

**South Carolina Department of Social Services • Child and Adult Care Food Program (CACFP)  
5 DAY WEEKLY MENU FORM**

**Clear Form**

2026 Menu Revision

Facility's Name: <u>RCFS @ Ridgewood MBC or RCFS @ Virginia Wingard UMC</u>		Month/Year: (Week 1)				
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
<b>Calendar Date</b>						
<b>Breakfast</b>	Fluid Milk	Milk	Milk	Milk	Milk	
	Vegetable / Fruit	Fresh Strawberries	Fresh Peaches	Orange Slices	Unsweetened Applesauce	Banana
	Grain or Meat / Meat Alternate	WG French Toast	Kix Cereal	WG Mini Bagels	WG Pancake	Cheerios
	Additional Food	Sugar Free Syrup		Cream Cheese	Sugar Free Syrup	
<b>AM Snack</b>	<b>Choose 2 of These 5:</b> Fluid Milk					
	Vegetable					
	Fruit					
	Grain					
	Meat / Meat Alternate					
<b>Lunch</b>	* Main Dish	<small>CN</small> PF HM Chicken Tacos	<small>CN</small> PF HM Fish Sticks	<small>CN</small> PF HM BBQ Chicken	<small>CN</small> PF HM Meatballs and noodles	<small>CN</small> PF HM Ground Turkey Goulash
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable	Romaine and tomatoe salad	Green Beans	Collard Greens	Corn, cooked	Carrots, cooked
	Fruit / Vegetable	Pinto Beans	Pear Slices	Cauliflower	Steamed Broccoli	Green Beans
	Grain	Whole Grain Tortilla	Potato wedges	Whole Wheat Roll	WG Egg Noodles	WG Elbow Noodles
	Meat / Meat Alternate	Chicken	Fish Sticks	Chicken	Beef	Ground Turkey
	Additional Food	Shredded Cheese				
<b>PM Snack</b>	<b>Choose 2 of These 5:</b> Fluid Milk	Pineapple Tidbits whole grain tortilla chips	Frozen Blueberries Yogurt	Fruit Cocktail in fruit juice Whole Grain Goldfish	Dices pears Graham Crackers	Cheese Slices WW Ritz Crackers
	Vegetable					
	Fruit					
	Grain					
	Meat / Meat Alternate					

<b>* Key:</b>	CN = Child Nutrition Label	PF = Product Formulation Statement	HM = Homemade (Include USDA recipe number, if applicable)	Water offered throughout the day
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