM WHOLE GRAIN OR WHOLE WHEAT**

**CEREAL CUPS MAY BE RAISAN BRAN, WHEATIES, CORN FLAKES, CRISP RICE, FROSTED WHEAT SQUARES, OR OTHER WHOLE GRAIN CEREAL**

**SNACK JUICES ARE 6 OUNCES (3/4 CUP)**

**MILK MAY BE WHITE, COCOLATE OR STRAWBERRY**