

BBO CCFP MENU 1

BUILDING BLOCKS OF OCALA PRESCHOOL

Month: _____

Week: _____

Meal Pattern Food Components	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
Milk	Milk	Milk	Milk	Milk	Milk
Grains, Egg or Chesse	Corn Flakes	Waffles	Rice Krispies Cereal	Egg and Cheese Omelets	Banana Muffins
Fruit, Juice or Vegetable	Bananas	Apples	Oranges	Strawberries	Apples
LUNCH					
Milk	Milk	Milk	Milk	Milk	Milk
Meat, poultry, fish, eggs, cheese or cheese food product	Cheese Pizza	Beef Tacos	Cheese Ravioli with Tomato Sauce	Chicken Salad	Turkey & Cheese Sandwich
Vegetables and / or fruit 2 or more)	Corn / Peaches	Salad / Tropical Fruit	Mixed Veggies / Mangos	Peas / Pineapples	Sweet Potato Fries / Tropical Fruit
Bread or bread alternative	Wheat Crust	Wheat Tortilla Wrap	Wheat Pasta	Wheat Dinner Rolls	Wheat Bread
SNACK (pick 2)					
Milk, 100% Juice, Fruit or Veggies	Apple Sauce	Grape Juice	Salsa / Apple Juice	Bananas	Grape Juice
meat, meat alternative / bread, bread alternative	Graham Crackers	Blueberry Muffins	Corn Tortillas	Ritz Crackers	Pretzels

Type(s) of Milk Offered: 1's: Unflavored Whole Milk 2's - 5's: Unflavored Skim or 1% Milk 6's and Older: Unflavored Skim or 1% Milk
Purified Drinking Water Available All Day