



CCCC's Menu for Week of March 1 through March 5, 2010.

Center: Lancaster/Monroe/Growing Oaks Prepared by: JC / Monica Note: When participating in the CACFP, you must serve the food components you report to your CACFP program sponsor. If you make substitutions, cross out the component you did not serve and write in the component you did serve.

Meal	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<i>Milk</i> <i>Fruit or Vegetable</i> <i>Bread/Grain</i>	Milk Peaches Cream of Wheat	Milk Strawberries Pancakes	Milk Pears Banana Bread	Milk Bananas Cheerio's	Milk Apples WW English Muffins
Lunch	<i>Milk</i> <i>Meat/Alternate</i> <i>Vegetable</i> <i>Fruit</i> <i>Bread/Grain</i>	Milk Mexican Pizza Corn Oranges (WW Tortilla)	Milk Meatloaf Mashed Potatoes Peaches Rolls	Milk Fish Sticks Carrots Grapes	Milk Sweet n' Sour Chicken Green Beans Apples Rice	Milk Grilled Cheese Tomato Soup Strawberries (WW Bread)
PM Snack	<i>Any 2 different meal components</i>	Apples w/PB Milk	Wheat Thins String Cheese Water	Breadsticks w/Marinara Milk	Trail Mix Oranges	WW Cookies Milk