



Lazy Days of Summer

It's Field Trip Time!

Child Care Food Program (CCFP)
www.doh.state.fl.us/ccfp/
850.245.4323

To the right is a listing of cold food items organized by CCFP meal pattern components. Mix and match food items to create appetizing cold lunch menus that meet CCFP meal pattern requirements. This list is not inclusive and additional food items can be added for variety and taste preferences of children being served.

Special food safety points to remember:

- * Keep cold food cold—place in a cooler with ice or frozen gel packs. Cold food should be held at 41°F or below.
- * Freeze meat sandwiches overnight and pack while still frozen—they will stay colder longer.
- * Food should not sit out for more than 1 hour in temperatures above 90°F.

Vegetable/Fruit/ Juice: Must select at least 2 items

Apples
Bananas
Bell peppers
Blueberries
Broccoli florets
Carambola
Carrots
Cauliflower florets
Celery
Cucumber
Lettuce
Mango
Melon - cubed or sliced (cantaloupe, honeydew, watermelon)
Mixed fruit
Orange wedges
Papaya
Peaches
Pears
Pineapple cubes
Summer squash
Tomatoes

Grains/Breads: Choose whole grain!

Assorted crackers
Bagel
Bread sticks
English muffin
Flour tortilla
Pita pocket
Pretzels
Rolls
Sandwich bread
Tortilla chips

Meat/Meat Alternate:

Cheese (cubed, sliced, string)
Chicken salad
Cold cuts (turkey, ham, chicken)
Cottage Cheese
Egg salad
Hard-boiled egg (whole, sliced, chopped)
Hummus (chickpea dip)
Peanut butter
Tuna salad
Yogurt

Milk:

Fluid milk must be served at lunch. Lowfat or fat free milk is required for healthy children age 2 and older. To encourage adequate calcium intake, lowfat flavored milk can be served.



Yummy—this watermelon is good!

Sample Field Trip Menus:

Monday:

Cheese rolled in flour tortilla
Shredded lettuce and tomato
Apple wedges
Milk

Tuesday:

Tuna or egg salad
Whole wheat roll
Sliced peaches
Carrot & celery sticks
Milk

Wednesday:

Peanut butter and jelly sandwich (1 Tbsp. Peanut butter, 1 tsp. jelly, 1 slice bread)
Yogurt (1/2 cup along w/ peanut butter will meet 3-5 age group meat alternate requirement)
Carrot sticks
Banana
Milk

Thursday:

Pita pocket stuffed w/hummus
Sliced cucumber & zucchini w/lowfat ranch dip
Orange wedges
Milk

Friday:

Turkey and cheese sandwich on whole wheat bread
Broccoli florets w/lowfat ranch dip
Apple wedges
Milk