

**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: <u>(Week 6)</u>				
	<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	Strawberries, sliced	Blueberries, fresh	Pineapple Tidbits	Bananas slices	Peaches, Diced
	Grain or Meat / Meat Alternate	Cheese Omelet	Cheerios	WG Bagel	Oatmeal	WG Waffle
	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 Hamburger Patty	<small>CN</small> PF HM Chicken Salad	<small>CN</small> PF HM Mac and Cheese	<small>CN</small> PF HM Chicken and Noodles	<small>CN</small> PF HM Turkey Meatballs with gravy
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable	Romaine and Tomato salad	Baby Carrots, baked	Corn	Mixed Vegetables	Broccoli, steamed
	Fruit / Vegetable	Tater Tots	Shredded Lettuce	Orange pieces	Unsweetened applesauce	Mash Potatoes
	Grain	WG Bun		WG Elbow Noodles	WG Noodles	WW bread slice
	Meat / Meat Alternate	Beef	Chicken	Cheddar Cheese	Chicken	Turkey Meatballs
	Additional Food	Italian Dressing				Gravy
<b>PM Snack</b>	<b>Choose 2 of These 5:</b> Fluid Milk	Unsweetened Applesauce	Cheese cubes	Mixed berries	Mandarin Oranges, Fresh	Melon cubes
	Vegetable	Whole Wheat Saltines	WG Cheez-its	Vanilla Yogurt	Kix Cereal	Graham Crackers
	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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