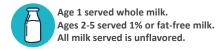
CACFP Weekly Menu_

| MEAL | COMPONENT | AGES 1-2 | AGES 3-5 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|-------------------------|-------------|-------------|--------|---------|-----------|----------|--------|
| | | MEAL | /RECIPE: | | | | | |
| | Milk | 1/2 cup | 3/4 cup | | | | | |
| BREAKFAST | Fruit/Vegetable | 1/4 cup | 1/2 cup | | | | | |
| | Grain/Meat ⁺ | 1/2 oz eq | 1/2 oz eq | | | | | |
| | | MEAL | ./RECIPE: | | | | | |
| | Milk | 1/2 cup | 3/4 cup | | | | | |
| | Vegetable | 1/8 cup | 1/4 cup | | | | | |
| LUNCH | Fruit* | 1/8 cup | 1/4 cup | | | | | |
| | Grain | 1/2 oz eq | 1/2 oz eq | | | | | |
| | Meat/Meat Alternate | 1 oz | 1 1/2 oz | | | | | |
| | MEAL/RECIPE: | | | | | | | |
| | Milk | 1/2 cup | 1/2 cup | | | | | |
| SNACK | Vegetable | 1/2 cup | 1/2 cup | | | | | |
| SWACK | Fruit | 1/2 cup | 1/2 cup | | | | | |
| | Grain | 1/2 oz eq | 1/2 oz eq | | | | | |
| | Meat/Meat Alternate | 1/2 oz | 1/2 oz | | | | | |

⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.











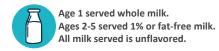


^{*} The fruit component at lunch may be substituted by a second vegetable.

CACFP Weekly Menu

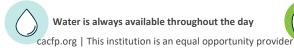
| MEAL | COMPONENT | AGES 1-2 | AGES 3-5 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|-------------------------|-------------|-------------|--------|---------|-----------|----------|--------|
| | | MEAL | /RECIPE: | | | | | |
| | Milk | 1/2 cup | 3/4 cup | | | | | |
| BREAKFAST | Fruit/Vegetable | 1/4 cup | 1/2 cup | | | | | |
| | Grain/Meat ⁺ | 1/2 oz eq | 1/2 oz eq | | | | | |
| | | MEAL | /RECIPE: | | | | | |
| | Milk | 1/2 cup | 3/4 cup | | | | | |
| | Vegetable | 1/8 cup | 1/4 cup | | | | | |
| LUNCH | Fruit* | 1/8 cup | 1/4 cup | | | | | |
| | Grain | 1/2 oz eq | 1/2 oz eq | | | | | |
| | Meat/Meat Alternate | 1 oz | 1 1/2 oz | | | | | |
| | MEAL/RECIPE: | | | | | | | |
| | Milk | 1/2 cup | 1/2 cup | | | | | |
| SNACK | Vegetable | 1/2 cup | 1/2 cup | | | | | |
| SINACIN | Fruit | 1/2 cup | 1/2 cup | | | | | |
| | Grain | 1/2 oz eq | 1/2 oz eq | | | | | |
| | Meat/Meat Alternate | 1/2 oz | 1/2 oz | | | | | |

⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.















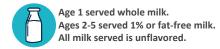


^{*} The fruit component at lunch may be substituted by a second vegetable.

