

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 #6 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
<b>BREAKFAST</b>	Fluid Milk	MILK	MILK	MILK	MILK	MILK		
	Fruit, Vegetable or 100% Juice	PLUM	PEAR	BERRIES	BEANS	APPLE		
	Grain * Indicate Whole Grain with WG	FR TOAST	WG KIX *	WAFFLE	WG TORTILLA	WG CHEX *		
	Meat /Meat Alternate **				EGGS			
<b>AM SNACK</b>	<b>Choose two of these four</b>							
	Milk	CELERY & RAISINS	AVACADO	TOMATO	PAPAYA	BEAN SPROUTS ON SALAD		
	Fruit or Vegetable							
	Meat/Meat Alternate							
Grain * Indicate Whole Grain with WG	PEANUT BUTTER	WG BAKES TORTILLA CHIPS	CHEESE	YOGURT *	WG CRACKERS			
<b>LUNCH</b>	Fluid Milk	MILK	MILK	MILK	MILK	MILK		
	Meat/Meat Alternate	CHEESE	BEEF	BLACK BEANS	CHICKEN	FISH		
	Vegetable	TOM SOUP	CORN	BRUSSEL SPROUTS	MIX VEGGIES	BAKE BEANS		
	Fruit or Vegetable	GRAPES	POTATO	KIWI	ORANGES	BANANA		
	Grain * Indicate Whole Grain with WG	WG BREAD	BURRITO WRAP	WG RICE	WG PASTA	WG ROLL		
<b>PM SNACK</b>	<b>Choose two of these four</b>							
	Milk	BERRIES	WG RITZ	APPLE	WG PRETZELS	PINEAPPLE		
	Fruit or Vegetable							
	Meat/Meat Alternate							
Grain * Indicate Whole Grain with WG	WG GOLD FISH	CHEESE	PEANUT BUTTER	YOGURT *	COTTAGE CHEESE			
<b>SUPPER</b>	Fluid Milk							
	Meat/Meat Alternate							
	Vegetable							
	Fruit or Vegetable							
	Grain * Indicate Whole Grain with WG							