NAME OF CENTER/FACILITY: MSSU Lion Cub Academy

BREAKFAST DATE / DATE	YEAR 2022-2023 WEEK OF Week 1					
Milk¹ Over 2: Skim Milk Over	BREAKFAST				DATE / /	1 1
Vegetable, fruit, or portions of both2 Cinnamon Apples Applesauce Pineapples - Canned Strawberries - Fresh/Frozen Silced Pears - Canned Grain3 Indicate "WG" next to Whole Grain menu items or Meal/Meat alternate5 (no more than 3 times per week at breakfast only) Diced Potatoes - Fried Biscuits Muffins LUNCH Pizza Bagels Toasted Ham and Cheese Sandwiches Chicken Tenders Fish Fillet Turkey Hot Dogs Milk1 Under 2: Whole Milk Over 2: Skim Milk Over 2: Skim Milk	Milk1	Under 2: Whole Milk	Under 2: Whole Milk	Under 2: Whole Milk	Under 2: Whole Milk	Under 2: Whole Milk
Crinamon Apples Applesauce Pineapples - Canned Sliced Pears - Canned Grain Indicate "WG" next to Whole Grain menu Items or Meat/Meat alternate on the Applesauce Pancakes Indicate "WG" next to Whole Grain menu Items or Meat/Meat alternate on the Applesauce Pancakes Indicate "WG" next to Whole Grain menu Items or Meat/Meat alternate on the Applesauce Pancakes Indicate "WG" next to Whole Grain menu Items or Meat/Meat alternate on the Applesauce ILUNCH Pizza Bagels Toasted Ham and Cheese Sandwiches Indicate "WG" next to Whole Milk Over 2: Skim Milk Indicate "WG" next to Whole Milk Over 2: Skim Milk Indicate "WG" next to Whole Milk Over 2: Skim Milk Indicate "WG" next to Whole Milk Over 2: Skim Milk Over 2	WIIK '	Over 2: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk
Indicate "WG" next to Whole Grain menu items or Meat/Meat alternates (no more than 3 times per week at breakfast only) Other Foods Brown Sugar and Cinnamon ClunCH Pizza Bagels Toasted Ham and Cheese Sandwiches Sandwiches Sandwiches Sandwiches Chicken Tenders Fish Fillet Turkey Hot Dogs Milk1 Under 2: Whole Milk Over 2: Skim Milk Over 3: S	Vegetable, fruit, or portions of both ²	Cinnamon Apples	Applesauce	Pineapples - Canned		Pears - Canned
LUNCH Pizza Bagels Toasted Harn and Cheese Sandwiches Chicken Tenders Fish Fillet Turkey Hot Dogs Mik1 Under 2: Whole Milk Over 2: Skim Milk Over 3: Skim	Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate ⁵ (no more		Pancakes			Muffins
Ham and Cheese Meat, poultry, or fish or tofu, soy product, or alternate protein products Vegetable 11 Corn - Canned Green Beans - Canned Mashed Potatoes (No Skin) Pizza Sauce Mayo, Mustard Grain 3 Bagel Whole Wheat Bread (WG) Other Foods SNACK AM or PM (Circle) Serve 2 of 5 components Meat/Meat Alternates Meat/Meat Alternates Meat poultry, or fish or tofu, soy product, or alternate protein products Wegetable 11 Corn - Canned Green Beans - Canned Mashed Potatoes (No Skin) Peas French Fries Mixed Fruit - Canned Grain 3 Bagel Whole Wheat Bread (WG) Other Foods SNACK AM or PM (Circle) Serve 2 of 5 components Milk 1 Under 2: Whole Milk Over 2: Skim Milk Over 3: S	Other Foods	Brown Sugar and Cinnamon		Scrambled Eggs	Sausage Gravy	
Milk¹ Over 2: Skim Milk Nor Pish Fillet Turkey Hot Dog Turkey Hot Dog Peas French Fries French Fries French Fries French Fries Mixed Fruit - Canned Dranges - Canned Tropical Fruit - Fresh Mixed Fruit - Canned Mixed	LUNCH	Pizza Bagels		Chicken Tenders	Fish Fillet	Turkey Hot Dogs
Meat/Meat Alternates Meat, poultry, or fish or tofu, soy product, or alternate protein products Vegetable 11 Corn - Canned Green Beans - Canned Bananas - Fresh Oranges - Canned Tropical Fruit - Fresh Mixed Fruit - Canned Grain 3 Bagel Whole Wheat Bread (WG) Other Foods SNACK AM or PM (Circle) Serve 2 of 5 components Maik1 Meat/Meat Alternates Yogurt Wegetable 11 Fruit Meat/Meat Alternates Yogurt Whole Wheat Crackers Yogurt Cheese and Ground Hamburger Ham and Cheese Homemade Breaded Baked Chicken Tenders Fish Fillet Fish Fillet Turkey Hot Dog Turkey Hot Dog Turkey Hot Dog Ashed Potatoes (No Skin) Peas French Fries Mixed Fruit - Canned Macaroni and Cheese Hot Dog Buns (WG) Dinner Roll Macaroni and Cheese Hot Dog Buns (WG) Wetchup, Mustard, Relish Over 2: Skim Milk Under 2: Whole Milk Over 2: Skim Milk Over 2: Skim Milk	M:IL1		Under 2: Whole Milk	Under 2: Whole Milk		Under 2: Whole Milk
