

Institution Name: Central United Methodist Church Weekday Ct 7073 Agreement #: _____

Season: Fall _____



Breakfast Meal Pattern		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Date: 8/31/20	Date: 9/1/20	Date: 9/2/20	Date: 9/3/20	Date: 9/4/20
RECIPIES & LINKS						
Vegetable, fruit or both	Peachs	Apples	Fruit Cocktail	Peachs	Pineapple	
Meat / Meat Alternate* (optional)						
Grains/Breads	Toasty O's Cereal	Waffles	Bagels	Kix		
Fluid Milk **	Milk	Milk	Milk	Milk		
Other Foods (optional)					Milk	
Lunch or Supper Meal Pattern						
RECIPIES & LINKS						
Vegetable	Spinach	Carrots	Green Beans	Peas	Corn	
Fruit	Fruit Cocktail	Pineapple	Applesauce	Cantaloupe	Applesauce	
Meat / Meat Alternate*	Cheeseburger	Chicken Nuggets	Ravoli	Chicken and Rice	BBQ Sandwich	
Grains/Breads	Bun	Dinner Roll		Rice in recipe	Bun	
Fluid Milk**	Milk	Milk	Milk	Milk	Milk	
Other Foods (optional)						
Snack Pattern						
RECIPIES & LINKS						
Vegetable						
Fruit			Strawberry Juice	Applesauce	Cookies	
Meat / Meat Alternate*		Turkey Slices				
Grains/Breads	Graham Crackers	Wheat Thins	Animal Crackers	Teddy Grahams		
Fluid Milk**	Milk				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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Updated 5/2019



Institution Name:
Weekday

Agreement #:
7073

NC CACFP Seasonal Menus—FALL



	MONDAY Date: 9/17/20	TUESDAY Date: 9/18/20	WEDNESDAY Date: 9/19/20	THURSDAY Date: 9/10/20	FRIDAY Date: 9/11/20
Breakfast Meal Pattern					
RECIPIES & LINKS					
Vegetable, fruit or both		Blueberries	Bananas	Apple Slices ^{NC}	Diced Peaches ^{NC}
Meat /Meat Alternate* (optional)		WG French Toast	Peanut Butter	WG Mini Bagel	Low Fat Cheddar Cheese
Grains/Breads		WG French Toast	WG Mini Bagel	Cinnamon Oatmeal	Grits
Fluid Milk **		Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **
Other Foods (optional)					
Lunch or Supper Meal Pattern					
RECIPIES & LINKS					
Vegetable	<u>Mac & Cheese</u>	<u>Chicken Burrito</u> <u>Low Fat Dressing</u>	<u>Pork Chops</u>	<u>Porcupine Sliders</u>	<u>Sweet Potato^{NC} w/ Beans & Cheese</u>
Fruit		<u>Romaine & Tomatoes</u> Peaches ^{NC}	<u>Steamed Broccoli^{NC}</u> Pineapple Tidbits	<u>Lettuce, Tomato^{NC}, Carrots</u> Kiwi	<u>Sweet Potato^{NC}, Corn</u> Apple Slices ^{NC}
Meat / Meat Alternate*		Chicken	Pork Chops	Turkey	Beans and Cheese
Grains/Breads		WG Tortilla	Brown Rice	Mini-WG Rolls	WG Tortilla Chips
Fluid Milk**		Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **
Other Foods (optional)		Low-Fat Dressing			Salsa
Snack Pattern					
RECIPIES & LINKS					
Vegetable				<u>Muscle Mix</u>	
Fruit			<u>Blackberry/Raspberry^{NC} Mix</u>	<u>Cherry Tomato Halves^{NC}</u> Raisins	<u>Orange Slices</u>
Meat / Meat Alternate*		String Cheese	Cheese Cubes	Sunflower Seeds	
Grains/Breads		Pretzel Sticks	WG Crackers	Oats	Wheat Things©
Fluid Milk**					

Orange = Vitamin A Green = Vitamin C Purple = Vitamin A & C NC = Seasonal NC Produce

Updated 7/2018

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Institution Name:
Wekkaay

Agreement #:
7073

NC CACFP Seasonal Menus—FALL



Fall—Week 2	MONDAY Date: <i>9/14/20</i>	TUESDAY Date: <i>9/15/20</i>	WEDNESDAY Date: <i>9/16/20</i>	THURSDAY Date: <i>9/17/20</i>	FRIDAY Date: <i>9/18/20</i>
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Breakfast Meal Pattern					
RECIPES & LINKS	Scrambled Eggs				
Vegetable, fruit or both	Apples ^{NC}	Orange Wedges	Raspberries ^{NC}	Red Grapes, Sliced ^{NC}	Pear Halves ^{NC}
Meat / Meat Alternate* (optional)	Scrambled Eggs			Sunflower Seed Butter	Yogurt
Grains/Breads	WG Toast	Bite Sized Frosted Shredded Wheat®	WG Pancakes	WW English Muffin	Honey Bunches of Oats WG Honey Crunch®
Fluid Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **
Other Foods (optional)	Jelly			Jelly	
Lunch or Supper Meal Pattern					
RECIPES & LINKS	Quick Quesadilla Salad Dressing	Veggie Tuna Melt Sandwich	Turkey Meatloaf Local Harvest Bake^{NC} Cornbread	Baked Skinless Seasoned Chicken Salad Dressing	Crunchy Hawaiian Chicken Wrap
Vegetable	Cherry Tomato & Cucumber	Celery, Carrots, Fresh Snow	Butternut Squash ^{NC} , Beets ^{NC}	Steamed Spinach ^{NC}	Baked Sweet Potato Wedges
Fruit	Sliced Bananas	Nectarine	Melon Mix	Pineapple Rings	Apple Halves ^{NC}
Meat / Meat Alternate*	Beans and Cheese	Tuna and Cheese	Ground Turkey	Chicken	Chicken
Grains/Breads	WG Tortilla Shell	WG Bread	Cornbread	WG Couscous	WG Tortilla
Fluid Milk**	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **
Other Foods (optional)	Salad Dressing			Salad Dressing	
Snack Pattern					
RECIPES & LINKS			Hummus		
Vegetable	Carrot Sticks		Tri Colored Pepper Sticks		Cucumber Sticks
Fruit		Blueberries		Strawberries	
Meat / Meat Alternate*		Yogurt	Chickpeas		Cottage Cheese
Grains/Breads	Pretzels		WG Pita w/ Hummus	Triscuits® w/ Cheese	
Fluid Milk**					

