



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
 COMMUNITY FOOD AND NUTRITION ASSISTANCE  
 CHILD AND ADULT CARE FOOD PROGRAM  
**MENU - USDA REQUIREMENTS**

NAME OF CENTER/FACILITY: Tiger Tots

WEEK OF: May 2-6

YEAR: 2016

<b>BREAKFAST</b>	DATE 2-May	DATE 3-May	DATE 4-May	DATE 5-May	DATE 6-May
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Juice, Fruit, or Vegetable	Orange Slices	Bananas	Strawberries	Cantaloupe	Grapes
Grains/Bread Component	Blueberry Muffins	Cooked Rice with	Waffles	Cinnamon Raisin Toast	Belvita Biscuits
Other Foods		Butter and Cinnamon	Peanut Butter	Butter	
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>					
Fluid Milk					
Juice, Fruit, or Vegetable		Watermelon		Bananas	Assorted Fruit
Grains/Bread Component	Ritz Crackers	Trail Mix with Pretzels	Oat 'n Honey Bars	Graham Crackers	Cherry Chip Cake
Meat and/or Alternative	Cheese Slices	Cheerios, Goldfish,	Strawberry Yogurt		
Other Foods		Raisins & Craisins			
<b>LUNCH</b>	Turkey and Cheese Sandwiches	Spaghetti with Meatballs	Bean and Cheese Burritos	Tuna Noodle Casserole	BBQ Chicken Mini Pizzas
Fluid Milk	Milk	Milk	Milk	Milk	Milk
2 Servings of Fruit and/or Vegetables	Carrot Sticks	Pears	Orange Slices	Peaches	Apple Slices
	Cucumber Slices	Green Beans	Cherry Tomatoes	Peas	Carrot Sticks
Grains/Bread Component	Wheat Bread	Spaghetti Noodles	Flour Tortillas	Egg Noodles	Hamburger Buns
Meat and/or Alternative	Turkey/Cheese	Beef Meatballs	Refried Beans/Cheese	Tuna	Chicken/Cheese
Other Foods	Ranch/Mayonnaise	Tomato Sauce		Cream of Mushroom	BBQ Sauce/Ranch