

## Shelf Stable Sample Menu

*Certain sites must purchase all items as single serve items while others have the flexibility to buy in bulk.  
Consult with local licensing agency for packaging and preparation requirements.*

<b>Breakfast</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Shelf stable milk (UHT)	Shelf stable milk (UHT)	Shelf stable milk (UHT)	Shelf stable milk (UHT)
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Peaches	Dried cranberries	Pineapple	Pears
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Cheerios	Life Original cereal	Scooters cereal	Wheat Chex cereal
<b>Lunch/Supper</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Shelf stable milk (UHT)	Shelf stable milk (UHT)	Shelf stable milk (UHT)	Shelf stable milk (UHT)
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Peanut or Soy Butter & shelf stable cheese	Tuna Salad*	Black Beans (or other beans)	Chicken Salad*
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c	Green Peas	Carrots	Corn	Green Beans
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pineapple	Fruit Cocktail	Mandarin Oranges	Raisins
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Crackers	100% Whole grain crackers	Tortilla chips	Pretzels
<b>Snack</b>	<b>Milk</b>	100% Fruit juice	Applesauce	4 fl oz Low-fat milk (UHT)	100% Fruit juice
	<b>Meat/Meat Alternate</b> <b>Vegetable</b> <b>Fruit/Juice</b> <b>Grains/Breads</b>	Tortilla chips	Pretzels	Kix cereal	Peanut butter crackers

*It is recommended to have at least one day's worth of shelf stable food on site at all times in case of refusal of catered meals or a power outage or other emergency.*

*\*CN labels or Product Formulation Statements must be on file for prepackaged chicken salad and tuna salad to determine the amount of creditable product per portion.*

## Cold Prep Menu

Below is a list of cold food items organized by CCFP meal pattern components. Mix and match food items to create appetizing cold lunch/supper menus that meet CCFP meal pattern requirements. For snack, choose two components. This list is not inclusive and additional food items can be added for variety and taste preferences of children being served.

Milk	Meat or Meat Alternate	Vegetable	Fruit	Grains
Whole milk (1 year olds) Unflavored low-fat or fat free milk (ages 2 and up) Flavored fat free milk (ages 6 and up)	Cheese cubed or sliced String cheese Hummus (chickpea dip) Refried beans Cold cuts (turkey, ham chicken) Tuna salad Chicken salad Peanut butter/soy butter Hard-boiled egg Yogurt Cottage Cheese	Carrots Celery Tomatoes Lettuce Cucumber Salsa Broccoli florets Cauliflower florets Zucchini sticks Carrot and Raisin salad Coleslaw Potato salad Bean salad	Cantaloupe Honeydew Watermelon Orange wedges Strawberries Apple wedges Bananas Pineapple cubes Peaches Pears Mixed fruit Apricot Tangerines	Bread Pita Bagel English muffin Rolls Tortilla Pretzels Tortilla chips Bread sticks Pasta salad Assorted crackers (one per day must be 100% whole grain)

### Sample Cold Prep Lunch/Suppers

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese rolled in soft whole wheat tortilla Shredded lettuce and tomato Salsa Apple wedges Milk	Peanut butter and jelly sandwich (1 Tbsp. Peanut butter, 1 tsp. jelly, 1 slice whole wheat bread) Yogurt (1/2 cup along with peanut butter will meet 3-5 age group) Carrot sticks (or carrot and raisin salad) Banana Milk	Pita pocket stuffed with tuna salad Broccoli florets with low-fat ranch dip Orange wedges Milk	Ham and cheese sandwich on whole wheat bread Coleslaw Apple wedges Milk	Cottage Cheese Sliced peaches Green pepper, celery, and cucumber sticks Whole grain crackers Milk