CACFP Weekly Menu_

| MEAL | COMPONENT | AGES 1-2 | AGES 3-5 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|-------------------------|-------------|-------------|--------|---------|-----------|----------|--------|
| | | MEAL | /RECIPE: | | | | | |
| | Milk | 1/2 cup | 3/4 cup | | | | | |
| BREAKFAST | Fruit/Vegetable | 1/4 cup | 1/2 cup | | | | | |
| | Grain/Meat ⁺ | 1/2 oz eq | 1/2 oz eq | | | | | |
| | | MEAL | ./RECIPE: | | | | | |
| | Milk | 1/2 cup | 3/4 cup | | | | | |
| | Vegetable | 1/8 cup | 1/4 cup | | | | | |
| LUNCH | Fruit* | 1/8 cup | 1/4 cup | | | | | |
| | Grain | 1/2 oz eq | 1/2 oz eq | | | | | |
| | Meat/Meat Alternate | 1 oz | 1 1/2 oz | | | | | |
| | MEAL/RECIPE: | | | | | | | |
| | Milk | 1/2 cup | 1/2 cup | | | | | |
| SNACK | Vegetable | 1/2 cup | 1/2 cup | | | | | |
| SIMON | Fruit | 1/2 cup | 1/2 cup | | | | | |
| | Grain | 1/2 oz eq | 1/2 oz eq | | | | | |
| | Meat/Meat Alternate | 1/2 oz | 1/2 oz | | | | | |

⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.















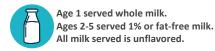


^{*} The fruit component at lunch may be substituted by a second vegetable.

CACFP Weekly Menu

| MEAL | COMPONENT | AGES 1-2 | AGES 3-5 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|-------------------------|-------------|-------------|--------|---------|-----------|----------|--------|
| | | MEAL | /RECIPE: | | | | | |
| | Milk | 1/2 cup | 3/4 cup | | | | | |
| BREAKFAST | Fruit/Vegetable | 1/4 cup | 1/2 cup | | | | | |
| | Grain/Meat ⁺ | 1/2 oz eq | 1/2 oz eq | | | | | |
| | | MEAL | /RECIPE: | | | | | |
| | Milk | 1/2 cup | 3/4 cup | | | | | |
| | Vegetable | 1/8 cup | 1/4 cup | | | | | |
| LUNCH | Fruit* | 1/8 cup | 1/4 cup | | | | | |
| | Grain | 1/2 oz eq | 1/2 oz eq | | | | | |
| | Meat/Meat Alternate | 1 oz | 1 1/2 oz | | | | | |
| | MEAL/RECIPE: | | | | | | | |
| | Milk | 1/2 cup | 1/2 cup | | | | | |
| SNACK | Vegetable | 1/2 cup | 1/2 cup | | | | | |
| SINACIN | Fruit | 1/2 cup | 1/2 cup | | | | | |
| | Grain | 1/2 oz eq | 1/2 oz eq | | | | | |
| | Meat/Meat Alternate | 1/2 oz | 1/2 oz | | | | | |

⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.













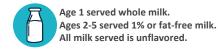


^{*} The fruit component at lunch may be substituted by a second vegetable.

CACFP Weekly Menu_

| MEAL | COMPONENT | AGES 1-2 | AGES 3-5 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|-------------------------|-------------|-------------|--------|---------|-----------|----------|--------|
| | | MEAL | /RECIPE: | | | | | |
| | Milk | 1/2 cup | 3/4 cup | | | | | |
| BREAKFAST | Fruit/Vegetable | 1/4 cup | 1/2 cup | | | | | |
| | Grain/Meat ⁺ | 1/2 oz eq | 1/2 oz eq | | | | | |
| | | MEAL | ./RECIPE: | | | | | |
| | Milk | 1/2 cup | 3/4 cup | | | | | |
| | Vegetable | 1/8 cup | 1/4 cup | | | | | |
| LUNCH | Fruit* | 1/8 cup | 1/4 cup | | | | | |
| | Grain | 1/2 oz eq | 1/2 oz eq | | | | | |
| | Meat/Meat Alternate | 1 oz | 1 1/2 oz | | | | | |
| | MEAL/RECIPE: | | | | | | | |
| | Milk | 1/2 cup | 1/2 cup | | | | | |
| SNACK | Vegetable | 1/2 cup | 1/2 cup | | | | | |
| SIVACI | Fruit | 1/2 cup | 1/2 cup | | | | | |
| | Grain | 1/2 oz eq | 1/2 oz eq | | | | | |
| | Meat/Meat Alternate | 1/2 oz | 1/2 oz | | | | | |

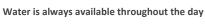
⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.















^{*} The fruit component at lunch may be substituted by a second vegetable.