



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 2024 WEEK OF Week 1					
BREAKFAST	DATE / /	DATE / /	DATE / /	DATE / /	DATE / /
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	Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk
Vegetable, fruit, or portions of both²	Cinnamon Apples	Applesauce	Pineapples - Canned	Strawberries – Fresh/Frozen Sliced	Pears - Canned
Grain³ Indicate “WG” next to Whole Grain menu items or Meat/Meat alternate ⁵ (no more than 3 times per week at breakfast only)	Oatmeal	Pancakes	Diced Potatoes - Fried	Biscuits	Muffins
Other Foods	Brown Sugar and Cinnamon		Scrambled Eggs	Sausage Gravy	
LUNCH	Pizza Bagels	Toasted Ham and Cheese Sandwiches	Chicken Tenders	Star and Fish Nuggets	Turkey Hot Dogs
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	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	Cheese and Ground Hamburger	Ham and Cheese	Homemade Breaded Baked Chicken Tenders	Fish Nuggets	Turkey Hot Dog
Vegetable¹¹	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
Grain³	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					
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					
Grain³	Multigrain Chips	Cheerios Cereal	Scooby Crackers	Graham Crackers	Pretzels
Other Foods					



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NAME OF CENTER/FACILITY: MSSU Lion Cub Academy

YEAR 2024 WEEK OF Week 2

BREAKFAST	DATE / /	DATE / /	DATE / /	DATE / /	DATE / /
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	Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk
Vegetable, fruit, or portions of both²	Peaches – Canned	Strawberries	Applesauce	Bananas - Fresh	Oranges
Grain³ Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate ⁵ (no more than 3 times per week at breakfast only)	English Muffin Butter/Jelly (WG)	Blueberry Muffins	French Toast Sticks (WG)	Potatoes – Fried	Cheese Quesadillas (WG)
Other Foods	Scramble Eggs			Biscuits and Gravy	
LUNCH	Toasted Turkey and Cheese Sandwiches	Dinosaur Nuggets	Meatball and Marinara	Grilled Chicken	Cheeseburgers
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	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	Beef Meat	Grilled Chicken	Ground Hamburger
Vegetable¹¹	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
Grain³	Whole Wheat Bread (WG)	Dinner Roll	Garlic Toast	Dinner Roll/Noodles	Hamburger Buns
Other Foods	Mayo, Mustard	Gravy, BBQ Sauce	Tomato Sauce Ranch Dressing		Sliced Cheese, Ketchup, Mustard, Pickles
SNACK AM or PM (Circle) Serve 2 of 5 components					
Milk¹	Under 2: Whole Milk Over 2: Skim Milk				Under 2: Whole Milk Over 2: Skim Milk
Meat/Meat Alternates		Yogurt	Cottage Cheese	Cheese Cubes	
Vegetable¹¹					
Fruit		Peaches – Canned	Pineapple - Canned		
Grain³	Chex Mix (Cheerios, Chex Cereal, Cheez-Its, and Pretzels)			Pretzels	Scooby Crackers
Other Foods					



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NAME OF CENTER/FACILITY: MSSU Lion Cub Academy					
YEAR 2022-2023 WEEK OF Week 3					
BREAKFAST	DATE / /	DATE / /	DATE / /	DATE / /	DATE / /
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	Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk
Vegetable, fruit, or portions of both²	Strawberries	Cinnamon Apples	Pears – Canned	Applesauce	Pineapples – Canned
Grain³ 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	Soft Tacos	Toasted Ham and Cheese Sandwiches	Turkey Hot Dogs	Sloppy Joe
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	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	Fish Fillet	Cheese and Ground Hamburger	Ham and Cheese	Turkey Hot Dog	Hamburger Meat
Vegetable¹¹	Peas	Corn - Canned	Green Beans - Canned	French Fries	Corn - Canned
Fruit	Tropical Fruit - Fresh	Pineapples - Canned	Bananas - Fresh	Mixed Fruit - Canned	Pears - Canned
Grain³	Macaroni and Cheese	Flour Tortilla	Whole Wheat Bread (WG)	Hot Dog Buns (WG)	Hamburger Buns
Other Foods	Tartar Sauce, Ketchup	Sour Cream, Salsa, Cheese	Tomato Soup, Mayo, Mustard	Ketchup, Mustard, Relish	
SNACK AM or PM (Circle) Serve 2 of 5 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					Cheese Cubes
Vegetable¹¹					
Fruit				Peaches - Canned	
Grain³	Muffins	Cheez-Its	Pita Bread	Whole Wheat Rolls (WG)	Wheat Crackers
Other Foods					



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NAME OF CENTER/FACILITY: Lion Cub Academy					
YEAR 2024 WEEK OF Week 4					
BREAKFAST	DATE / /	DATE / /	DATE / /	DATE / /	DATE / /
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	Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk
Vegetable, fruit, or portions of both²	Oranges	Banana – Fresh	Blueberries	Peaches – Canned	Applesauce
Grain³ Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate ⁵ (no more than 3 times per week at breakfast only)	Potatoes – Fried	Cheese Quesadilla	French Toast	Whole Wheat Toast (WG)	Pancakes (WG)
Other Foods	Scrambled Eggs			Sausage	
LUNCH	Grilled Chicken	Cheeseburgers	Tater Tot Casserole	Mini Corn Dogs	Meat Sauce Spaghetti
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	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 Chicken	Ground Hamburger	Hamburger Meat and Cheese	Chicken Hot Dogs	Hamburger Meat
Vegetable¹¹	Broccoli – Steamed	Tater Tots	Mixed Vegetables	Mixed Vegetables	Garden Salad – Lettuce, Tomatoes, and Cucumber
Fruit	Pears – Canned	Peaches – Canned	Oranges	Bananas – Fresh	Pineapple - Canned
Grain³	Dinner Roll	Hamburger Buns	Dinner Roll	Whole Wheat Breading (WG)	Spaghetti
Other Foods	BBQ Sauce	Sliced Cheese, Ketchup, Mustard, Pickles	Ketchup	Mayo, Mustard	Tomato Sauce Ranch Dressing
SNACK AM or PM (Circle) Serve 2 of 5 components					
Milk¹	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	
Vegetable¹¹					
Fruit		Pineapple			
Grain³	Chex Mix (Cheerios, Chex Cereal, Cheez-Its, and Pretzels)		Pretzels	Wheat Crackers	Croissants
Other Foods					Butter