



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
 BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
 CHILD AND ADULT CARE FOOD PROGRAM

NAME OF CENTER/FACILITY O'FALLON EARLY CHILDHOOD CENTER Week 1 2016

Whole milk served to children ages 1-until turn 2 years of age Then 2 years thru school-age served Skim Milk

BREAKFAST					
Fluid Milk*	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable	Bananas	Orange slices	Applesauce	Peaches	Bananas
Grain/Bread	Toast	Bagels	Cheese Toast	Cinnamon Toast	Biscuits and Gravy (pork sausage)
LUNCH	Soup and Sandwich	Chef Salad	Bar BQ Chicken Sandwich	Cheeseburger, Mac and Cheese	Home Made Pizza
Fluid Milk*	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim milk
2 Servings of Different Fruit and/or Vegetables	Apple slices	Fresh Seasonal Fruit	Apple Slices	Oranges	Pineapple
	Mixed Veggies in Beef Stock with ABC Noodles	Lettuce, Tomatoes	Green Beans and Potato Salad	Broccoli	Lettuce and Spinach Salad
Grain/Bread	Whole Wheat Bread	Crackers	Whole Wheat Buns	Macaroni	Home Made Crust
Meat or Meat Alternate	Turkey and Cheese	Chicken Breast, ham, turkey, cheese	Boneless Skinless Chicken Breast	90/10 Ground Beef	90/10 Ground Beef
Other Foods	Beef Stock and Alphabet noodles	Home Made Ranch	Bar BQ Sauce	Home Made Cheese Sauce	Pizza Sauce Canned
Other Foods					
SNACK PM Serve 2 of 4 components		2 Bean Cornmeal Cups		Morning Glory Muffins	
Fluid Milk*	Milk	Water	Water	Water	Water
Juice, Fruit, or Vegetable				Bananas	Apple slices
Grain/Bread	Graham crackers	Corn Bread	Home Made Pretzels	Muffins	Whole Wheat Crackers
Meat or Meat Alternate		Chili Beans and 90/10 ground beef	Cheese Sauce		Cheese Cubes
Other Foods					



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NAME OF CENTER/FACILITY O'FALLON EARLY CHILDHOOD CENTER Week 2

YEAR 2016

- Whole milk served to children ages 1-until turn 2 2 years thru school-age served Skim Milk

BREAKFAST					
Fluid Milk*	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable	Orange Slices	Apple Slices	Peaches in juice	Pineapple	Bananas
Grain/Bread	WW Bagel/Cheese	Steel Cut Oats	WW Pancakes	WW Toast/Scrambled Egg Cups	Crunchy Banana Wrap with Sun Butter
LUNCH	Sloppy Joes	Chicken Wantons	Hot Dogs And Beans	Hawaiian Wraps	Breakfast For Lunch
Fluid Milk*	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Different Fruit and/or Vegetables	Green Beans	Peas	Cole Slaw	Carrots and Spinach in Wrap	Russet and Sweet Potato Bake
	Fruit Cocktail in Juice	Apples, Bananas, Pineapple	Strawberries-Frozen, Mandarins, Mixed	Apple Sauce	Oranges
Grain/Bread	Whole Wheat Buns	Wonton Wrappers	Home Made Corn Bread	Whole Wheat Tortilla	Whole Wheat Toast
Meat or Meat Alternate	90/10 Ground Beef	Chicken Breast	Turkey Hotdogs/Baked Beans	Chicken Breast/Cheese	Scrambled Eggs and Turkey Sausage
Other Foods	Baked Potato Wedges		Home Made Cole Slaw Dressing		
Other Foods					
SNACK PM Serve 2 of 4 components					
Fluid Milk*	Skim Milk	Skim Milk	Water	Water	Skim Milk
Juice, Fruit, or Vegetable	Baked Apples	Carrots, Celery, Cucumbers	Oranges		
Grain/Bread	Animal Crackers	Whole Wheat Crackers	WW Crackers	Tortilla Chips	Oatmeal Cookies
Meat or Meat Alternate			Chicken Salad	Bean Dip and Cheese	
Other Foods		Home Made Ranch			



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NAME OF CENTER/FACILITY O'FALLON EARLY CHILDHOOD CENTER WEEK 3 YEAR 2016