Meat, poultry, or fish or tofu, soy product, or alternate protein products Cheese and Ground Hamburger alternate protein products Ham and Cheese Cubes Homemade Breaded Baked Chicken Tenders Fish Fillet Turkey Hot Dog Vegetable 11 Corn - Canned Green Beans - Canned Mashed Potatoes (No Skin) Peas French Fries Fruit Pineapples - Canned Bananas - Fresh Oranges - Canned Tropical Fruit - Fresh Mixed Fruit - Canned Grain 3 Bagel Whole Wheat Bread (WG) Dinner Roll Macaroni and Cheese Hot Dog Buns (WG) Other Foods Pizza Sauce Mayo, Mustard Gravy, BBQ Sauce Tartar Sauce, Ketchup Ketchup, Mustard, Relish SNACK AM or PM (Circle) Serve 2 of 5 components Under 2: Whole Milk Over 2: Skim Milk Under 2: Whole Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Meat/Meat Alternates Yogurt Cheese Cubes Vegetable 11 Fruit Cheese Cubes Fruit Scooby Crackers Graham Crackers Pretzels		Over 2: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk
Fruit Pineapples - Canned Bananas - Fresh Oranges - Canned Tropical Fruit - Fresh Mixed Fruit - Canned Grain 3 Bagel Whole Wheat Bread (WG) Dinner Roll Macaroni and Cheese Hot Dog Buns (WG) Other Foods Pizza Sauce Mayo, Mustard Gravy, BBQ Sauce Tartar Sauce, Ketchup Ketchup, Mustard, Relish SNACK AM or PM (Circle) Serve 2 of 5 components Milk 1 Under 2: Whole Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Meat/Meat Alternates Yogurt Fruit Grain 3 Wheat Crackers Cheerios Cereal Scooby Crackers Graham Crackers Pretzels	Meat, poultry, or fish or tofu, soy product, or	Cheese and Ground Hamburger	Ham and Cheese		Fish Fillet	Turkey Hot Dog
Grain 3 Bagel Whole Wheat Bread (WG) Dinner Roll Macaroni and Cheese Hot Dog Buns (WG) Other Foods Pizza Sauce Mayo, Mustard Gravy, BBQ Sauce Tartar Sauce, Ketchup Ketchup, Mustard, Relish SNACK AM or PM (Circle) Serve 2 of 5 components Under 2: Whole Milk Over 2: Whole Milk Over 2: Whole Milk Over 2: Skim Milk Under 2: Whole Milk Over 2: Skim Milk Under 2: Whole Milk Over 2: Skim Milk Over 2: Skim Milk Meat/Meat Alternates Yogurt Cheese Cubes Vegetable 11 Fruit Scooby Crackers Graham Crackers Pretzels	Vegetable ¹¹	Corn - Canned	Green Beans - Canned	Mashed Potatoes (No Skin)	Peas	French Fries
Other Foods Pizza Sauce Mayo, Mustard Gravy, BBQ Sauce Tartar Sauce, Ketchup Ketchup, Mustard, Relish SNACK AM or PM (Circle) Serve 2 of 5 components Under 2: Whole Milk Over 2: Skim Milk Over 2: Skim Milk Meat/Meat Alternates Vegetable 11 Fruit Grain 3 Wheat Crackers Cheerios Cereal Scooby Crackers Tartar Sauce, Ketchup Ketchup, Mustard, Relish Under 2: Whole Milk Over 2: Skim Milk Over 2: Skim Milk Fruit Grain 3 Wheat Crackers Cheerios Cereal Scooby Crackers Graham Crackers Pretzels	Fruit	Pineapples - Canned	Bananas - Fresh	Oranges - Canned	Tropical Fruit - Fresh	Mixed Fruit - Canned
SNACK AM or PM (Circle) Serve 2 of 5 components Milk ¹ Meat/Meat Alternates Yogurt Fruit Grain ³ Wheat Crackers Under 2: Whole Milk Over 2: Skim Milk Under 2: Whole Milk Over 2: Skim Milk Under 2: Whole Milk Over 2: Skim Milk Over 2: Skim Milk	Grain ³	Bagel	Whole Wheat Bread (WG)	Dinner Roll	Macaroni and Cheese	Hot Dog Buns (WG)
components Milk¹ Under 2: Whole Milk Over 2: Skim Milk Under 2: Whole Milk Over 2: Skim Milk Under 2: Whole Milk Over 2: Skim Milk Meat/Meat Alternates Yogurt Cheese Cubes Vegetable¹¹ Fruit Fruit Grain ³ Wheat Crackers Cheerios Cereal Scooby Crackers Graham Crackers Pretzels		Pizza Sauce	Mayo, Mustard	Gravy, BBQ Sauce	Tartar Sauce, Ketchup	Ketchup, Mustard, Relish
Milk¹ Over 2: Skim Milk Over 2: Skim Milk Meat/Meat Alternates Yogurt Cheese Cubes Vegetable¹¹ Fruit Fruit Grain ³ Wheat Crackers Cheerios Cereal Scooby Crackers Graham Crackers Pretzels						
Vegetable ¹¹ Fruit Grain ³ Wheat Crackers Cheerios Cereal Scooby Crackers Graham Crackers Pretzels	Milk ¹					
Fruit Cheerios Cereal Scooby Crackers Graham Crackers Pretzels	Meat/Meat Alternates	Yogurt				Cheese Cubes
Fruit Cheerios Cereal Scooby Crackers Graham Crackers Pretzels	Vegetable ¹¹					
Other Foods	Grain ³	Wheat Crackers	Cheerios Cereal	Scooby Crackers	Graham Crackers	Pretzels
	Other Foods			-		



ISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES UREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE HILD AND ADULT CARE FOOD PROGRAM

MEAL MENU TEMPLATE (5 DAY)

NAME OF CENTER/FACILITY: MSSU Lion Cub Academy

EAR 2022-2023 WEEK OF Week 2					
BREAKFAST	DATE / /	DATE / /	DATE / /	DATE / /	DATE / /
Milk ¹	Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk
Vegetable, fruit, or portions of both ²	Peaches – Canned	Strawberries	Applesauce	Bananas - Fresh	Oranges
Grain ³ Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate ⁵ (no more than 3 times per week at breakfast only)	Whole Wheat Toast (WG)	Muffins	Pancakes (WG)	Potatoes – Fried	Cheese Quesadillas (WG)
Other Foods	Eggs				
LUNCH	Toasted Turkey and Cheese Sandwiches	Chicken Tenders	Meat Sauce Spaghetti (Penne)	Grilled Chicken	Cheeseburgers
Milk ¹	Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk
Meat/Meat Alternates Meat, poultry, or fish or tofu, soy product, or alternate protein products	Grilled Turkey and Cheese	Homemade Breaded Baked Chicken Tenders	Hamburger Meat	Grilled Chicken	Ground Hamburger
Vegetable ¹¹	Mixed Vegetables	Mashed Potatoes – No Skin	Garden Salad – Lettuce, Tomatoes, and Cucumber	Broccoli – Steamed	Tater Tots
Fruit	Bananas – Fresh	Mandarin Oranges – Canned	Mixed Fruit – Fresh	Pears – Canned	Peaches – Canned
Grain ³	Whole Wheat Bread (WG)	Dinner Roll	Spaghetti (Penne)	Dinner Roll	Hamburger Buns
Other Foods	Mayo, Mustard	Gravy, BBQ Sauce	Tomato Sauce Ranch Dressing	BBQ Sauce	Sliced Cheese, Ketchup, Mustard, Pickles
SNACK AM or PM (Circle) Serve 2 of 5 components					
Milk ¹	Under 2: Whole Milk Over 2: Skim Milk				Under 2: Whole Milk Over 2: Skim Milk
Meat/Meat Alternates		Yogurt	Cottage Cheese	Cheese Cubes	
Vegetable ¹¹					
Fruit		Peaches – Canned	Pineapple - Canned		
Grain ³	Chex Mix (Cheerios, Chex Cereal, Cheez-Its, and Pretzels)			Pretzels	Scooby Crackers
Other Foods	,				

