



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE  
CHILD AND ADULT CARE FOOD PROGRAM  
**3 MEAL MENU TEMPLATE (5 DAY)**

|  |  |  |  |  |  |
|--|--|--|--|--|--|
| NAME OF CENTER/FACILITY: MSSU Lion Cub Academy   |  |  |  |  |  |
| YEAR 2022-2023 WEEK OF Week 1  |  |  |  |  |  |
| <b>BREAKFAST</b>   | DATE / /                                 | DATE / /                                 | DATE / /                                 | DATE / /                                 | DATE / /                                 |
| <b>Milk<sup>1</sup></b>  | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk |
| <b>Vegetable, fruit, or portions of both<sup>2</sup></b>   | Cinnamon Apples                          | Applesauce                               | Pineapples - Canned                      | Strawberries – Fresh/Frozen<br>Sliced    | Pears - Canned                           |
| <b>Grain<sup>3</sup></b><br>Indicate “WG” next to Whole Grain menu items or Meat/Meat alternate <sup>5</sup> (no more than 3 times per week at breakfast only) | Oatmeal                                  | Pancakes                                 | Diced Potatoes - Fried                   | Biscuits                                 | Muffins                                  |
| <b>Other Foods</b>   | Brown Sugar and Cinnamon                 |  | Scrambled Eggs                           | Sausage Gravy                            |  |
| <b>LUNCH</b>   | Pizza Bagels                             | Toasted Ham and Cheese Sandwiches        | Chicken Tenders                          | Fish Fillet                              | Turkey Hot Dogs                          |
| <b>Milk<sup>1</sup></b>  | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk |
| <b>Meat/Meat Alternates</b><br>Meat, poultry, or fish or tofu, soy product, or alternate protein products  | Cheese and Ground Hamburger              | Ham and Cheese                           | Homemade Breaded Baked Chicken Tenders   | Fish Fillet                              | Turkey Hot Dog                           |
| <b>Vegetable<sup>11</sup></b>  | Corn - Canned                            | Green Beans - Canned                     | Mashed Potatoes (No Skin)                | Peas                                     | French Fries                             |
| <b>Fruit</b>   | Pineapples - Canned                      | Bananas - Fresh                          | Oranges - Canned                         | Tropical Fruit - Fresh                   | Mixed Fruit - Canned                     |
| <b>Grain <sup>3</sup></b>  | Bagel                                    | Whole Wheat Bread (WG)                   | Dinner Roll                              | Macaroni and Cheese                      | Hot Dog Buns (WG)                        |
| <b>Other Foods</b>   | Pizza Sauce                              | Mayo, Mustard                            | Gravy, BBQ Sauce                         | Tartar Sauce, Ketchup                    | Ketchup, Mustard, Relish                 |
| <b>SNACK AM or PM (Circle) Serve 2 of 5 components</b>   |  |  |  |  |  |
| <b>Milk<sup>1</sup></b>  |  | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk |  |
| <b>Meat/Meat Alternates</b>  | Yogurt                                   |  |  |  | Cheese Cubes                             |
| <b>Vegetable<sup>11</sup></b>  |  |  |  |  |  |
| <b>Fruit</b>   |  |  |  |  |  |
| <b>Grain <sup>3</sup></b>  | Wheat Crackers                           | Cheerios Cereal                          | Scooby Crackers                          | Graham Crackers                          | Pretzels                                 |
| <b>Other Foods</b>   |  |  |  |  |  |



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**MEAL MENU TEMPLATE (5 DAY)**

