

AUG 3-7		BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎				
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	WG Scooters cereal 1 each Diced strawberries ½ c 1% milk 6oz	WG Blueberry muffin 1 each Peaches ½ c 1% milk 6oz	Egg patty ½ each WW Toast ½ each 100% Apple juice 4oz 1% milk 6oz	Turkey sausage ½ oz eq WGR Waffle ½ ea. 100% OJ 4oz 1% milk 6oz	WW Cinnamon Toast ½ each Fruit cocktail ½ c 1% milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop *Recipe
LUNCH 	<u>Chicken Patty</u> WGR Chicken patty 1 each WGR Cornbread ½ oz eq Coleslaw ¼ c Pineapple ¼ c 1% milk 6oz	<u>Meatloaf</u> Beef meatloaf 1 ea Brown gravy WG Br rice ½ oz eq Corn ¼ c Oranges ¼ c 1% milk 6oz	<u>Burger Platter</u> Beef burger 1 ea. (bites) WW bun 1 each Pickles ¼ c French fries ¼ c 1% milk 6oz	<u>Chef Salad</u> Iceberg lettuce ½ c Cheddar cheese, turkey 1 ½ oz WG Croutons ½ oz eq Peaches ¼ c 1% milk 6oz	<u>Tuna fish</u> Tuna 1 ½ oz eq WW Bread 1 ea. Broccoli ¼ c Watermelon ¼ c 1% milk 6oz	“Step into the cool side !!  Stay hydrated !! 
SNACK	WG Graham cracker ½ oz eq Cheddar cheese cubes ½ oz eq Water	WG Cheez-its 1 pk 100% apple Juice 4oz	<u>Trail Mix</u> WG Chex cereal ½ oz eq Cranberries and raisins ¼ c water	Vanilla yogurt 2oz Pears ½ c Water	WG Bunny crackers 1 pk 100% grape juice 4oz	Enjoy 😊

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

NOTE: Substitutions are met for each meal component based on food allergies



AUG 10-14	BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎					
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	WGR French Toast ½ each Diced apples ½ c 1% milk 6oz	WG Bagel ¼ each Ceram cheese 100% OJ 4oz 1% milk 6oz	WG Pancake ½ each Sliced apple ½ c 1% milk 6oz	WG English muffin ½ each Fruit cocktail ½ c 1% milk 6oz	WG Oatmeal ½ oz eq Bananas 1 each 1% milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop *Recipe
LUNCH 	<u>Mac & Cheese</u> WG Elbow macaroni 1½ oz eq Mozz, parmesan cheese 1 ½ oz Baked beans ¼ c Corn ¼ c 1% milk 6oz	<u>Fish Nuggets</u> WGR Fish nugget 1 ½ oz WG Biscuit 1 each Carrots ¼ c Peaches ¼ c 1% milk 6oz	<u>Spaghetti & Meat sauce</u> WG Spaghetti ½ oz eq Tomato sauce GR Turkey 1 ½ oz Spinach ¼ c Oranges ¼ c 1% milk 6oz	<u>Grilled Cheese</u> WW Bread 1 each Cheddar cheese 1 ½ oz Green beans ¼ c Applesauce ¼ c 1% milk 6oz	<u>Bean Quesadilla</u> Kidney beans, cheddar cheese 1 ½ oz WW Tortilla ½ ea. Broccoli ¼ c Corn ¼ c 1% milk 6oz	
SNACK	WG Banana Muffin 1 each 1% milk 4oz	Sun butter ½ oz WG Cracker ½ oz eq water	WG Tortilla scoops ½ oz eq Tomato Salsa ½ c Water	WG Teddy Grahams 1 pk Hummus ½ oz eq Water	Yogurt dip * 1/3 c Sweet potato crackers 1 ½ oz eq Water	Enjoy 😊

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AUG 17-21		BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎				
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	Grits 1 ½ oz eq Sliced Peaches ½ c 1% milk 6oz	WG Scooters cereal 1 each Diced strawberries ½ c 1% milk 6oz	WG Blueberry muffin 1 each Peaches ½ c 1% milk 6oz	Egg patty ½ each WW Toast ½ each 100% Apple juice 4oz 1% milk 6oz	Turkey sausage ½ oz eq WG Waffle ½ ea. 100% OJ 4oz 1% milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop *Recipe
LUNCH 	<u>Cheesy Rice</u> Cheddar cheese 1 ½ oz WG Br Rice ½ oz eq Collard greens ¼c Watermelon ¼ c 1% milk 6oz	<u>Chicken patty</u> WGR Chicken tenders 1 ½ oz eq WGR Cornbread ½ oz eq Coleslaw ¼ c Pineapple ¼ c 1% milk 6oz	<u>Meatloaf</u> Beef meatloaf 1 each Brown gravy WG Br rice ½ oz eq Corn ¼ c Oranges ¼ c 1% milk 6oz	<u>Burger Bites</u> Beef burger (bites) 1 each WW Bun 1 each Pickles ¼ c French fries ¼ c 1% milk 6oz	<u>Tossed Salad</u> Iceberg lettuce ½ c Cheddar cheese, turkey 1 ½ oz WG croutons ½ oz eq Peaches ¼ c 1% milk 6oz	
SNACK *Diced green apples and red strawberry (relish) and whip cream! FUN!	WW cinnamon toast bites ½ oz eq 100% orange mango juice 4oz	WG Graham cracker ½ oz eq Cheddar cheese cubes ½ oz eq Water	WG Cheez-its 1 pk 100% apple Juice 4oz	<u>B-day Celebration</u> Banana Dogs! WW Hot dog bun 1 each Banana 1 each* water	Vanilla yogurt 2oz Pears ½ c Water	Enjoy 😊

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AUG 24-28		BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎				
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	Cinnamon Toast ½ each Fruit cocktail ½ c 1% milk 6oz	WGR French Toast ½ each Diced apples ½ c 1% milk 6oz	WG Bagel ¼ each Ceram cheese 100% OJ 4oz 1% milk 6oz	WG Pancake ½ each Sliced apple ½ c 1% milk 6oz	WGR English muffin ½ each Fruit cocktail ½ c 1% milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop *Recipe
LUNCH 	<u>Tuna fish</u> Tuna 1 ½ oz eq WW Bread 1 ea. Broccoli ¼ c Watermelon ¼ c 1% milk 6oz	<u>Mac & Cheese</u> WG Elbow macaroni 1½ oz eq Mozzarella 1 ½ oz Baked beans ¼ c Corn ¼ c 1% milk 6oz	<u>Fish Nuggets</u> WGR Fish nugget 1 ½ oz WW Bread ½ ea. Carrots ¼ c Peaches ¼ c 1% milk 6oz	<u>Spaghetti & Meat sauce</u> WG Spaghetti ½ oz eq GR Turkey 1 ½ oz Spinach ¼ c Oranges ¼ c 1% milk 6oz	<u>Grilled Cheese</u> WW Bread 1 each Cheddar cheese 1 ½ oz Green beans ¼ c Applesauce ¼ c 1% milk 6oz	
SNACK	WG Bunny crackers 1 pk 100% grape juice 4oz	WG Banana muffin 1 each 1% milk 4oz	Sun butter ½ oz eq WW Cracker ½ oz eq water	WG Tortilla scoops ½ oz eq Tomato Salsa ½ c Water	WG Teddy Grahams 1 pk Hummus ½ oz eq Water	Enjoy 😊

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