

CMCC Menu Plan 2022

Cycle A	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios Plums Milk	Whole Grain Waffle Clementine Milk	Banana Muffin Honeydew Melon Milk	Whole Wheat Biscuit w/Jam Mixed Berries Milk	Kix Cereal Banana Milk
Lunch	Whole Grain Macaroni-n-Cheese Broccoli Florets Pears Milk	Homemade Chicken Noodle Soup Mix Vegetables Whole Grain Dinner Roll Grapes Milk	Whole Grain Crispy Chicken Sandwich Whole Wheat Bun Sliced Carrots Blueberries Milk	Turkey Goulash Corn Cantaloupe Milk	Cheese Pizza on Wheat Dough Green Beans Fresh Fruit Salad Milk
Snack	Whole Grain Soft Pretzels Grape Juice	Low-Fat Vanilla Yogurt Graham Crackers Water	Raisin Bread Slices Milk	Ritz Crackers Vegetable Cream Cheese Milk	Low-fat Cheese Stick Apples Water

Cycle B	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Krispies Clementine's Milk	Chocolate Chip Muffin Plums Milk	Low-fay Yogurt Mixed berries Milk	Whole Grain Bagel w/low-fat Cream Cheese Peaches Milk	Life Cereal Tropical Fruit Mix Milk
Lunch	Grilled Cheese Tomato Soup Apples Milk	Turkey Tacos w/Cheddar Cheese Whole Wheat Tortilla Roasted Corn Grapes Milk	Grilled Chicken Alfredo Whole Grain Pasta Broccoli Florets Watermelon Milk	Whole Grain French Toast Roast Potatoes Turkey Sausage Cantaloupe Milk	Whole Grain Chicken Nugget Sweet Potato Wedge Fresh Fruit Salad Whole Grain Dinner Roll Milk
Snack	Whole Grain Goldfish Milk	Cheese Stick Applesauce Water	Whole Grain Chez-its Milk	Sliced Cucumbers & Dip 100% Juice	Graham Crackers Milk

Milk Info: 1% for children 2 and over Whole milk for children 1 year old

Disclosure: Capital Milestones Child Care is an equal opportunity employer.

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C	Breakfast Rice Chex Applesauce Milk	Cinnamon Raisin Bagel w/low-fat cream cheese Blueberries Milk	Corn Muffin Honeydew Melon Milk	Scrambled Eggs Whole Wheat Toast Banana Milk	Reduce Sugar Toast Crunch Cereal Pineapple Tidbits Milk
	Lunch BBQ Grilled Chicken Breast Whole Grain Rice Mixed Vegetables Tropical Fruit Salad Milk	Turkey Meatball Whole Wheat Roll Peas Cantaloupe Milk	Homemade Cheeseburger Mac Whole Grain Pasta Green Beans Watermelon Milk	Baked Turkey w/Gravy Mashed Potatoes Whole Grain Dinner Roll Apples Milk	Whole Grain Cheese Pizza Broccoli/Cauliflower Mix Fresh Fruit Salad Milk
	Snack Whole Grain Soft Pretzel Apple Juice	Whole Grain Teddy Grahams Milk	Whole Grain Rice Cakes Milk	Whole Grain Chez-its Milk	Wheat Crackers Cheese Slices

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D	Breakfast Cheerios Pears Milk	Whole Wheat English Muffin w/Jelly Cantaloupe Milk	Whole Grain French Toast Applesauce Milk	Blueberry Muffin Honeydew Milk	Kix Cereal Peaches Milk
	Lunch Turkey Ham & Cheese sandwich on Whole Wheat Bread Corn Pineapple Slice Milk	Chicken Parm Filets Wheat Garlic Breadsticks Peas/Carrots Mixed Fruit Milk	Turkey Cheeseburger Wheat Bun Lettuce, Tomato & Pickle Sweet potato Tots Watermelon Milk	Grilled Chicken Breast Veggie Pasta Salad Whole Grain Roll Clementines Milk	Roasted Turkey & Cheese Sandwich Whole Wheat Bread Peas Plums Milk
	Snack Whole Grain Animal Crackers Milk	Raisin Bread Slices Milk	Whole Grain Goldfish 100% Juice	Graham Crackers Low-fat Yogurt Water	Low-fat Cheese Stick Oyster Crackers Milk

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