

Institution Name:
Central United Methodist Church WCM

Agreement #:
7073

Season: Fall



Week 2		MONDAY Date: 11/2/20	TUESDAY Date: 11/3/20	WEDNESDAY Date: 11/4/20	THURSDAY Date: 11/5/20	FRIDAY Date: 11/6/20
Breakfast Meal Pattern						
RECIPES & LINKS						
Vegetable, fruit or both	Oranges			Grapes	Applesauce	Cantelope
Meat /Meat Alternate* (optional)					Sausage Biscuits	Eggs w/ Cheese
Grains/Breads	Rice Chex Cereal			Waffles		Grits
Fluid Milk **	Milk			Milk	Milk	Milk
Other Foods (optional)						
Lunch or Supper Meal Pattern						
RECIPES & LINKS						
Vegetable	Green Peppers			Tator Tots	Broccoli	Salad
Fruit	Pineapple			Peaches	Pears	Oranges
Meat / Meat Alternate*	Chicken Fajita			Corndog	Salisbury Steak	Pizza
Grains/Breads						
Fluid Milk**	Milk			Milk	Milk	Milk
Other Foods (optional)						
Snack Pattern						
RECIPES & LINKS						
Vegetable						Salsa
Fruit				100% Fruit Juice		
Meat / Meat Alternate*	Cheese Sticks				Cheese Cubes	
Grains/Breads	Scooby Snacks			Graham Crackers	Pretzels	Tortilla Chips
Fluid Milk**						

*Meat or Meat Alternate: Can be served in place of grain/breads up to 3 times per week at breakfast

**Milk: 1 year old: Unflavored whole Milk. 2-5 yr old: unflavored skim or 1% low-fat Milk. 6 yr old and older: unflavored skim or 1% low-fat Milk; flavored skim/fat-free Milk. Regulations state that Milk substitutes are provided to participants with medical or special dietary needs, with appropriate documentation.

These cycle menus are designed to promote dietary variety, support seasonal, locally grown foods and comply with USDA Child and Adult Care Food Program (CACFP) guidelines. Use along with the CACFP Meal Patterns and the Food Buying Guide for Child Nutrition Programs (<https://www.fns.usda.gov/food-buying-guide-for-child-nutrition-programs>). Additional guidance, webinars, and resource tools can be found at <http://nutritionc.com/snmp/index.htm>. NCDHHS is an equal opportunity employer and provider.

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Week 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Date: 11/9/20	Date: 11/10/20	Date: 11/11/20	Date: 11/12/20	Date: 11/13/20
Breakfast Meal Pattern						
RECIPES & LINKS						
Vegetable, fruit or both	Fruit Cocktail		Peaches		Banana	Apple Slices
Meat /Meat Alternate* (optional)					Turkey Bacon	Eggs
Grains/Breads	French Toast		Kix Cereal		WG Mini Bagel	Cheese Grits
Fluid Milk **	Milk		Milk		Milk	Milk
Other Foods (optional)						
Lunch or Supper Meal Pattern						
RECIPES & LINKS						
Vegetable	Lettuce and Tomato		Broccoli		Corn	Peas
Fruit	Mandarin Oranges		Pineapple		Fruit Cocktail	Fresh Oranges
Meat / Meat Alternate*	Chicken Quesadilla		Pork Chops		Mac and Cheese	Tuna Boats
Grains/Breads						Crackers
Fluid Milk**	Milk		Milk		Milk	Milk
Other Foods (optional)						
Snack Pattern						
RECIPES & LINKS						
Vegetable						
Fruit	100% Fruit Juice		100% Fruit Juice		100% Fruit Juice	Yogurt
Meat / Meat Alternate*						
Grains/Breads	Goldfish		Teddy Grahams		Vanilla Wafers	Granola
Fluid Milk**						

*Meat or Meat Alternate: Can be served in place of grain/breads up to 3 times per week at breakfast

**Milk: 1 year old: Unflavored whole Milk; 2-5 yr old: unflavored skim or 1% low-fat Milk; 6 yr old and older: unflavored skim or 1% low-fat Milk; flavored skim/fat-free Milk; Regulations state that Milk substitutes are provided to participants with medical or special dietary needs, with appropriate documentation.

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Week 4	MONDAY Date: 11/16/20	TUESDAY Date: 11/17/20	WEDNESDAY Date: 11/18/20	THURSDAY Date: 11/19/20	FRIDAY Date: 11/20/20
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Breakfast Meal Pattern					
RECIPES & LINKS					
Vegetable, fruit or both	Pears	Apples	Pears	Grapes	Peaches
Meat /Meat Alternate* (optional)					Eggs
Grains/Breads	Kix Cereal	Muffins	Pancakes	Sausage Biscuit	Cheese Grits/Toast
Fluid Milk **	Milk	Milk	Milk	Milk	Milk
Other Foods (optional)					

Lunch or Supper Meal Pattern					
RECIPES & LINKS					
Vegetable	Corn	Peas	French Fries	Sweet Potato Bites	Spinach
Fruit	Apple Slices	Peaches	Oranges	Melon Mix	Pineapple
Meat / Meat Alternate*	Turkey/Cheese Wrap	Beef Burrito	Cheeseurger	Meatloaf	Turkey Sandwich
Grains/Breads				WWV Bread	
Fluid Milk**	Milk	Milk	Milk	Milk	Milk
Other Foods (optional)					

Snack Pattern					
RECIPES & LINKS					
Vegetable					
Fruit	100% Fruit Juice			100% Fruit Juice	100% Fruit Juice
Meat / Meat Alternate*		Cheese Cubes	Yogurt		
Grains/Breads	Goldfish	Pretzels	Granola	Vanilla Wafers	
Fluid Milk**					<i>Grammar Crackers</i>

***Meat or Meat Alternate:** Can be served in place of grain/breads up to 3 times per week at breakfast
****Milk: 1 year old:** Unflavored whole Milk; **2-5 yr old:** unflavored skim or 1% low-fat Milk; **6 yr old and older:** unflavored skim or 1% low-fat Milk; flavored skim/fat-free Milk;
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Week 1	MONDAY Date: 11/23/20	TUESDAY Date: 11/24/20	WEDNESDAY Date: Closed	THURSDAY Date: Closed	FRIDAY Date: Closed
Breakfast Meal Pattern					
RECIPES & LINKS					
Vegetable, fruit or both	Pears	Pineapple			
Meat /Meat Alternate* (optional)					
Grains/Breads	Toasty O's Cereal	Kix			
Fluid Milk **	Milk	Milk			
Other Foods (optional)					
Lunch or Supper Meal Pattern					
RECIPES & LINKS					
Vegetable	Corn	Green Beans			
Fruit	Mandarin Oranges	Spiced Apples			
Meat / Meat Alternate*		Turkey			
Grains/Breads	Mac and Cheese	Stuffing & Rolls			
Fluid Milk**	Milk	Milk			
Other Foods (optional)		Mashed Potatoes			
Snack Pattern					
RECIPES & LINKS					
Vegetable					
Fruit	100% Fruit Juice				
Meat / Meat Alternate*		Yogurt			
Grains/Breads	Goldfish	Granola			
Fluid Milk**					

*Meat or Meat Alternate: Can be served in place of grain/breads up to 3 times per week at breakfast

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