

**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 5)				
	<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	Banana	Unsweetened Applesauce	Pears, diced	Blueberries, Fresh
	Grain or Meat / Meat Alternate	WG pancakes	Corn Flakes	WG Waffle	WG Biscuit	Cheese Muffins
	Additional Food	Sugar-free Syrup		Sugar-free Syrup	Sugar-free jelly	
<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> <small>PF</small> <small>HM</small> Turkey Rice and Vegetable Casserole	<small>CN</small> <small>PF</small> <small>HM</small> Chicken Nuggets	<small>CN</small> <small>PF</small> <small>HM</small> BBQ Pork	<small>CN</small> <small>PF</small> <small>HM</small> Beef-a-roni	<small>CN</small> <small>PF</small> <small>HM</small> Chicken Alfredo
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable	Broccoli, carrots, peas mixed	Sweet Potatoes Fries	Baked beans, white	Green Beans	Potatoes, Roasted
	Fruit / Vegetable		Corn	Mashed potatoes	Cauliflower, diced, cooked	Broccoli, steamed
	Grain	Brown Rice	WW Sliced bread	Whole Grain Roll	WG Elbow Pasta	Whole Grain Roll
	Meat / Meat Alternate	Turkey	Chicken	Pork	Ground Beef	Chicken
	Additional Food	Cornbread				
<b>PM Snack</b>	<b>Choose 2 of These 5:</b> Fluid Milk	Fruit Cocktail in fruit juice Small WG bagels with cream cheese	Unsweetened applesauce	Baby Carrots	Strawberries, sliced	Bananas
	Vegetable		Graham crackers	Ranch Dressing	Scooby Snacks	Kix Cereal
	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>
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Fruit Cocktail in fruit juice contain: peaches, pears, apples, and pineapple

DSS Form 1674 A (SEPTEMBER 17) (TEMPORARY) Edition of AUG 17 is obsolete.