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 # 2 F/W

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

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Provider Name:	Vendor#	Phone Number:	-	-

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EAKFAST	Fluid Milk	MILK	MILK	MILK	MILK	MILK		
	Fruit, Vegetable or 100% Juice	PINEAPPLE	RAISINS	APPRICOTS	PLUM	CANTELOPE		
	Grain * Indicate Whole Grain with WG	MG CHEERIOS*	WG OATMEAL	WG TOAST	WG ENG MUFFIN	WG PITA BREAD		
	Meat /Meat Alternate **	YOGURT		EGGS		SAUSAGE		
AM SNACK	Choose two of these four							
	Milk Fruit or Vegetable	WATERMELON	MILK	CHERRIES	PUMPKIN	WG PRETZELS		
	Meat/Meat Alternate	WG RITZ						
	Grain * Indicate Whole Grain with WG	CRACKERS	MIXED NUTS	WG GOLD FISH	CRESSENT ROLL	YOGURT *		
LUNCH	Fluid Milk	MILK	MILK	MILK	MILK	MILK		
	Meat/Meat Alternate	CHICKEN	RED BEANS	BEEF	COTTAGE CH	MOZ CHEESE		
	Meat/Meat Alternate Vegetable	BRUS SPROUTS	PEPPERS	CAR, POT, CEL	BROCCOLI	TOSS SALAD		
	Fruit or Vegetable	BERRIES	MELON	ORANGES	PINEAPPLE	APPLE		
L	Grain * Indicate Whole Grain with WG	STUFFING	WG RICE	WG ROLL	WG CRACKER	CRUST		
M SNAC	Choose two of these four Milk Fruit or Vegetable	MELON	WG RITZ	APPLE	CHEX MIX *	CARROTS AND CELERY		
	Fruit or Vegetable							
	Meat/Meat Alternate Grain * Indicate Whole Grain with WG	CHEESE	VEGETABLE SOUP	PEANUT BUTTER	MILK	HUMMUS		
SUPPER	Fluid Milk	0200		, 2, 1, 0, 1, 2, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1,				
	Meat/Meat Alternate							
	Vegetable							
	Meat/Meat Alternate Vegetable Fruit or Vegetable							
	Grain * Indicate Whole Grain with WG							
	MCPS form 240-55, Revised 10/2016	DISTRIBUTION:	Remove 2; Copy	y 1 / CACFP; Cop	y 2 / Provider			