

CACFP (Adult Day Care) Menus

WEEK 1

Breakfast	Lunch/Supper (no milk required at supper)	Snacks (select 2 of the 5 Components)
Blueberries (Fresh or Frozen)	Quiche with Self-Forming Crust (USDA D-32)	Sweet Potato Hummus (HMV p.93)
Ready-to-eat Cereal (WG) Texas Toast	Spinach & Kale Salad Mandarin Orange Slices	(WG) Crackers 
Yogurt	Bread Sticks	
Jam & Jelly	Fat-Free Flavored Milk	
Participant may decline one of four food items. (OVS)	Participant may decline: two of six food items at <i>Lunch</i> ; and two of five food items at <i>Supper</i> . (OVS)	Participant must take both food components

Breakfast	Lunch/Supper (no milk required at supper)	Snacks (select 2 of the 5 Components)
Orange Juice	Sweet and Sassy Chicken (USDA D-570)	Watermelon or Seasonal Fruit
Golden Apple Oatmeal (WG) (USDA I-7)  Toast	Cooked Carrots (Fresh, frozen or canned) Green Beans (Fresh, frozen or canned)	Cottage Cheese
Unflavored 1% Milk	Enriched White Rice Dinner Rolls	
Jam or Jelly	Unflavored 1% Milk	
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Breakfast	Lunch/Supper (no milk required at supper)	Snacks (select 2 of the 5 Components)
Banana	Minestrone Soup & Cheese Cubes (USDA H-07)	Fruit Cocktail 
Turkey Sausage Patty	Tomato & Cucumber Slices	Rice Cakes
WW Toast (WG)	Pears (Fresh, frozen or canned)	
Fat-Free Flavored Milk	French Bread & Bread Sticks	
Jam or Jelly	Unflavored 1% Milk	
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Water made available at all meals. Check meal patterns for food components and serving sizes.

- (WG) Whole Grain-Rich
- (HM) Homemade
- USDA– Standardized Recipes
- HMV – Healthy Meals Vermont Cookbook
- OVS – Offer vs Serve

Menus developed 2019



Arkansas Department Of Human Services



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Grape Juice	Beef Chalupa (USDA D-24) Enriched Chalupa Shells	Hard Boiled Eggs
Baked French Toast Strips (frozen or HM) (USDA I-03) Syrup	Shredded Lettuce Pineapple Chunks (Fresh, frozen or canned)	Celery Sticks 
Ready-to-eat Cereal (WG) 	Corn Bread (USDA B090)	
Unflavored 1% Milk	Unflavored 1% Milk	
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Breakfast	Lunch/Supper (no milk required at supper)	Snacks (select 2 of the 5 Components)
Grapefruit Sections (fresh or jarred)	Creamy Tomato Soup (HVM p.36)	Vanilla Yogurt
Biscuits (HM or canned) (USDA B040) Jam & Jelly	Grilled Cheese Sandwich (USDA F-13)  Saltine Crackers	Apricots (Fresh, frozen or canned)
Ready-to-eat Cereal (WG)	Broccoli Florets (Fresh or frozen)	
Unflavored 1% Milk	Unflavored 1% Milk	
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