

October 1, 2012 – September 30, 2013

| Dates: | | | | | |
|---|--|--|--|---|---|
| Breakfast Fruit, Vegetable, or 100% Fruit Juice: Bread or Grain: Milk: Substitute: | Pears Cheese Toast Milk | Peaches Whole Grain Waffles Milk | Pineapples Blueberry Muffin Milk | Apple Wedges Whole Wheat Bagel Milk | Mandarin Oranges Applesauce pancakes Milk |
| Lunch/Supper Meat or Meat Alternative: Fruit, Vegetable, or 100% Fruit Juice: Fruit, Vegetable, or 100% Fruit Juice: Bread or Grain: Milk: Substitute: | Tuna Salad Sandwich Mini Carrots Grapes Wheat Bread Milk | Beef & Rice Casserole Peaches Mixed Vegetables (in casserole) Rice (in casserole) Milk | Roast Beef Three Bean Salad Scallop Potatoes Wheat Roll Milk | Turkey Cutlets Pasta - Vegetable Salad Green Peas Brown Rice Milk | Chicken or Turkey Salad Apple Slices Whole Corn Wheat Crackers Milk |
| Snack Circle one: AM PM Meat or Meat Alternative: Fruit, Vegetable, or 100% Fruit Juice: Bread or Grain: Milk: Substitute: | Whole Wheat Muffin Squares Milk | 100% Grape Juice Whole Grain Goldfish Crackers | Kiwi Fruit Slices Banana Muffins | Cheddar Cheese Strawberries | 100% White Grape Juice Apple Cinnamon Rice Cakes w/ peanut butter |

***Notes:**

1. Menu should be accurately list the food items served or substituted.
2. Water must be made available.
3. Fruit juices must be full strength (100%).
4. Chicken nuggets, corn dogs, pizza, and fish sticks can only be served no more than twice per week.
5. Chicken nuggets, fish sticks, and corn dogs must have USDA approved CN label.
6. MUST PROVIDE NAPKINS FOR CHILDREN DURING MEALS.

I certify that the information (records) submitted to receive reimbursement or meals through the CACFP are complete and accurate. If the submitted information is not complete and accurate, I understand that it may be necessary for my CACFP sponsor to disallow part or my entire claim. I understand that this information is being given in connection with receipt of federal funds; that the CACFP sponsor official(s) or TDHS official(s) may, for cause, verify information; and that deliberate misrepresentation may subject me to CACFP termination and possible prosecution under applicable State and Federal statutes.

Print Name _____

Signature _____

Date _____

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|---|--|---|---|---|--|
| Breakfast Fruit, Vegetable, or 100% Fruit Juice: Bread or Grain: Milk: Substitute: | Banana Slices Blueberry Muffins Milk | Blueberries Oatmeal Milk | Applesauce Whole Wheat English Muffin Milk | Strawberries Cheerios Milk | Orange Wedges Raisin Toast Milk |
| Lunch/Supper Meat or Meat Alternative: Fruit, Vegetable, or 100% Fruit Juice: Fruit, Vegetable, or 100% Fruit Juice: Bread or Grain: Milk: Substitute: | Beef & Spaghetti Casserole Steamed Broccoli Pineapples Macaroni, Noodles, Spaghetti Milk | Baked Fish Black eye peas Sautéed Spinach Multigrain Dinner Roll Milk | Chicken Nuggets (Circle one: recipe or CN label) Carrot – Raisin Salad Baked Fries Sliced Wheat Bread Milk | Glazed Meat Loaf Tropical Fruit Mix Lima Beans Whole Wheat Dinner Roll Milk | Beef Stir Fry Broccoli, Carrots, or Oriental Veggie Mix Orange Wedges Whole Grain Noodles or Brown Rice Milk |
| Snack Circle one: AM PM Meat or Meat Alternative: Fruit, Vegetable, or 100% Fruit Juice: Bread or Grain: Milk: Substitute: | Blueberry Muffin Squares Milk | 100% Apple Juice Strawberry Fig Newtons | 100% Cranberry Juice Natural Popcorn | Salsa Sun Chips | Applesauce Whole Wheat Grilled Cheese Sandwich |

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