NAME OF CENTER/FACILITY: MSSU Lion Cub Academy

YEAR 2024 WEEK OF Week 1

YEAR 2024 WEEK OF Week 1					
BREAKFAST	DATE / /	DATE / /	DATE / /	DATE / /	DATE / /
Milk1	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
Vegetable, fruit, or portions of both ²	Cinnamon Apples	Applesauce	Pineapples - Canned	Strawberries – Fresh/Frozen Sliced	Pears - 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)	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
Milk ¹	Under 2: Whole Milk	Under 2: Whole Milk	Under 2: Whole Milk	Under 2: Whole Milk	Under 2: Whole Milk
MIIK	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	Cheese and Ground Hamburger	Ham and Cheese	Homemade Breaded Baked Chicken Tenders	Fish Nuggets	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					
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	Yogurt				Cheese Cubes
Vegetable ¹¹					
Fruit					
Grain ³	Multigrain Chips	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

YEAR 2024 WEEK OF Week 2

YEAR 2024 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)	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
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	Beef 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	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					
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

YEAR 2022-2023 WEEK OF Week 3

DATE / /	DATE / /	DATE / /	DATE / /	DATE / /
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
Strawberries	Cinnamon Apples	Pears – Canned	Applesauce	Pineapples - Canned
Biscuits	Oatmeal	Whole Grain Waffles (WG)	Pancakes (WG)	Whole Wheat Toast
Gravy	Brown Sugar and Cinnamon			Scrambled Eggs
Fish Fillet	Soft Tacos	Toasted Ham and Cheese Sandwiches	Turkey Hot Dogs	Sloppy Joe
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
Fish Fillet	Cheese and Ground Hamburger	Ham and Cheese	Turkey Hot Dog	Hamburger Meat
Peas	Corn - Canned	Green Beans - Canned	French Fries	Corn - Canned
Tropical Fruit - Fresh	Pineapples - Canned	Bananas - Fresh	Mixed Fruit - Canned	Pears - Canned
Macaroni and Cheese	Flour Tortilla	Whole Wheat Bread (WG)	Hot Dog Buns (WG)	Hamburger Buns
Tartar Sauce, Ketchup	Sour Cream, Salsa, Cheese	Tomato Soup, Mayo, Mustard	Ketchup, Mustard, Relish	
Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk		
				Cheese Cubes
			Peaches - Canned	
Muffins	Cheez-Its	Pita Bread	Whole Wheat Rolls (WG)	Wheat Crackers
	Under 2: Whole Milk Over 2: Skim Milk Strawberries Biscuits Gravy Fish Fillet Under 2: Whole Milk Over 2: Skim Milk Fish Fillet Peas Tropical Fruit - Fresh Macaroni and Cheese Tartar Sauce, Ketchup Under 2: Whole Milk Over 2: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk Strawberries Biscuits Oatmeal Gravy Brown Sugar and Cinnamon Fish Fillet Soft Tacos Under 2: Whole Milk Over 2: Skim Milk Voer 2: Skim Milk Fish Fillet Peas Tropical Fruit - Fresh Macaroni and Cheese Tartar Sauce, Ketchup Under 2: Whole Milk Over 2: Skim Milk Under 2: Whole Milk Over 3: Skim Milk Cheese and Ground Hamburger Pineapples - Canned Flour Tortilla Tartar Sauce, Ketchup Under 2: Whole Milk Over 2: Skim Milk Under 2: Whole Milk Over 2: Skim Milk Over 2: Skim Milk	Under 2: Whole Milk Over 2: Skim Milk Over 3: Skim Milk Over 3: Skim Milk Over 4: Skim Waffles (WG) Gravy Brown Sugar and Cinnamon Fish Fillet Soft Tacos Under 2: Whole Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Fish Fillet Cheese and Ground Hamburger Peas Corn - Canned Green Beans - Canned Tropical Fruit - Fresh Macaroni and Cheese Flour Tortilla Whole Wheat Bread (WG) Tartar Sauce, Ketchup 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 3: Skim Milk Over 2: Skim Milk Over 3: Skim Milk

