

South Carolina Department of Social Services Child and Adult Care Food Program (CACFP)						
COLD MENU served to all North Charleston Parks and Rec. sites & Salvation Army					Water must be served and available at every meal	
Sponsor Name: <u>Lowcountry Food Bank</u>		Site Name: _____			Month/Year: _____	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Calendar Date						
Supper	Fluid Milk	1% Milk (8oz)	1% Milk (8oz)	1% Milk (8oz)	1% Milk (8oz)	1% Milk (8oz)
	Meat or Meat Alternate	Yogurt (4oz)	Chicken Salad (E-07/4oz)	Roast Beef (2oz) Cheddar Cheese (1oz)	Tuna Salad (F-11/4oz)	Sliced Turkey (2oz)
	Vegetable or Fruit	Carrots (4oz)	Celery Sticks (4oz)	Grape Tomatoes (4oz)	Mixed Green Salad (4oz)	Cucumbers (4oz)
	Vegetable or Fruit	Fruit Cocktail (2oz)	Peaches (2oz)	Raisins (2oz)	Sliced Apples (2oz)	Pears (2oz)
	Bread or Bread Alternate	WG Blueberry Muffin (1pc/2oz)	WW Slider Bun (1each)	WW Dinner Roll (1each)	WW Flour Tortilla (1pc/1oz)	WW Pasta Salad (E-10/1oz)
	Additional Food (Optional)	Ranch dressing packet Mozzarella stick (1pkg/1oz)		Honey Mustard (1pkg)	Ranch dressing packet (1pkg/12grams)	
	Total Number of Children Served					
Calendar Date						
Supper	Fluid Milk	1% Milk (8oz)	1% Milk (8oz)	1% Milk (8oz)	1% Milk (8oz)	1% Milk (8oz)
	Meat or Meat Alternate	Sliced Turkey (2oz) Cheddar Cheese (1oz)	Boiled Egg (1 each)	Sliced Ham (2oz)	Egg Salad (F-10/4oz)	Taco Salad (E-10/2oz)
	Vegetable or Fruit	Baby Carrots (4oz)	Green Salad (4oz)	Celery (4oz)	Cucumbers (4oz)	Mixed Green Salad (4oz)
	Vegetable or Fruit	Apples (2oz)	Mandarin Oranges (2oz)	Peaches (2oz)	Fruit Cocktail (2oz)	Pears (2oz)
	Bread or Bread Alternate	WW Slider Bun (1pc/1oz)	WW Dinner Roll (1each)	WW Dinner Roll (1 each / 1oz)	WW Flour Tortilla (1each)	WW Flour Tortilla (1pc/1oz)
	Additional Food (Optional)		Ranch dressing packet (1pkg/12grams)	Cheddar Cheese (1oz)	Ranch dressing packet (1pkg/12grams)	
	Total Number of Children Served					

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Calendar Date						
Supper	Fluid Milk	1% Milk (8oz)	1% Milk (8oz)	1% Milk (8oz)	1% Milk (8oz)	1% Milk (8oz)
	Meat or Meat Alternate	Chicken Tenders (CN/2oz)	Sliced Turkey (2oz)	Yogurt (4oz)	Peanut Butter Cups (CN/3pkg/.75oz each)	Sliced Ham (2oz) Cheddar Cheese (1oz)
	Vegetable or Fruit	Grape Tomatoes (4oz)	Cucumbers (4oz)	Baby Carrots (4oz)	Celery Sticks (4oz)	Cucumbers and Tomatoes(4oz)
	Vegetable or Fruit	Fruit Cocktail (2oz)	Peaches (2oz)	Mandarin Oranges (2oz)	Raisins (2oz)	Pears (2oz)
	Bread or Bread Alternate	WW Slider Bun (1each)	WW Flour Tortilla (2oz)	WG Animal Crackers (1oz)	Graham Crackers (2pkgs/0.7oz each)	WW Slider Bun (1each)
	Additional Food (Optional)	Honey Mustard (1pkg)	Ranch dressing packet (1pkg/12grams)	Mozzarella Stick (1oz)		
	Total Number of Children Served					

Revised: 9/7/17