

**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 3)				
	<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	Peaches, diced	Mixed Berries	Mandarin Oranges	Blueberries, Frozen Pineapple Tidbits	
	Grain or Meat / Meat Alternate	Whole Wheat Bagel	Oatmeal	Cheerios	WG French Toast Egg Patty	
	Additional Food	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 Steak Nuggets	<small>CN</small> PF HM Chicken and Noodles	<small>CN</small> PF HM Fish Nuggets	<small>CN</small> PF HM Sloppy Joes	<small>CN</small> PF HM Beef-a-Roni
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable	Green Beans	Steamed Carrots	Mixed Vegetables	Carrots, Cooked	Green Beans
	Fruit / Vegetable	Sweet Potato Fries	Green peas	Broccoli, Steamed	Mash Potatoes	Corn
	Grain	Whole Wheat Roll	WG Elbow Mac	Whole Wheat Roll	Wheat buns	WG Elbow Pasta
	Meat / Meat Alternate	Beef	Chicken	Fish	Ground Turkey	Beef
	Additional Food					
<b>PM Snack</b>	<b>Choose 2 of These 5:</b> Fluid Milk	Pears, diced	Banana	Fresh berries	Fruit Cocktail in fruit juice	Whole grain crackers
	Vegetable	Whole Grain Goldfish	Whole Wheat Saltines	Vanilla Yogurt	WG Cheez-its	Unpeeled, apple slices
	Fruit					
	Grain					
	Meat / Meat Alternate					
<b>* Key:</b>	<b>CN = Child Nutrition Label</b>	<b>PF = Product Formulation Statement</b>	<b>HM = Homemade (Include USDA recipe number, if applicable)</b>	<b>Water offered throughout the day</b>		