Orange = Vitamin A Green = Vitamin C Purple = Vitamin A & C NC = Seasonal NC Produce

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

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NC CACFP Seasonal Menus—FALL



Fall—Week 3

MONDAY
Date: *9/21/20*

TUESDAY
Date: *9/22/20*

WEDNESDAY
Date: *9/23/20*

THURSDAY
Date: *9/24/20*

FRIDAY
Date: *9/25/20*

Breakfast Meal Pattern

RECIPES & LINKS

Vegetable, fruit or both	Bananas	Sliced Persimmons ^{NC}	Strawberries	Peach Slices ^{NC}	Melon Mix
Meat /Meat Alternate* (optional)	Walnuts	WG Waffle	Scrambled Eggs w/ Cheese*	WG Mini-Bagel	Cottage Cheese*
Grains/Breads	Oatmeal	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **
Fluid Milk **	Unflavored Milk **	Maple Syrup			

Lunch or Supper Meal Pattern

RECIPES & LINKS

Vegetable	Peppers, Onions, Corn ^{NC}	Turkey & Cheese Sandwich	Lasagna w/ Ground Beef	Catch of the Day	Chicken Patty Sandwich
Fruit	Honeydew Melon	Blueberries	Kale ^{NC} sautéed w/onions in low-sodium broth	Field Peas & Carrots	Snow Peas ^{NC}
Meat / Meat Alternate*	Kidney Beans	Turkey, Cheese	Red and Green Grapes ^{NC}	Applesauce ^{NC}	Mandarin Oranges
Grains/Breads	Cornbread	WG Bread	Ground Beef, Cheese	Fish Fillet	Chicken Breast
Fluid Milk**	Unflavored Milk **	Unflavored Milk **	WG Garlic Roll, Noodles	Brown Rice	WG Bun
Other Foods (optional)			Unflavored Milk **	Unflavored Milk **	Unflavored Milk **

Snack Pattern

RECIPES & LINKS

Vegetable	Carrot Sticks	Salsa	Tri-color Pepper Sticks		
Fruit	Pineapple Chunks	Orange Wedges	Hard Boiled Egg		Pear Spears ^{NC}
Meat / Meat Alternate*	Yogurt	Tortilla Chips			Cheddar Cheese Slices
Grains/Breads	Mini Rice Cakes				WG Crackers
Fluid Milk**					

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NC CACFP Seasonal Menus—FALL



Fall—Week 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Date: <i>9/28/20</i>	Date: <i>9/29/20</i>	Date: <i>9/30/20</i>	Date: <i>10/1/20</i>	Date: <i>10/2/20</i>
Breakfast Meal Pattern						
RECIPES & LINKS						
Vegetable, fruit or both		<u>Pancakes</u>	Pears ^{NC}		Kiwi Halves	Apple Slices ^{NC}
Meat /Meat Alternate* (optional)		Blueberries			Hard Boiled Egg	Cashew Butter
Grains/Breads		Pancakes		Cinnamon Oatmeal	Bite-Sized Strawberry Frosted Shredded Wheat®	WW English Muffin
Fluid Milk **		Unflavored Milk **		Unflavored Milk **	Unflavored Milk **	Unflavored Milk **
Other Foods (optional)		Syrup				
Lunch or Supper Meal Pattern						
RECIPES & LINKS						
Vegetable	Grilled Cheese	<u>Chicken Stir Fry</u>	<u>Pork Tacos</u>	<u>Sloppy Joes</u> <u>Local Harvest Bake</u> ^{NC}	<u>Chopped Seasoned Chicken & Chickpeas Salad Dressing</u>	
Fruit		Peppers, Onions, Squash ^{NC}	Cabbage ^{NC} & Carrot Cole-slaw	Butternut squash ^{NC} , beets ^{NC} , sweet potatoes ^{NC}	Leafy Greens, Cherry Tomatoes ^{NC}	
Meat / Meat Alternate*		Apple Slices ^{NC}	Orange Wedges	Grapes, sliced ^{NC}	Banana Halves	
Grains/Breads		Chicken	Shredded Pork	Ground Beef	Chicken	
Fluid Milk**		Brown Rice	WG Tortilla Shell	WG Bun	WG Pita Pocket	
Other Foods (optional)		Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	
Snack Pattern						
RECIPES & LINKS						
Vegetable		Snow Peas ^{NC}		<u>Muscle Mix</u>		Zucchini Cubes ^{NC}
Fruit			Apple Slices ^{NC}	Raisins		
Meat / Meat Alternate*		Hard Boiled Egg	Cheese Stick	Sunflower Seeds		
Grains/Breads				Oats		Pretzels
Fluid Milk**				Unflavored Milk **		

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