- Whole milk served to children ages 1-until turn 2 2 years thru school-age served Skim Milk

BREAKFAST					
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable	Bananas	Apple Slices	Peaches	Strawberries, bananas, pineapple	Apple Sauce
Grain/Bread	Cherrios	Whole Wheat Bagels/Lean Turkey	Pancakes	Biscuits/Ham and Cheese	Scrambled Egg Bake
LUNCH	Sandwich/Salad	Chicken Stir Fries	Spaghetti	Ham, Sweet Potatoes	Bean and Beef Burritos
Fluid Milk*	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Different Fruit and/or Vegetables	Romaine and Iceberg Lettuce	Celery, Carrots, Broccoli, Bok Choy, Pea Pods, Onion, Zucchini	Green Beans	Sweet Potato Hash	Lettuce and Tomatoes
	Watermelon	Orange Slices	Apple Sauce	Cantaloupe	Strawberries and Bananas
Grain/Bread	Whole Wheat Bread	Brown Rice	Spaghetti	Brown Rice	Tortillas
Meat or Meat Alternate	Turkey Lunch Meat and Cheese	Chicken Breast	90/10 Ground Beef	Lean Baked Ham	90/10 Ground Beef Refried Beans/Cheese
Other Foods	Home Made Italian Dressing	Soy Sauce	Home Made Marinara		Home Made Salsa
Other Foods					
SNACK PM Serve 2 of 4 components		Chips and Dip	Fresh Fruit Smoothies		
Fluid Milk*	Water	Water		Water	Milk
Juice, Fruit, or Vegetable	Carrots, celery and Peppers		Strawberries and bananas		
Grain/Bread	Whole Wheat Tortilla	Tortilla Chips	Graham Crackers	Whole Wheat Crackers	Corn and Rice Chex, Pretzels, Cherrios Mix
Meat or Meat Alternate		Refried Beans and Salsa	Yogurt	Cheese Slices	
Other Foods	Home Made Ranch Dip	HM Salsa			Dried Raisins and Cranberries



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NAME OF CENTER/FACILITY O'FALLON EARLY CHILDHOOD CENTER WEEK 4 2016

- Whole milk served to children ages 1-until turn 2 2 years thru school-age served Skim Milk

BREAKFAST					
Fluid Milk*	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable	Oranges	Apple Slices	Pineapple in Juice	Mixed Fruit-apples and oranges, Strawberries	Bananas
Grain/Bread	WW Toast/Scrambled Egg Bake	Steel Cut Oats/Toast	WW Bagels/Cheese	Cereal	Sweet Potato Biscuits
LUNCH	Sandwich	Cowboy Wraps	Spaghetti and Meat Sauce	Chicken Salad	Chicken Teriyaki
Fluid Milk*	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Different Fruit and/or Vegetables	Apple Slices	Pineapple in Juice	Orange Slices	Peaches	Pineapple in Juice
	Garden Salad, lettuce, carrots, celery, tomatoes	Carrot and Celery Sticks, cucumber slices	Green Beans	Baked Sweet Potato Fries	Broccoli/Bok Choy Stir Fry
Grain/Bread	WW Bread	Tortilla Shells	Bread and Butter	Whole Wheat Crackers	Rice
Meat or Meat Alternate	Turkey and Cheese	Chicken Breast	90/10 Ground Beef	Chicken Breast	Chicken Thighs
Other Foods	HM Ranch	HM Ranch	Home Made Marinara	Celery, Onion, Mayo	Home Made Teriyaki Sauce
Other Foods					
SNACK PM Serve 2 of 4 components					
Fluid Milk*	Skim Milk	Water	Water	Water	Water
Juice, Fruit, or Vegetable		Apples		Cucumber Salad	
Grain/Bread	Whole Wheat Crackers	Graham Crackers	Whole Wheat Tortilla Shells	Whole Wheat Crackers	Bagels
Meat or Meat Alternate	Cheese Cubes		Turkey Lunch Meat		Cheese Slices
		Fluffy Dip		Vinaigrette for Cucumbers	



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NAME OF CENTER/FACILITY O'FALLON EARLY CHILDHOOD CENTER WEEK 5 YEAR 2016

