

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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Dates:					
Breakfast Fruit, Vegetable, or 100% Fruit Juice: Bread or Grain: Milk: Substitute:	Pears Cheese Toast Milk	Applesauce Whole Wheat Bagel w/ cream cheese Milk	Grapes Banana Muffin Milk	Peaches Applesauce Pancakes Milk	Banana Slices Oatmeal Milk
Lunch/Supper Meat or Meat Alternative: Fruit, Vegetable, or 100% Fruit Juice: Fruit, Vegetable, or 100% Fruit Juice: Bread or Grain: Milk: Substitute:	Baked Chicken Broccoli Applesauce Brown Rice Milk	Fish Sticks (CN label) Whole Corn Carrots w/ ranch dressing Wheat Roll Milk	Baked Pork Chops Green Beans Pineapples Brown Rice Milk	Hamburgers Scallop Potatoes Carrot – Raisin Salad Wheat Bun Milk	Chicken Nuggets Circle One: Recipe or CN Label Orange Slices Lima Beans Brown Rice Milk
Snack Circle one: AM PM Meat or Meat Alternative: Fruit, Vegetable, or 100% Fruit Juice: Bread or Grain: Milk: Substitute:	Whole Grain Brown Rice Krispy Treat Milk	Monterey Jack Cheese Triscuits	Red Grapes & Peach Slices Honey Nut Cheerio Snack Mix (whole grain cereal)	Nutrigrain Bar Milk	Banana Slices Wheat Toast w/ Fruit Preserves

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