

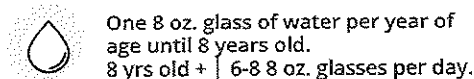
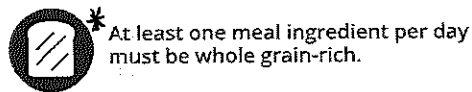
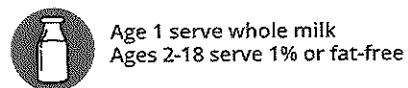
CACFP Weekly Menu November 1, 2021 - November 5, 2021

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Banana	Grape Halves	Apple Slices	Hash Browns ^{Potato}	Apple Sauce
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Corn Muffins	Biscuits	low sugar Apple Cinnamon Oatmeal*	Turkey Sausage	Whole Wheat* Cheese Toast
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Glazed Carrots	Broccoli	Green Beans	Corn	Cromaine Cucumber Tomato Tossed Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Apple Slices	Banana	Peaches	Mandarin Orange	Pears
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Peanut Butter and Jelly	Whole Grain* Spaghetti	Yellow Rice	Brown Rice*	Pizza w/
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Unrustables w/ Turkey	Chicken Wings	Baked Turkey Chili	2oz mozzarella	
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	100% Juice Fruit Punch	100% Juice Berry	100% Juice Apple	100% Juice Pineapple	100% Juice Fruit Punch
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	Whole Grain* Cheddar Goldfish	Ritz Cheddar Bites	Cheez-Its	Blueberry Muffins	Baked Chips
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz					

* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruit component at lunch may be substituted by an additional vegetable. www.cacfp.org

-- A serving of milk is not required at supper meals for adults.

oz eq = ounce equivalents



CACFP Weekly Menu November 8, 2021 - November 12, 2021

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Apple Slices	Banana	Grape Halves	Apple Sauce	Strawberry + Blueberries
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Maple ^{Low Sugar} Pancakes Brown Sugar Oatmeal	Pancakes	Whole Grain * Bagel w/cream cheese	French Toast	Strawberry Waffles
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup**	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Peas	Green Beans	Glazed Carrots	Broccoli	Vegetarian Beans
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Grape Halves	Apple Sauce	Peaches	Pineapple Spears	Pears
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Baked Macaroni and Cheese	Corn Bread	Hawaiian Roll	Yellow Rice	Whole Wheat * Hot Dog Rolls
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz		Chicken Nuggets	Fish Sticks	Chicken Teriyaki	100% Beef Hot Dogs
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	100% Juice Berry	100% Juice Fruit Punch	100% Juice Apple	100% Juice Fruit Punch	100% Juice Orange
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	Rainbow Goldfish	Whole Wheat * Crackers	Pretzels	Whole Grain * Ritz Toasted Chips	Ritz Crackers
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Cheddar Sticks			w/Cheddar Spread

* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruit component at lunch may be substituted by an additional vegetable.
 ** A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents



Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free



* At least one meal ingredient per day must be whole grain-rich.



One 8 oz. glass of water per year of age until 8 years old.
8 yrs old + | 6-8 8 oz. glasses per day.



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CACFP Weekly Menu November 15, 2021 - November 19, 2021


MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Banana	Grape Halves	Apple Slices	Hash Browns	Apple Sauce
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Corn Muffins	Biscuits	low Sugar Apple Cinnamon Oatmeal	Turkey Sausage	Whole Wheat* Cheese Toast
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup**	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Glazed Carrots	Broccoli	Green Beans	Corn	Romaine Cucumber + Tomato Tossed Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Apple Slices	Banana	Peaches	Mandarin Orange	Pears
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Peanut Butter and Jelly	Whole Grain* Spaghetti	Yellow Rice	Brown Rice*	Pizza w/
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Unrustables w/ Turkey	Baked Chicken Wings	Turkey Chili	2oz mozzarella	
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	100% Juice Fruit Punch	100% Juice Berry	100% Juice Apple	100% Juice Pineapple	100% Juice Fruit Punch
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	Whole Grain* Cheddar Goldfish	Ritz Cheddar Bites	Cheez-Its	Blueberry Muffins	Baked Chips
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz					

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8 yrs old + | 6-8 8 oz. glasses per day.



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CACFP Weekly Menu November 22, 2021 - November 26, 2021

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Milk	Milk	Milk		
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Apple Slices	Banana	Grape Halves		
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Low Sugar Maple Brown Sugar Oatmeal	Pancakes	Whole Grain * Bagel w/cream cheese		
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup**	Milk	Milk	Milk	Thanksgiving	Closed for Black Friday
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Peas	Green Beans	Glazed Carrots		
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Grape Halves	Apple Sauce	Peaches		
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Baked Macaroni and Cheese	Corn Bread	Hawaiian Roll		
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz		Chicken Nuggets	Fish Sticks		
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup				Closed for	Closed
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	100% Juice Berry	100% Juice Fruit Punch	100% Juice Apple		
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	Rainbow Goldfish	Whole Wheat* Crackers	Pretzels		
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Cheddar Sticks			

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 Ages 2-18 serve 1% or fat-free



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