NAME OF CENTER/FACILITY: Lion Cub Academy

YEAR 2024 WEEK OF Week 4

Pegetable Pruit Pears - Canned Peaches - Canned Pretzels Pineapple Peaches - Canned Pretzels Pineapple Pretzels Pr						
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 alternate9 (no more than 3 times per week at breakast only)	BREAKFAST	DATE / /	DATE / /	DATE / /	DATE / /	DATE / /
Vegetable, fruit, or portions of both2 Oranges Banana – Fresh Blueberries Peaches – Canned Applesauce	m:n-1	Under 2: Whole Milk	Under 2: Whole Milk	Under 2: Whole Milk	Under 2: Whole Milk	Under 2: Whole Milk
Crain3	WIIK'	Over 2: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk
Indicate "WG" next fo Whole Grain menu items or Meat/Meat alternates (no more than 3 times per week at breakfast only) Other Foods Scrambled Eggs LUNCH Grilled Chicken Under 2: Whole Milk Over 2: Skim Milk Over 2: Skim Milk Meat/Meat Alternates Fruit Pears — Canned Grain 3 Dinner Roll Malk1 Pears — Canned BBQ Sauce Sliced Cheese, Ketchup, Mustard, Pickles Serve 2 of 5 components Cheese Quesadilla French Toast Whole Wheat Toast (WG) Pancakes (Westables Minicon Dogs (Note 2: Skim Milk Over 2: Skim Mil	Vegetable, fruit, or portions of both ²	Oranges	Banana – Fresh	Blueberries	Peaches – Canned	Applesauce
LUNCH Grilled Chicken Cheeseburgers Tater Tot Casserole Mini Corn Dogs Meat Sauce Spaghetti Milk1 Under 2: Whole Milk Over 2: Skim Milk O	Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate ⁵ (no more than 3	Potatoes – Fried	Cheese Quesadilla	French Toast	Whole Wheat Toast (WG)	Pancakes (WG)
Milk1	Other Foods	Scrambled Eggs			Sausage	
Milk1 Over 2: Skim Milk Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Over 2: Skim Milk Milk Over 2: Skim Milk Milk Over 2: Skim	LUNCH	Grilled Chicken	Cheeseburgers	Tater Tot Casserole	Mini Corn Dogs	Meat Sauce Spaghetti
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	1	Under 2: Whole Milk	Under 2: Whole Milk	Under 2: Whole Milk	Under 2: Whole Milk	Under 2: Whole Milk
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 Cucumbe Fruit Pears – Canned Peaches – Canned Oranges Bananas – Fresh Pineapple - Canned Grain 3 Dinner Roll Hamburger Buns Dinner Roll Whole Wheat Breading (WG) Spaghetti SNACK AM or PM (Circle) Serve 2 of 5 components BBQ Sauce Sliced Cheese, Ketchup, Mustard, Pickles Ketchup Mayo, Mustard Tomato Sauce Ranch Dressing Milk1 Under 2: Whole Milk Over 2: Skim Milk Over 2: Skim Milk Under 2: Whole Milk Over 2: Skim Milk Over 2: Skim Milk Vegetable11 Chex Mix (Cheerios, Chex Cereal, Cheez-Its, and Pretzels) Pineapple Pretzels Wheat Crackers Croissants		Over 2: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk	Over 2: Skim Milk
Pegetable Pruit Pears - Canned Peaches - Canned Pretzels Pineapple Peaches - Canned Pretzels Pineapple Peaches - Canned Pretzels Pineapple Pretzels Pretze	Meat, poultry, or fish or tofu, soy product, or	Grilled Chicken	Ground Hamburger	Hamburger Meat and Cheese	Chicken Hot Dogs	Hamburger Meat
Grain 3 Dinner Roll Hamburger Buns Dinner Roll Whole Wheat Breading (WG) Spaghetti Other Foods BBQ Sauce Sliced Cheese, Ketchup, Mustard, Pickles Ketchup Mustard, Pickles 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 Meat/Meat Alternates Cottage Cheese Cheese Cheese String Cheese Vegetable11 Pruit Pineapple Grain 3 Chex Mix (Cheerios, Chex Cereal, Cheez-Its, and Pretzels) Pretzels Whole Wheat Breading (WG) Spaghetti Mayo, Mustard Tomato Sauce Ranch Dressing Tomato Sauce Ranch Dressing Chessing Under 2: Whole Milk Over 2: Skim Milk Pretzels Whole Wheat Breading (WG) Spaghetti Tomato Sauce Ranch Dressing Tomato Sauce Ranch Dressing Fruit Pineapple String Cheese Vegetable11 Pretzels Wheat Crackers Croissants	Vegetable ¹¹	Broccoli – Steamed	Tater Tots	Mixed Vegetables	Mixed Vegetables	Garden Salad – Lettuce, Tomatoes, and Cucumber
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 Under 2: Whole Milk Over 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	Fruit	Pears – Canned	Peaches – Canned	Oranges	Bananas – Fresh	Pineapple - Canned
SNACK AM or PM (Circle) Serve 2 of 5 components Milk1 Under 2: Whole Milk Over 2: Skim Milk Meat/Meat Alternates Cottage Cheese Vegetable11 Fruit Pineapple Chex Mix (Cheerios, Chex Cereal, Cheez-Its, and Pretzels) Pretzels Mustard, Pickles Ketchup Mayo, Mustard Ranch Dressing	Grain ³	Dinner Roll	Hamburger Buns	Dinner Roll	Whole Wheat Breading (WG)	Spaghetti
Serve 2 of 5 components Milk1 Under 2: Whole Milk Over 2: Skim Milk Meat/Meat Alternates Cottage Cheese Cheese Cubes String Cheese Vegetable11 Fruit Pineapple Chex Mix (Cheerios, Chex Cereal, Cheez-Its, and Pretzels) Pretzels Pretzels Wheat Crackers Croissants	Other Foods	BBQ Sauce		Ketchup	Mayo, Mustard	
Milk Over 2: Skim Milk Meat/Meat Alternates Cottage Cheese Cheese Cubes String Cheese Vegetable 11 Fruit Pineapple Chex Mix (Cheerios, Chex Cereal, Cheez-Its, and Pretzels) Pretzels Wheat Crackers Croissants	SNACK AM or PM (Circle) Serve 2 of 5 components					
Vegetable ¹¹ Pineapple Fruit Pineapple Grain 3 Chex Mix (Cheerios, Chex Cereal, Cheez-Its, and Pretzels) Pretzels Wheat Crackers Croissants	Milk ¹					
Fruit Pineapple Chex Mix (Cheerios, Chex Cereal, Cheez-Its, and Pretzels Wheat Crackers Croissants Pretzels)	Meat/Meat Alternates		Cottage Cheese	Cheese Cubes	String Cheese	
Grain ³ Chex Mix (Cheerios, Chex Cereal, Cheez-Its, and Pretzels Pretzels Wheat Crackers Croissants Pretzels)	Vegetable ¹¹					
Grain ³ Cereal, Cheez-Its, and Pretzels Wheat Crackers Croissants Pretzels)	Fruit	_	Pineapple			
Other Foods Putter	Grain ³	Cereal, Cheez-Its, and		Pretzels	Wheat Crackers	Croissants
Other Foods	Other Foods	,				Butter

MO 580 3180 (7/17)