

CACFP is an indicator of quality care.

CACFP Weekly Menu August 1, 2022 - August 5, 2022

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 Sauce	Banana	Cantaloupe	Clementines	Hash Brown
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	*Honey Kix	*WG Waffles	WG French Toas	*WG Bagel	Turkey Sausage
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	Garden Salad	Peas	Green Beans	Vegetarian Beans	Carrots
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Peaches	Pineapple	Pears	Watermelon	Mandarin Orange
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Pizza w/	Corn Bread	Hawaiin Rolls	Hot Dog Rolls	Yellow Rice
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	2oz mozzarella	Chicken Meatballs	Fish Sticks	100% Beef Hot Dog	CG Popcorn Chick
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	100% Juice Fruit Pul	100% Juice Apple	100% Juice Berry	100% Juice Grape	100% Juice Fruit Pu
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup					
	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	Cheddar Goldfish	Cheez Its	Ritz Bites	Baked Chips	Honey Wheat Pretz
	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 a second vegetable.
 ^ A serving of milk is optional 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 serving of grains 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 August 8, 2022- August 12, 2022

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	Strawberry	Cantaloupe	Applesause	Clementine
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG CinnToast Crunch Cereal	WG Biscuits	Corn Muffins	WG English Muffins	WG Chex Cereal
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	Broccoli	Green Beans	Corn	Spinach
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Blueberry/Stawberry	Pears	Grape Halves	Peaches	Watermelon Chucks
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Bake Macaroni	Garlic Bread	Corn Bread	Dinner Roll	Spaghetti
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	and Cheese	Cheese Ravioli	Chicken Nuggets	Beef Meatball	Turkey
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	100% Juice Fruit Punch	100% juice Apple	100% Juice Berry	100% Juice Grape	100% Juice Fruit Punch
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup					
	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	Cheddar Goldfish	Cheez Its	Ritz Bites	Bake Chips	Honey Wheat Pretzels
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz					

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CACFP Weekly Menu August 15, 2022 - August 19, 2022

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 Sauce	Banana	Cantaloupe	Clementines	Hash Brown
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	*Honey Kix	*WG Waffles	WG French Toas	*WG Bagel	Turkey Sausage
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	Garden Salad	Peas	Green Beans	Vegetarian Beans	Carrots
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Peaches	Pineapple	Pears	Watermelon	Mandarin Orange
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Pizza w/	Corn Bread	Hawaiin Rolls	Hot Dog Rolls	Yellow Rice
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	2oz mozzarella	Chicken Meatballs	Fish Sticks	10% Beef Hot Dog	G Popcorn Chick
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	100% Juice Fruit Pu	100% Juice Apple	100% Juice Berry	100% Juice Grape	100% Juice Fruit Pu
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup					
	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	Cheddar Goldfish	Cheez Its	Ritz Bites	Baked Chips	Honey Wheat Pretz
	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 a second vegetable.
[^] A serving of milk is optional at supper meals for adults.
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 Ages 2-18 serve 1% or fat-free



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



CACFP Weekly Menu August 22, 2022-August 26, 2022

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	Strawberry	Cantaloupe	Applesause	Clemetine
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Cinn Toast Crunch	WG Biscuits	Corn Muffins	WG English Muffins	WG Chex Cereal
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	Broccoli	Gree Beans	Corn	Spinach
	Fruit [*]	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Blueberry/Strawberry	Pears	Grape Halves	Peaches	Watermelon Chucks
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Bake Macaroni	Garlic Bread	Corn Bread	Dinner Roll	Spaghetti
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	and Cheese	Chesse Ravioli	Chicken Nuggets	Beef Meatball	Turkey
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	100% Juice Fruit punch	100% Juice Apple	100% Juice Berry	100% Juice Grape	100% Juice Fruit punch
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup					
	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	Cheddar Goldfish	Cheez Its	Ritz Bites	Bake Chips	Honney Wheat Pretzels
	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 a second vegetable.

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