

Water is suggested as a beverage for all snacks even when other beverages are offered Bread is also offered with each lunch.
Menus meet the CACFP meal pattern requirements for Adults USDA is an Equal Opportunity Employer and Provider

Gracious Living ADHCC CACFP Adult Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Eggs, Grits, Turkey Sausage WW Toast 4oz Fresh Fruit (banana) 8oz Milk	8oz Hot Oatmeal or Cheerios cold cereal 4oz Fresh Fruit (banana) 8oz Milk	Eggs, Bacon, WW Pancake, Syrup 4oz Fresh Fruit (banana) 8oz Milk	Sausage gravy and WW biscuit 4oz Fresh Fruit (banana) 8oz Milk	Sausage gravy and WW biscuit 4oz Fresh Fruit (banana) 8oz Milk	8oz Hot Oatmeal or Cheerios cold cereal 4oz Fresh Fruit (banana) 8oz Milk
Lunch week 1					
Chicken Patties WW Macaroni and cheese Sweet peas WW Bread Fruit (Mixed fruit cup) 8 oz Milk	Salmon Patties Coleslaw Potatoes and onions WW Cornbread Fruit (apple slices) 8oz Milk	Meatloaf Mashed Potatoes Green Beans Fruit (Orange segments) WW Rolls 8oz Milk	Chicken and WW dump- lings Mixed Vegetables Fruit (Tropical mixed fruits) WW Rolls 8oz Milk	Chicken and WW dump- lings Mixed Vegetables Fruit (Tropical mixed fruits) WW Rolls 8oz Milk	Hamburgers (w/o and with cheese) Salad with cucumbers, tomatoes with dressing Fruit (mixed fruits) 8 oz Milk
8 oz Veggie Straws 8oz Milk	8oz Cheez it crackers 8 oz Milk	8 oz Rice Cakes 8 oz Milk	8oz Cheese and peanut butter crackers 8 oz Milk	8oz WW Cheddar Goldfish Crackers 8 oz Milk	

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			BREAKFAST		
8oz Hot WW Oatmeal or Cheerios WW Cereal 4oz mixed fruit 8oz Milk	Eggs, Bacon, WW biscuit Grits 4oz mixed fruit 8oz Milk	8oz Hot WW Oatmeal or WW Cheerios cold cereal 4oz mixed fruit 8oz Milk	Sausage gravy and WW biscuit 4oz mixed fruit 8oz Milk	8oz Hot WW Oatmeal or WW Cheerios cold cereal 4oz mixed fruit 8oz Milk	
Lunch week 2					
Sausage and cabbage Sweet potato Mash WW Bread Fruit (Pineapple tidbits) 8 oz Milk	Chicken Cauliflower Bake Green Beans Fruit (mixed fruit) WW Rolls 8oz Milk	Macaroni Salad with to- matoes and cucumbers Deviled Eggs Fruit (peaches) WW Rolls 8oz Milk	Baked salmon Salad with dressing Fruit (mixed tropical fruit) WW Rolls 8oz Milk	Lasagna with meat Salad with dressing Fruit (apple slices) WW Rolls 8 oz milk	Baked chicken WG Brown rice Mixed Vegetables Fruit (apple slices) WW Rolls 8 oz milk
			SNACK		
8oz Cheese and peanut butter crackers 8 oz Milk	8oz WW Cheddar Goldfish Crackers 8 oz Milk	8 oz Veggie Straws 8oz Milk	8oz Cheese and peanut butter crackers 8 oz Milk	8 oz Rice Chips 8 oz Milk	

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	Lunch week 3				
Spaghetti w/ Meat Sauce Salad w/ cucumbers, tomatoes, and dressing WW Garlic Bread Fruit (mixed fruit) 8 oz Milk	BB-Q chicken Mashed Potatoes Green Beans Fruit (apple slices) WW Rolls 8oz Milk	Hamburger Steak w/ grilled onions WG Rice Peas Fruit (pineapple tidbits) WW Rolls 8oz Milk	Salmon Patties Baked beans Cole Slaw Fruit (tropical mixed fruit) WW Rolls 8oz Milk	Turkey Dressing Sweet Potato Mash Carrots Fruit (fruit cocktail) WW Rolls 8 oz milk	
	SNACK				
8 oz Veggie Straws 8oz Milk	8oz WW Cheddar Goldfish Crackers 8 oz Milk	4oz Vanilla yogurt w/ Banana, granola 8oz Milk	8oz Cheese and peanut butter crackers 8 oz Milk	8 oz Pop chips 8 oz Milk	

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Lunch week 4					
Baked Ham WG Rice Pilaf WW rolls	Shepherds Pie Sweet Peas Fruit (Pineapple tidbits) 8 oz Milk	Pork Tenderloin Mashed Potatoes Green beans WW Rolls Fruit (orange segments) 8 oz Milk	Beef Stew Mixed vegetables Fruit (tropical mixed fruit) WW Rolls 8 oz Milk	Chicken Sandwich Salad greens with tomatoes, cucumbers Fruit (Fruit cocktail) 8oz Milk	Chicken Sandwich Salad greens with tomatoes, cucumbers Fruit (Fruit cocktail) 8oz Milk
Cole slaw Fruit (Peach slices) 8oz Milk					
SNACK					
4oz Vanilla yogurt w/ Banana, granola 8oz Milk	8oz WW Cheez it crackers 8 oz Milk	8oz WW Toastee Peanut butter crackers 8oz Milk	2 Graham crackers with peanut Butter 8 oz Milk	8oz WW Cheddar Goldfish Crackers 8 oz Milk	8oz WW Cheddar Goldfish Crackers 8 oz Milk

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Chicken Parmesan Garlic Mashed Potatoes Sweet Peas WW Bread Fruit (Pineapple tidbits) 8 oz Milk	Salmon Patties Coleslaw Potatoes and Onions WW Cornbread Fruit (apple slices) 8oz Milk	Meatloaf Mashed Potatoes Lima Beans Fruit (Orange segments) WW Rolls 8oz Milk	Chicken and WW dumplings Mixed Vegetables Fruit (Tropical mixed fruits) WW Rolls 8oz Milk		
4oz Vanilla yogurt w/ Banana, granola 8oz Milk	8oz Cheez it crackers 8 oz Milk	2 Graham crackers with peanut Butter 8 oz Milk	8oz Cheese and peanut butter crackers 8 oz Milk		