- Whole milk served to children ages 1-until turn 2 2 years thru school-age served Skim Milk

BREAKFAST					
Fluid Milk*					
Juice, Fruit, or Vegetable	Bananas	Baked apples and cinnamon	Orange Slices	Fresh Melon	Pineapple canned in juice
Grain/Bread	Cereal-Bran	Steel Cut Oats	Tortilla and Cheese	Toast and Sun butter	Biscuits and Eggs
LUNCH	Grilled Cheese and Tomato Soup	Chili Pie	Chicken Noodle Bake	Grilled Chicken Salad	Chicken Tacos
Fluid Milk*					
2 Servings of Different Fruit and/or Vegetables	Cucumber, carrots, peppers and celery sticks	Corn and Chilies	Broccoli	Romaine and Iceberg salad	Lettuce and Tomatoes
	Cantaloupe	Peaches and Nectarines	Watermelon	Orange and Apple Slices	Mixed Seasonal Fruit
Grain/Bread	Whole Wheat Bread	Corn on the Cob	Noodles	Whole Wheat Crackers	Tortilla Shells
Meat or Meat Alternate	American Cheese	90/10 Ground Beef	Chicken Breast	Chicken Breast	Chicken Breast and Cheddar Cheese
Other Foods	Add fresh tomatoes to soup	Home Made Chili Sauce	Home Made white cream sauce	Home Made Ranch Dressing	Home Made Salsa
SNACK PM Serve 2 of 4 components	Hummus Dip and Pretzels	Yogurt Parfait	Bread Sticks and Marinara	Apple Rings and Graham Crackers	Whole Wheat Crackers and Cheese Slices
Fluid Milk*	Water	Water	Milk	Water	Water
Juice, Fruit, or Vegetable		Strawberries		Apples	
Grain/Bread	Pretzels	Granola	Bread Sticks	Graham Crackers	Whole Wheat Crackers
Meat or Meat Alternate	Hummus	Yogurt			Cheese Slices
Other Foods			Home Made Marinara		



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NAME OF CENTER/FACILITY O'FALLON EARLY CHILDHOOD CENTER WEEK 6 YEAR 2016

- Whole milk served to children ages 1-until turn 2 2 years thru school-age served Skim Milk

BREAKFAST					
Fluid Milk*					
Juice, Fruit, or Vegetable	Bananas	Orange Slices	Apple Sauce	Berry Compote	Grapes
Grain/Bread	Bran Cereal	Whole Wheat Cheese Toast	Steel Cut Oats	Whole Wheat Pancakes	Breakfast Pizza with eggs and Cheese
LUNCH	Pizza Cups	Scalloped Potatoes and Ham	Chicken and Rice Casserole	Taco Salad	Penne Pasta
Fluid Milk*					
2 Servings of Different Fruit and/or Vegetables	Iceberg and Romaine Lettuce	Scalloped Potatoes	Celery, Carrots, Onions, Peas	Iceberg Lettuce	Broccoli
	Honey Dew and Cantaloupe	Nectarines, Mandarin Oranges and Strawberries	Orange Slices	Canned Fruit Cocktail in 100 0/0 juice	Apple Slices
Grain/Bread	Biscuits	Whole Wheat Bread	Rice	Tortilla Chips	Penne Pasta
Meat or Meat Alternate	90/10 Ground Beef	Lean Ham	Chicken Breast	90/10 Ground Beef/Cheese	90/10 Ground Beef
Other Foods	Pizza Sauce-Jar and Home Made Italian Dressing	Home Made Scalloped potato sauce	Home Made Cream Sauce	Home Made Taco Seasoning	Home Made Pasta Sauce
Other Foods				Canned Re-fried Beans	
SNACK PM Serve 2 of 4 components					
Fluid Milk*					
Juice, Fruit, or Vegetable	Fruit Salsa	Watermelon	Strawberries and Bananas	Apple Slices	Grapes
Grain/Bread	Tortilla shells	Vanilla Wafers	Cereal-Cherrios	Whole Wheat Tortilla Shells	Whole Wheat Crackers
Meat or Meat Alternate				Sun Butter	Cheese Cubes
Other Foods					