

DIVISION OF FOOD AND NUTRITION SERVICES
MONTGOMERY COUNTY PUBLIC SCHOOLS
8401 Turkey Thicket Dr
Gaithersburg, MD 20879

CHILD CARE FOOD PROGRAM CYCLE MENU
FALL / WINTER OCTOBER 1 TO MARCH 31
MENU # 1 F/W

INSTRUCTIONS: Return completed CYCLE CHANGE REQUEST form 240-53 monthly with MCPS form 240-54 MONTHLY INVOICE

Provider Name: _____ Vendor # _____ Phone Number: _____ - _____ - _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Fluid Milk	MILK	MILK	MILK	MILK		
	Fruit, Vegetable or 100% Juice	APPLE	O J 100%	BANANA	GRAPES	PEACH	
	Grain - Indicate if Whole Grain with WG	WG TOAST	BLUE B MUFFIN	WG OATMEAL	WG PANCAKE	MG CHEERIOS *	
	Meat /Meat Alternate	EGGS			SAUSAGE		
AM SNACK	Choose 2 of these 4						
	Fluid Milk						
	Fruit or Vegetable	RAISINS	GRAPES	APPLESAUCE	ANIMAL CRACKERS	MANGO	
	Meat/Meat Alternate		CHEDDAR CHEESE CUBES	WG HARD PRETZELS		WG RITZ CRACKERS	
Grain - Indicate if Whole Grain with WG	WG GOLDFISH			MILK			
LUNCH	Fluid Milk	MILK	MILK	MILK	MILK		
	Meat/Meat Alternate	GR BEEF	BLACK BEANS	FISH	CHICKEN	CHEESE	
	Vegetable	TOSS SALAD	BROCCOLI	GR BEANS	SPINACH	CARROTS	
	Fruit or Vegetable	PAPAYA	APPLE	STAWABERRIES	BANANA	APPLE	
	Grain - Indicate if Whole Grain with WG	WG PASTA	WG BROWN RICE	CORN BREAD	WG BREAD	PASTA	
PM SNACK	Choose 2 of these 4						
	Milk	PEANUT BUTTER	GRAPES	HUMMUS	MILK	CUCUMBER SLICES	
	Fruit or Vegetable						
	Meat/Meat Alternate						
Grain - Indicate if Whole Grain with WG	WG RICE CAKE	WG MELBA TOAST	WG PITA BREAD	MIXED NUTS	YOGURT *		
SUPPER	Fluid Milk						
	Meat/Meat Alternate						
	Vegetable						
	Fruit or Vegetable						
	Grain - Indicate if Whole Grain with WG						