NAME OF CENTER/FACILITY: MSSU Lion Cub Academy

YEAR 2022-2023 WEEK OF Week 2

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



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|--|--|--|--|--|--|
| NAME OF CENTER/FACILITY: MSSU Lion Cub Academy   |  |  |  |  |  |
| YEAR 2022-2023 WEEK OF Week 3  |  |  |  |  |  |
| <b>BREAKFAST</b>   | DATE / /                                 | DATE / /                                 | DATE / /                                 | DATE / /                                 | DATE / /                                 |
| <b>Milk<sup>1</sup></b>  | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk |
| <b>Vegetable, fruit, or portions of both<sup>2</sup></b>   | Strawberries                             | Cinnamon Apples                          | Pears – Canned                           | Applesauce                               | Pineapples – Canned                      |
| <b>Grain<sup>3</sup></b><br>Indicate "WG" next to Whole Grain menu items<br>or Meat/Meat alternate <sup>5</sup> (no more than 3 times<br>per week at breakfast only) | Biscuits                                 | Oatmeal                                  | Whole Grain Waffles (WG)                 | Pancakes (WG)                            | Whole Wheat Toast                        |
| <b>Other Foods</b>   | Gravy                                    | Brown Sugar and Cinnamon                 |  |  | Scrambled Eggs                           |
| <b>LUNCH</b>   | Fish Fillet                              | Pizza Bagels                             | Toasted Ham and Cheese<br>Sandwiches     | Turkey Hot Dogs                          | Sloppy Joe                               |
| <b>Milk<sup>1</sup></b>  | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk |
| <b>Meat/Meat Alternates</b><br>Meat, poultry, or fish or tofu, soy product, or<br>alternate protein products   | Fish Fillet                              | Cheese and Ground<br>Hamburger           | Ham and Cheese                           | Turkey Hot Dog                           | Hamburger Meat                           |
| <b>Vegetable<sup>11</sup></b>  | Peas                                     | Corn - Canned                            | Green Beans - Canned                     | French Fries                             | Corn - Canned                            |
| <b>Fruit</b>   | Tropical Fruit - Fresh                   | Pineapples - Canned                      | Bananas - Fresh                          | Mixed Fruit - Canned                     | Pears - Canned                           |
| <b>Grain<sup>3</sup></b>   | Macaroni and Cheese                      | Bagel                                    | Whole Wheat Bread (WG)                   | Hot Dog Buns (WG)                        | Hamburger Buns                           |
| <b>Other Foods</b>   | Tartar Sauce, Ketchup                    | Pizza Sauce                              | Mayo, Mustard                            | Ketchup, Mustard, Relish                 |  |
| <b>SNACK AM or PM (Circle) Serve 2 of 5<br/>components</b>   |  |  |  |  |  |
| <b>Milk<sup>1</sup></b>  | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk |  |  |
| <b>Meat/Meat Alternates</b>  |  |  |  |  | Cheese Cubes                             |
| <b>Vegetable<sup>11</sup></b>  |  |  |  |  |  |
| <b>Fruit</b>   |  |  |  | Peaches - Canned                         |  |
| <b>Grain<sup>3</sup></b>   | Muffins                                  | Cheez-Its                                | Pita Bread                               | Whole Wheat Rolls (WG)                   | Wheat Crackers                           |
| <b>Other Foods</b>   |  |  |  |  |  |



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|  |   |  |  |  |  |
|--|---|--|--|--|--|
| NAME OF CENTER/FACILITY: Lion Cub Academy  |   |  |  |  |  |
| YEAR 2022-2023 WEEK OF Week 4  |   |  |  |  |  |
| <b>BREAKFAST</b>   | DATE     /     /  | DATE     /     /                         | DATE     /     /                         | DATE     /     /                         | DATE     /     /                               |
| <b>Milk<sup>1</sup></b>  | Under 2: Whole Milk<br>Over 2: Skim Milk                  | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk       |
| <b>Vegetable, fruit, or portions of both<sup>2</sup></b>   | Oranges   | Banana – Fresh                           | Blueberries                              | Peaches – Canned                         | Applesauce                                     |
| <b>Grain<sup>3</sup></b><br>Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate <sup>5</sup> (no more than 3 times per week at breakfast only) | Potatoes – Fried  | Cheese Quesadilla                        | French Toast                             | Whole Wheat Toast (WG)                   | Pancakes (WG)                                  |
| <b>Other Foods</b>   | Scrambled Eggs  |  |  | Sausage                                  |  |
| <b>LUNCH</b>   | Grilled Chicken   | Cheeseburgers                            | Tater Tot Casserole                      | Toasted Turkey and Cheese Sandwiches     | Meat Sauce Spaghetti                           |
| <b>Milk<sup>1</sup></b>  | Under 2: Whole Milk<br>Over 2: Skim Milk                  | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk | Under 2: Whole Milk<br>Over 2: Skim Milk       |
| <b>Meat/Meat Alternates</b><br>Meat, poultry, or fish or tofu, soy product, or alternate protein products  | Grilled Chicken   | Ground Hamburger                         | Hamburger Meat and Cheese                | Grilled Turkey and Cheese                | Hamburger Meat                                 |
| <b>Vegetable<sup>11</sup></b>  | Broccoli – Steamed  | Tater Tots                               | Mixed Vegetables                         | Mixed Vegetables                         | Garden Salad – Lettuce, Tomatoes, and Cucumber |
| <b>Fruit</b>   | Pears – Canned  | Peaches – Canned                         | Oranges                                  | Bananas – Fresh                          | Pineapple - Canned                             |
| <b>Grain<sup>3</sup></b>   | Dinner Roll   | Hamburger Buns                           | Dinner Roll                              | Whole Wheat Bread (WG)                   | Spaghetti                                      |
| <b>Other Foods</b>   | BBQ Sauce   | Sliced Cheese, Ketchup, Mustard, Pickles | Ketchup                                  | Mayo, Mustard                            | Tomato Sauce<br>Ranch Dressing                 |
| <b>SNACK AM or PM (Circle)</b><br>Serve 2 of 5 components  |   |  |  |  |  |
| <b>Milk<sup>1</sup></b>  | Under 2: Whole Milk<br>Over 2: Skim Milk                  |  |  |  | Under 2: Whole Milk<br>Over 2: Skim Milk       |
| <b>Meat/Meat Alternates</b>  |   | Cottage Cheese                           | Cheese Cubes                             | String Cheese                            |  |
| <b>Vegetable<sup>11</sup></b>  |   |  |  |  |  |
| <b>Fruit</b>   |   | Pineapple                                |  |  |  |
| <b>Grain<sup>3</sup></b>   | Chex Mix (Cheerios, Chex Cereal, Cheez-Its, and Pretzels) |  | Pretzels                                 | Wheat Crackers                           | Croissants                                     |
| <b>Other Foods</b>   |   |  |  |  | Butter   |