

**KEY: Provide portions for age group representing majority of children.**

F/V: Full-strength juice or fruit or vegetable (portion must be listed in cup measure)

G/B: Grains/breads (portion must be listed in ounces or grams, or if bread, by the slice)

M: Milk (portion must be listed in cup measure)

O/F: Other foods

**ILLINOIS STATE BOARD OF EDUCATION**  
Nutrition and Wellness Programs Division  
100 North First Street, W-270  
Springfield, Illinois 62777-0001

### BREAKFAST MENUS

AGREEMENT NUMBER _____		SPONSOR NAME AND ADDRESS	
<input checked="" type="checkbox"/> <b>Child and Adult Care Food Program</b>	<input type="checkbox"/> <b>Summer Food</b>		
Majority of children are ages: <input type="checkbox"/> 1-2 <input checked="" type="checkbox"/> 3-5 <input type="checkbox"/> 6-12		CONTACT PERSON	TELEPHONE (Include Area Code)

Component (See Key Above)	MENU		ISBE CORRECTION	MENU		ISBE CORRECTION	MENU		ISBE CORRECTION
	ITEM	PORTION		ITEM	PORTION		ITEM	PORTION	
F/V:  G/B: M:  O/F:	Day 1			Day 2			Day 3		
	Fresh kiwi	1/2 c		Apricot halves	1/2 c		Fresh banana	1/2 c	
	Cinnamon raisin bagel	.5 oz		French toast	1.1 oz		Whole grain oats cereal	1/3 c	
	Skim milk	3/4 c		Skim milk	3/4 c		Skim milk	3/4 c	
	Cream cheese	1 T		Syrup	1 T		Water	3/4 c	
F/V:  G/B: M:  O/F:	Day 4			Day 5			Day 6		
	Fresh Orange slices	1/2 c		Apple sauce	1/2 c		Pineapple chunks	1/2 c	
	Pancake	.6 oz		English muffin	.5 oz		Toasted wheat bread	.5 oz	
	Skim milk	3/4 c		Skim milk	3/4 c		Skim milk	3/4 c	
	Maple apple sauce topping	1 T		Jam	1 T		Margarine	1 t	
F/V:  G/B: M:  O/F:	Day 7			Day 8			Day 9		
	Fresh grapes	1/2 c		Fresh cantaloupe	1/2 c		Fresh strawberries	1/2 c	
	Plain granola bar	.9 oz		Cooked oatmeal	1/4 c		Waffles	.6 oz	
	Skim milk	3/4 c		Skim milk	3/4 c		Skim milk	3/4 c	
							Syrup	1 T	
F/V:  G/B: M:  O/F:	Day 10			Day 11			<b>ISBE USE ONLY</b>  Date _____ ISBE Approved Signature _____ The menus have been approved with corrections noted. Any additional changes to the approved menus may make the meals ineligible for reimbursement.		
	Fresh banana	1/2 c		Mandarin oranges	1/2 c				
	Corn cereal	1/3 c		Blueberry muffin	.9 oz				
	Skim milk	3/4 c		Skim milk	3/4 c				
	Water	3/4 c							

ISBE 67-04B (2/12)

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## LUNCH/SUPPER MENUS

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<input checked="" type="checkbox"/> <b>Child and Adult Care Food Program</b>		<input type="checkbox"/> <b>Summer Food</b>	
<b>Majority of children are ages:</b> <input type="checkbox"/> 1-2 <input checked="" type="checkbox"/> 3-5 <input type="checkbox"/> 6-12		CONTACT PERSON _____	TELEPHONE (Include Area Code) _____

