

South Carolina Department of Social Services
Child and Adult Care Food Program (CACFP)

SAMPLE

WEEKLY MENU FORM

Weeks 1, 2 and 3

Provider's Name: <u>CINDY'S AFTERSCHOOL PROGRAM</u>		Month/Year: <u>FEB 2001</u>						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Calender Date					2/1	2/2		
PM Snack	Choose 2 of these 4: Fluid Milk				Milk (8oz.)			
	Fruit, Vegetable or Full Strength Juice				Graham Crackers (8)	Saltines (8) String Cheese (1)		
	Bread or Bread Alternate							
	Meat or Meat Alternate							
	Total Number of Children Served				17	19		
Calender Date		2/5	2/6	2/7	2/8	2/9		
PM Snack	Choose 2 of these 4: Fluid Milk					Milk (8 oz)		
	Fruit, Vegetable or Full Strength Juice		Cherry Juice (6oz)	Applesauce (3/4 cp)	Tomato Juice (6oz)			
	Bread or Bread Alternate	Cheese Crackers (20)	Poptart (1)	Animal Crackers (14)	Corn Chips (7)	Honey Comb Cereal (3/4 cp)		
	Meat or Meat Alternate	Peanuts (1oz)						
	Total Number of Children Served	24	21	16	20	21		
Calender Date		2/12	2/13	2/14	2/15	2/16		
PM Snack	Choose 2 of these 4: Fluid Milk							
	Fruit, Vegetable or Full Strength Juice							
	Bread or Bread Alternate	Pretzels (16)	RitzCracker (7)	Apple Juice (6oz)	Banana (1)	Apple (1)		
	Meat or Meat Alternate	String Cheese (1)	Peanut Butter(2tbls)	Yogurt (4oz)	Graham Crackers (8)	Peanut Butter (2tbls)		
	Total Number of Children Served	27	22	17	19	20		

SAMPLE

Week 4 and 5

Provider's Name: <u>CINDY'S AFTERSCHOOL PROGRAM</u>		Month/Year: <u>FEB 2001</u>						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Calender Date		2/19	2/20	2/21	2/22	2/23		
PM Snack	Choose 2 of these 4: Fluid Milk	HOLIDAY			Milk (8oz)			
	Fruit, Vegetable or Full Strength Juice		Orange (2)	Grape Juice (6oz)		Banana (1)		
	Bread or Bread Alternate		Ginger Snaps (7)	Pretzels (16)	Choc. Chip Cookies (6)	Gold-N-Cheese (1 pk.)		
	Meat or Meat Alternate							
	Total Number of Children Served		0	16	21	23	17	
Calender Date		2/26	2/27	2/28				
PM Snack	Choose 2 of these 4: Fluid Milk		Milk (8oz)					
	Fruit, Vegetable or Full Strength Juice	Fruit Cocktail (3/4 cp)		Apple Juice (6 oz.)				
	Bread or Bread Alternate		Graham Crackers (8)	Vanilla Wafers (8)				
	Meat or Meat Alternate	Yogurt (4oz)						
	Total Number of Children Served	22	16	23				

TOTAL FOR THE MONTH: 381