

21-DAY CYCLE MENU
Child and Adult Care Food Program

Monday	Tuesday	Wednesday	Thursday	Friday
Day 1 - Breakfast	Day 2 - Breakfast	Day 3 - Breakfast	Day 4 - Breakfast	Day 5 - Breakfast
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F/V: _____	F/V: _____	F/V: _____	F/V: _____	F/V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
Day 1 - Lunch	Day 2 - Lunch	Day 3 - Lunch	Day 4 - Lunch	Day 5 - Lunch
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F: _____	F: _____	F: _____	F: _____	F: _____
V: _____	V: _____	V: _____	V: _____	V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
Day 1 - Snack (Serve 2 of these 4 components)	Day 2 - Snack (Serve 2 of these 4 components)	Day 3 - Snack (Serve 2 of these 4 components)	Day 4 - Snack (Serve 2 of these 4 components)	Day 5 - Snack (Serve 2 of these 4 components)
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F: _____	F: _____	F: _____	F: _____	F: _____
V: _____	V: _____	V: _____	V: _____	V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____

M/MA: Meat/Meat Alternate – may be served in Place of the entire grains component at breakfast a maximum of three times per week.

F: Fruit – may substitute fruit with an additional serving of vegetable at lunch and supper.

V: Vegetable – when two vegetables are served, they must be two different kinds of vegetables.

G/B: Grain/Bread – at least one serving of grains per day must be whole grain (WG) rich.

Milk: Age 1 year – unflavored whole milk; Ages 2-5 years – unflavored low-fat milk or unflavored fat-free milk; Ages 6 years and older – unflavored low-fat milk or unflavored fat-free milk or flavored fat-free milk.

Other: Additional items served but not necessary to meet meal pattern requirements

21-DAY CYCLE MENU
Child and Adult Care Food Program

Monday	Tuesday	Wednesday	Thursday	Friday
Day 6 - Breakfast	Day 7 - Breakfast	Day 8 - Breakfast	Day 9 - Breakfast	Day 10 - Breakfast
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F/V: _____	F/V: _____	F/V: _____	F/V: _____	F/V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
Day 6 - Lunch	Day 7 - Lunch	Day 8 - Lunch	Day 9 - Lunch	Day 10 - Lunch
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F: _____	F: _____	F: _____	F: _____	F: _____
V: _____	V: _____	V: _____	V: _____	V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
Day 6 - Snack (Serve 2 of these 4 components)	Day 7 - Snack (Serve 2 of these 4 components)	Day 8 - Snack (Serve 2 of these 4 components)	Day 9 - Snack (Serve 2 of these 4 components)	Day 10 - Snack (Serve 2 of these 4 components)
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F: _____	F: _____	F: _____	F: _____	F: _____
V: _____	V: _____	V: _____	V: _____	V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____

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Monday	Tuesday	Wednesday	Thursday	Friday
Day 11 - Breakfast	Day 12 - Breakfast	Day 13 - Breakfast	Day 14 - Breakfast	Day 15 - Breakfast
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F/V: _____	F/V: _____	F/V: _____	F/V: _____	F/V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
Day 11 - Lunch	Day 12 - Lunch	Day 13 - Lunch	Day 14 - Lunch	Day 15 - Lunch
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F: _____	F: _____	F: _____	F: _____	F: _____
V: _____	V: _____	V: _____	V: _____	V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
Day 11 - Snack (Serve 2 of these 4 components)	Day 12 - Snack (Serve 2 of these 4 components)	Day 13 - Snack (Serve 2 of these 4 components)	Day 14 - Snack (Serve 2 of these 4 components)	Day 15 - Snack (Serve 2 of these 4 components)
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F: _____	F: _____	F: _____	F: _____	F: _____
V: _____	V: _____	V: _____	V: _____	V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____

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21-DAY CYCLE MENU
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Monday	Tuesday	Wednesday	Thursday	Friday
Day 16 - Breakfast	Day 17 - Breakfast	Day 18 - Breakfast	Day 19 - Breakfast	Day 20 - Breakfast
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F/V: _____	F/V: _____	F/V: _____	F/V: _____	F/V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
Day 16 - Lunch	Day 17 - Lunch	Day 18 - Lunch	Day 19 - Lunch	Day 20 - Lunch
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F: _____	F: _____	F: _____	F: _____	F: _____
V: _____	V: _____	V: _____	V: _____	V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
Day 16 - Snack (Serve 2 of these 4 components)	Day 17 - Snack (Serve 2 of these 4 components)	Day 18 - Snack (Serve 2 of these 4 components)	Day 19 - Snack (Serve 2 of these 4 components)	Day 20 - Snack (Serve 2 of these 4 components)
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F: _____	F: _____	F: _____	F: _____	F: _____
V: _____	V: _____	V: _____	V: _____	V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____

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21-DAY CYCLE MENU
Child and Adult Care Food Program

Monday
<p>Day 21 - Breakfast</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p>
<p>Day 21 - Lunch</p> <p>M/MA: _____</p> <p>F: _____</p> <p>V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p>
<p>Day 21 - Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F: _____</p> <p>V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p>

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