NAME OF CENTER/FACILITY: MSSU Lion Cub Academy

BREAKFAST	DATE / /	DATE / /	DATE / /	DATE / /	DATE / /
Milk ¹	Under 2: Whole Milk	Under 2: Whole Milk	Under 2: Whole Milk	Under 2: Whole Milk	Under 2: Whole Milk
Variations of both?	Over 2: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk
Vegetable, fruit, or portions of both ²	Strawberries	Cinnamon Apples	Pears – Canned	Applesauce	Pineapples – Canned
Grain ³ Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate ⁵ (no more than 3 times per week at breakfast only)	Biscuits	Oatmeal	Whole Grain Waffles (WG)	Pancakes (WG)	Whole Wheat Toast
Other Foods	Gravy	Brown Sugar and Cinnamon			Scrambled Eggs
LUNCH	Fish Fillet	Pizza Bagels	Toasted Ham and Cheese Sandwiches	Turkey Hot Dogs	Sloppy Joe
Milk ¹	Under 2: Whole Milk	Under 2: Whole Milk	Under 2: Whole Milk	Under 2: Whole Milk	Under 2: Whole Milk
	Over 2: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk
Meat/Meat Alternates Meat, poultry, or fish or tofu, soy product, or alternate protein products	Fish Fillet	Cheese and Ground Hamburger	Ham and Cheese	Turkey Hot Dog	Hamburger Meat
Vegetable ¹¹	Peas	Corn - Canned	Green Beans - Canned	French Fries	Corn - Canned
Fruit	Tropical Fruit - Fresh	Pineapples - Canned	Bananas - Fresh	Mixed Fruit - Canned	Pears - Canned
Grain ³	Macaroni and Cheese	Bagel	Whole Wheat Bread (WG)	Hot Dog Buns (WG)	Hamburger Buns
Other Foods	Tartar Sauce, Ketchup	Pizza Sauce	Mayo, Mustard	Ketchup, Mustard, Relish	
SNACK AM or PM (Circle) Serve 2 of 5 components					
Milk ¹	Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk		
Meat/Meat Alternates					Cheese Cubes
Vegetable ¹¹					
Fruit				Peaches - Canned	
Grain ³	Muffins	Cheez-Its	Pita Bread	Whole Wheat Rolls (WG)	Wheat Crackers
Other Foods					

