

MENU PLANNING WORKSHEET

Week Beginning of: 9/21/2020

Program: Harbor City School

USDA Child and Adult Care Food Program Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK Milk must be served for AM SNACK	MILK	MILK	MILK	MILK	MILK
Fruit and/or Vegetable	Fresh Fruit	Fresh fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Bread or Cereal	Crackers and Cheese Sticks	English Muffins and Cream Cheese	Waffles and Honey	Crackers and Cheese Sticks	English Muffins and Peanut Butter
AFTERNOON SNACK (serve any of the <u>two</u> foods): <ul style="list-style-type: none"> • Milk • Fruit and/or Vegetable • Bread alternate • Meat alternate 	Rice Bars Fresh Produce Crackers Water	Goldfish Fresh Produce Water	Pretzels Peanut Butter Fresh Produce Water	Rice Bars Fresh Produce Water	Fresh Produce Goldfish Water