

CACFP is an indicator of quality child care.

CACFP Weekly Menu




November 29th - December 3rd

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	Apple Slices	Grape Halves	Hash Brown Potato	Apple Sauce
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Whole Grain Bagel w/ Cream Cheese	Low Sugar Oatmeal	Maple Brown Sugar Biscuits	Turkey Sausage	French 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	Peas	Corn	Green Beans	Vegetarian Beans
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Mandarin Oranges	Grape Halves	Apple Sauce	Peaches	Pineapple Chunks
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Peanut Butter and Jelly	Garlic Bread	Brown Rice	Hawaiian Roll	Whole Wheat* Hot Dog Roll
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Uncrustable	Cheese Tortellini	Turkey Chili	Chicken Wings	100% Beef Hot Dogs
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Apple	Fruit Lunch	Orange	Apple	Berry
	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	Cheez-Its	Pretzels	Blueberry Muffins	Whole Grain* Rainbow Goldfish	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.

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

www.cacfp.org

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 oz. glasses per day.

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CACFP Weekly Menu

December 6th - December 10th

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 Sauce	Apple Slices	Pears
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Crossant	Pancakes	Strawberry Waffles	Low Sugar Oatmeal w/ Apple Cinnamon	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	tossed Salad (cucumber, tomato)	Green Beans	Broccoli	Glazed Carrots	Peas
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Apple Sauce	Peaches	Grape Halves	Mandarin Oranges	Apple Slices
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Pizza w/ Corn Bread	Corn Bread	Whole Grain* Spaghetti	Hawaiian Roll	Baked Macaroni
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	2oz mozzarella	Chicken Nuggets	w/ Turkey	Fish Sticks	Cheese
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup		100% Juice	100% Juice	100% Juice	100% Juice
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Grape	Apple	Orange	Berry	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 Gullfish Crackers	Whole Wheat* Crackers	Ritz Crackers w/ Cheddar Spread	Veggie Straws	White Cheddar Cheese-TLs

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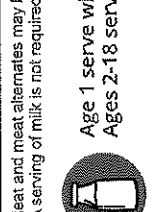
CACFP Weekly Menu

December 13th - December 17th


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	Apple Slices <small>*Low Sugar Optimal</small>	Grape Halves	Hash Brown Potato	Apple Sauce
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Whole Grain Bagel w/ Cream Cheese	Maple Brown Sugar Oatmeal	Biscuits	Turkey Sausage	French 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	Peas	Corn	Green Beans	Vegetarian Beans
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Mandarin Oranges	Grape Halves	Apple Sauce	Peaches	Pineapple Chunks
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Peanut Butter and Jelly	Garlic Bread	Brown Rice	Hawaiian Roll	Whole Wheat* Hot Dog Roll
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Uncrustable	Cheese tortilim w/ Alfredo Sauce	Turkey Chili	Chicken Wings	Hot Dog
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Apple	Fruit Punch	Orange	Apple	Berry
	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	Cheez-Its	Pretzels	Blueberry Muffins	Whole Grain* Rainbow Goldfish	Baked Chips
Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz						

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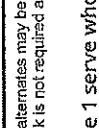
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CACFP Weekly Menu

December 28th - December 24th

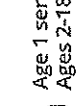
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Banana	Grape Halves	Apple Sauce	Apple Slices	Pears
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Crisissant	Pancakes	Strawberry Waffles	Low Sugar Oatmeal* Apple Cinnamon	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	tossed Salad (at least 2 vegetable types)	Green Beans	Broccoli	Glazed Carrots	Pears
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Apple Sauce	Peaches	Grape Halves	Mandarin Oranges	Apple Slices
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Pizza w/ Corn Bread	Corn Bread	Whole Grain* Spaghetti	Hawaiian Roll	Baked Macaroni
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Doz. mozzarella Chicken Nuggets	Chicken Nuggets	w/ Turkey	Fish Sticks	Cheese
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Grape	Apple	Orange	Berry	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 Golphish Crackers	Whole Wheat* Crackers	Ritz Crackers w/	Veggie Straws	White Cheddar Cheese-Tds
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Cheddar Sticks	Cheddar Sticks	Cheddar Spread		

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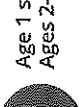


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