NAME OF CENTER/FACILITY: Lion Cub Academy

DATE	DATE / / Under 2: Whole Milk Over 2: Skim Milk Blueberries French Toast Tater Tot Casserole Under 2: Whole Milk Over 2: Skim Milk Hamburger Meat and Cheese	DATE / / Under 2: Whole Milk Over 2: Skim Milk Peaches – Canned Whole Wheat Toast (WG) Sausage Toasted Turkey and Cheese Sandwiches Under 2: Whole Milk Over 2: Skim Milk	DATE / / Under 2: Whole Milk Over 2: Skim Milk Applesauce Pancakes (WG) Meat Sauce Spaghetti Under 2: Whole Milk Over 2: Skim Milk
Milk¹ Over 2: Skim Milk Over 2: Skim Milk Vegetable, fruit, or portions of both² Oranges Banana – Fresh Grain³ Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate⁵ (no more than 3 times per week at breakfast only) Potatoes – Fried Cheese Quesadilla Other Foods Scrambled Eggs LUNCH Grilled Chicken Cheeseburgers Milk¹ Under 2: Whole Milk Over 2: Skim Milk Under 2: Whole Milk Over 2: Skim Milk Meat/Meat Alternates Grilled Chicken Ground Hamburger Meat, poultry, or fish or tofu, soy product, or alternate protein products Grilled Chicken Ground Hamburger Vegetable¹¹1 Broccoli – Steamed Tater Tots	Over 2: Skim Milk Blueberries French Toast Tater Tot Casserole Under 2: Whole Milk Over 2: Skim Milk	Over 2: Skim Milk Peaches – Canned Whole Wheat Toast (WG) Sausage Toasted Turkey and Cheese Sandwiches Under 2: Whole Milk Over 2: Skim Milk	Over 2: Skim Milk Applesauce Pancakes (WG) Meat Sauce Spaghetti Under 2: Whole Milk
Vegetable, fruit, or portions of both ² Oranges Banana – Fresh Grain ³ Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate ⁵ (no more than 3 times per week at breakfast only) Other Foods LUNCH Grilled Chicken Milk ¹ Under 2: Whole Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Over 3: Skim Milk Over 3: Skim Milk Over 3: Skim Milk Over 3: Skim Milk Over 4: Skim Milk Over 5: Skim Milk Over 5: Skim Milk Over 5: Skim Milk Over 5: Skim Milk Over 6: Skim Mi	French Toast Tater Tot Casserole Under 2: Whole Milk Over 2: Skim Milk	Peaches – Canned Whole Wheat Toast (WG) Sausage Toasted Turkey and Cheese Sandwiches Under 2: Whole Milk Over 2: Skim Milk	Applesauce Pancakes (WG) Meat Sauce Spaghetti Under 2: Whole Milk
Cheese Quesadilla	Tater Tot Casserole Under 2: Whole Milk Over 2: Skim Milk	Whole Wheat Toast (WG) Sausage Toasted Turkey and Cheese Sandwiches Under 2: Whole Milk Over 2: Skim Milk	Pancakes (WG) Meat Sauce Spaghetti Under 2: Whole Milk
Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate ⁵ (no more than 3 times per week at breakfast only) Other Foods LUNCH Grilled Chicken Cheese Quesadilla Scrambled Eggs Under 2: Whole Milk Over 2: Skim Milk Meat/Meat Alternates Meat, poultry, or fish or tofu, soy product, or alternate protein products Vegetable 11 Potatoes – Fried Cheese Quesadilla Cheese Quesadilla Cheese Quesadilla Scrambled Eggs Under 2: Whole Milk Over 2: Skim Milk Over 2: Skim Milk Fried Cheese Quesadilla Cheese Quesadilla Cheese Quesadilla Cheese Quesadilla Tater Tots	Tater Tot Casserole Under 2: Whole Milk Over 2: Skim Milk	Sausage Toasted Turkey and Cheese Sandwiches Under 2: Whole Milk Over 2: Skim Milk	Meat Sauce Spaghetti Under 2: Whole Milk
LUNCH Grilled Chicken Cheeseburgers Under 2: Whole Milk Over 2: Skim Milk Over 3: Skim Milk Over 3: Skim Milk Over 4: Skim Milk Over 5: Skim Milk Over 5: Skim Milk Over 5: Skim Milk Over 5: Skim Milk Over 6: Skim Milk Over 6: Skim Milk Over 6: Skim Milk Over 6: Skim Milk Over 7: Skim Milk Over 6: Skim Milk Over 6: Skim Milk Over 7: Skim Milk Over 7: Skim Milk Over 6: Skim Milk Over 7: Skim Milk Over 6: Skim Milk Over 7: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk	Toasted Turkey and Cheese Sandwiches Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk
Milk1 Under 2: Whole Milk Over 2: Skim Milk Under 2: Whole Milk Over 2: Skim Milk Weat/Meat Alternates Meat, poultry, or fish or tofu, soy product, or alternate protein products Vegetable 11 Broccoli – Steamed Tater Tots	Under 2: Whole Milk Over 2: Skim Milk	Sandwiches Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk
Milk¹ Over 2: Skim Milk Meat/Meat Alternates Meat, poultry, or fish or tofu, soy product, or alternate protein products Vegetable¹1 Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Fround Hamburger Over 2: Skim Milk Fround Hamburger Over 3: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk	
Meat/Meat Alternates Meat, poultry, or fish or tofu, soy product, or alternate protein products Vegetable 11 Broccoli – Steamed Over 2: Skim Milk Over 2: Skim Mi			Over 2: Skim Milk
Meat, poultry, or fish or tofu, soy product, or alternate protein products Vegetable 11	Hamburger Meat and Cheese	0.11.17.1101	
regenate		Grilled Turkey and Cheese	Hamburger Meat
Fruit Pears – Canned Peaches – Canned	Mixed Vegetables	Mixed Vegetables	Garden Salad – Lettuce, Tomatoes, and Cucumber
	Oranges	Bananas – Fresh	Pineapple - Canned
Grain ³ Dinner Roll Hamburger Buns	Dinner Roll	Whole Wheat Bread (WG)	Spaghetti
Other Foods BBQ Sauce Sliced Cheese, Ketchu Mustard, Pickles	p, Ketchup	Mayo, Mustard	Tomato Sauce Ranch Dressing
SNACK AM or PM (Circle) Serve 2 of 5 components			
Milk ¹ Under 2: Whole Milk Over 2: Skim Milk			Under 2: Whole Milk Over 2: Skim Milk
Meat/Meat Alternates Cottage Cheese	Cheese Cubes	String Cheese	
Vegetable ¹¹			
Fruit Pineapple			
Grain ³ Chex Mix (Cheerios, Chex Cereal, Cheez-Its, and Pretzels)	Pretzels	Wheat Crackers	Croissants
MO 580 318 Other Foods			Butter