

TINY GREEN TREES AUTUMN '18 MENU

CACFP Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 8:30 AM Milk Vegetable (V) OR Fruit (F) Grain (G) OR Meat/Meat Alternative (M)	Pumpkin Custard with Coconut Crust Milk V: Pumpkin M: Eggs	BLT Quiche Milk M: Eggs, Cheese, Bacon V: Kale V: Tomatoes	Millet-Pear Muffins Milk G: Millet F: Pears	Peach Parfaits Milk M: Yogurt F: Peach M: Sunflower seeds	Baked Apple Oatmeal Bars Milk G: Oats F: Apples
Lunch* 11:30 AM Milk Meat or Meat Alternate (M) Vegetable and/or Fruit (at least 2) (V/F) Grain/Bread (G/B)	Lentils and Rice Milk M: Lentils V: Sauerkraut V: Glazed Carrots G: Rice, Corn chips	Turkey Chili Milk M: Ground Turkey, Black Beans V: Zucchini V: Tomatoes G: Corn Muffins	3 Bean Soup Milk M: Cheese, Lentils, Black Beans, Garbanzo Beans V: Turnip V: Sweet Potato G: Homemade rolls, Rice	Cheesy Spaghetti Pie Milk M: Cheese V: Tomato Sauce V: Sweet Potatoes (blended into sauce) G: Noodles	Salmon Salad w/ Green Salad Milk M: Salmon G: Crackers V: Kale V: Cucumber F: Green Apples
*May be served earlier in infant room based on hunger cues					
Snack 2:30 (2 components required) Served upon waking from nap	Apples with Sunbutter	Banana-Zucchini Bread	Cucumber Slices with White Bean Hummus	Whole Wheat Pumpkin Bread	Sweet Potato Fries and Homemade Ranch Dip
5:15 Snack	Children present at 5:15 will receive a snack consisting of fresh fruit (apple, pears, banana), a slice of quick bread (banana-zucchini or pumpkin), fresh, roasted, or fermented veggies (pickles, carrot sticks, tomatoes, cucumbers,), olives or cheese. Snack will have 2 components and be recorded on the menu.				