Component (See Key Above)	MENU		ISBE CORRECTION	MENU		ISBE CORRECTION	MENU		ISBE CORRECTION
	ITEM	PORTION		ITEM	PORTION		ITEM	PORTION	
M/MA: F/V-1: F/V-2: G/B: M: O/F:	Day 1			Day 2			Day 3		
	Pizza - ground beef 1 oz, cheese 1/2 oz	1.5 oz total		Teriyaki chicken	1.5 oz		BBQ beef sandwich	1.5 oz beef	
	Fresh spinach salad	1/4 c		Stir fry vegetables	1/4 c		Coleslaw	1/4 c vegetable	
	Fresh grapes	1/4 c		Pineapple chunks	1/4 c		Cherry tomatoes	1/4 c	
	Crust of pizza	.5 oz		Fried rice	1/4 c rice		1 sandwich bun	.5 oz minimum	
	Skim milk	3/4 c		Skim milk	3/4 c		Skim milk	3/4 c	
M/MA: F/V-1: F/V-2: G/B: M: O/F:	Ranch dressing	2 T							
	Day 4			Day 5			Day 6		
	Hot turkey	1.5 oz		Tuna patty	1.5 oz fish		Chicken salad	1.5 oz chicken	
	Fruit cocktail	1/4 c		Green beans	1/4 c		Raw baby carrots	1/4 c	
	Roasted zucchini	1/4 c		Oven fries	1/4 c		Fresh broccoli	1/4 c	
	1 dinner roll Skim	.5 oz minimum		Breading on tuna patty	.4 oz minimum		Whole wheat crackers	.4 oz	
M/MA: F/V-1: F/V-2: G/B: M: O/F:	milk Margarine	3/4 c		Skim milk	3/4 c		Skim milk	3/4 c	
		1 t		Ketchup / Tarter sauce	1 T each		Ranch dip	2 T	
	Day 7			Day 8			Day 9		
	Salisbury steak	1.5 oz		Spaghetti with ground turkey meat sauce	1.5 oz turkey		Chicken fajitas	1.5 oz chicken	
	Peas and carrots	1/4 c		Fresh spinach salad	1/4 c		Grilled onions and peppers	1/4 c	
	Mashed potatoes	1/4 c		Fresh orange slices	1/4 c		Pears	1/4 c	
M/MA: F/V-1: F/V-2: G/B: M: O/F:	Whole wheat bread	.5 oz		Garlic bread	.5 oz		Wheat flour tortilla	.5 oz	
	Skim milk	3/4 c		Skim milk	3/4 c		Skim milk	3/4 c	
	Gravy	2 T		Italian dressing	1 T		Salsa	1 T	
	Day 10			Day 11			<b>ISBE USE ONLY</b>  _____ Date _____ ISBE Approved Signature _____ The menus have been approved with corrections noted. Any additional changes to the approved menus may make the meals ineligible for reimbursement.		
	Beef burger	1.5 oz		Grilled chicken	1/5 oz				
	Apple sauce	1/4 c		Steamed broccoli	1/4 c				
	Green beans	1/4 c		Peaches	1/4 c				
M/MA: F/V-1: F/V-2: G/B: M: O/F:	1 sandwich bun	.5 oz minimum		1 dinner roll	.5 oz minimum				
	Skim milk	3/4 c		Skim milk	3/4 c				
	Ketchup / mustard	1 T each		Margarine	1 t				

ISBE 67-04A (2/12)

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### SUPPLEMENT MENUS

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Component (See Key Above)	MENU		ISBE CORRECTION	MENU		ISBE CORRECTION	MENU		ISBE CORRECTION
	ITEM	PORTION		ITEM	PORTION		ITEM	PORTION	
MMA: F/V: G/B: M: O/F:	Day 1			Day 2			Day 3		
	Low-fat yogurt	1/4 c		Cheddar cheese slices	.5 oz		Orange juice	1/2 c	
	Fresh apple slices	1/2 c					Muffin square	.9 oz	
				Wheat crackers	.4 oz				
	Water	1/2 c		Water	1/2 c		Water	1/2 c	
MMA: F/V: G/B: M: O/F:	Day 4			Day 5			Day 6		
				Peanut butter	1 T		Fresh strawberries	1/2 c	
	Animal crackers	.5 oz		Fresh baby carrots	1/2 c		Graham crackers	.5 oz	
	Skim chocolate milk	1/2 c							
				Water	1/2 c		Water	1/2 c	
MMA: F/V: G/B: M: O/F:	Day 7			Day 8			Day 9		
	Peach yogurt	1/4 c					Low-fat cottage cheese	1/8 c	
	Pineapple juice	1/2 c		Vegetable juice blend	1/2 c vegetable		Peaches	1/2 c	
				Cheese flavored crackers	.4 oz				
	Water	1/2 c		Water	1/2 c		Water	1/2 c	
MMA: F/V: G/B: M: O/F:	Day 10			Day 11			<b>ISBE USE ONLY</b>  Date _____ ISBE Approved Signature _____ The menus have been approved with corrections noted. Any additional changes to the approved menus may make the meals ineligible for reimbursement.		
				Fresh grapes	1/2 c				
	Oatmeal cookies	.6 oz		Soft pretzels	.5 oz				
	Skim milk	1/2 c							
				Water	1/2 c				