

CACFP Weekly Menu

Week 1: 4/29-5/3

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:							
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Fruit/Vegetable	1/4 cup	1/2 cup	Banana	Oranges	pineapple	bananas	fruit cups
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	Cheerios	Cheese Omelette and Buttered Toast	Quiche	Overnight Oats	Quiche Bites
LUNCH	MEAL/RECIPE:			Toasted PB&Js		Beef Picadillo	Fettuccinni Alfredo	Beef Enchiladas
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	Vegetable Medley	Green Beans	Roast Zuchini & Squash Medley	Broccoli	Oranges
	Fruit*	1/8 cup	1/4 cup	Tater Tots	Oven Roasted Potatoes	IR Carrot, Tomato, & Peppers	Watermelon	Tex Mex Salad
	Grain	1/2 oz eq	1/2 oz eq	WGR Texas Toast	WGR Dinner Roll	WGR Tortilla	WGR Spaghetti	WGR Tortillas
	Meat/Meat Alternate	1 oz	1 1/2 oz	Peanut Butter	Italian Chicken	Beef	Chicken	Beef
SNACK	MEAL/RECIPE:			To ensure the freshest ingredients from our scratch kitchen, Daily snacks can vary.				
	Milk	1/2 cup	1/2 cup			Fruit Smoothie	Cheese	
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup	Orange				
	Grain	1/2 oz eq	1/2 oz eq	Pretzel	Whole Wheat Tortilla	Trail Mix (IH w/ goldfish & chex)	Whole Grain Cracker	Graham Cracker
	Meat/Meat Alternate	1/2 oz	1/2 oz		Peanut Butter			Yogurt

⁺ 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.

Menu reviewed by: Alix McCauley



Age 1 served whole milk.
Ages 2-5 served 1% or fat-free milk.
All milk served is unflavored.



At least one serving of grains per day must be whole grain-rich (noted as WGR or WG).
Note: oz eq = ounce equivalent



Water is always available throughout the day



CACFP Weekly Menu

Week 2: 5/6-5/10

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			Breakfast Tacos				
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Fruit/Vegetable	1/4 cup	1/2 cup	Melon	Canned Peaches	Cinnamon Apples	Fruit Salad	Banana
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	Egg and Bacon	Overnight Oats	WGR Banana Bread	Waffles	Cereal
LUNCH	MEAL/RECIPE:			BBQ Pulled Pork Sandwiches	Chilli Mac	Black Bean Fritters		
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	Mashed Potatoes	Green Beans	Sweet Potato Fries	Broccoli	Veggie Cups
	Fruit*	1/8 cup	1/4 cup	Coleslaw	Melon	Carrot Sticks	Watermelon	Tater Tots
	Grain	1/2 oz eq	1/2 oz eq	WGR Bun	WGR Penne	IR Quinoa	WGR Spaghetti	WGR Wheat Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	BBQ Pulled Pork	Beef	Black Beans	Chicken	Turkey and Cheese
SNACK	MEAL/RECIPE:			To ensure the freshest ingredients from our scratch kitchen, Daily snacks can vary.				
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup	Pineapple	Orange	Veggies	Applesauce	
	Grain	1/2 oz eq	1/2 oz eq		Gold Fish	Whole Grain Cracker	Graham Cracker	IH Trail Mix
	Meat/Meat Alternate	1/2 oz	1/2 oz	Cottage Cheese				Yogurt

⁺ 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.

Menu reviewed by: Alix McCauley



Age 1 served whole milk.
Ages 2-5 served 1% or fat-free milk.
All milk served is unflavored.



At least one serving of grains per day must be whole grain-rich (noted as WGR or WG).
Note: oz eq = ounce equivalent



Water is always available throughout the day



CACFP Weekly Menu

Week 3: 5/13-5/17

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:					Sack Lunch		NO SCHOOL
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Fruit/Vegetable	1/4 cup	1/2 cup	Banana	Cinnamon Apples	Diced Peaches	Fruit Salad	
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	French Toast Sticks	Oatmeal	Cheese Omelettes	Breakfast tacos WGR Tortilla	
LUNCH	MEAL/RECIPE:			IH Chicken Nuggets	Bean & Cheese Soft Tacos	Sack Lunch	IH Pizza	
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	Tater Tots	Tex Mex Salad	Baby Carrots	Tropical Fruit	
	Fruit*	1/8 cup	1/4 cup	Tomato Cuke Salad	Corn	Fresh Friut	Salad	
	Grain	1/2 oz eq	1/2 oz eq	WGR Breadcrumbs IR	WGR Tortillas	WGR Bread	WGR Pizza Dough	
	Meat/Meat Alternate	1 oz	1 1/2 oz	Chicken Breast Cutlet	Bean and Cheese	Ham & Cheese	Sausage Pizza	
SNACK	MEAL/RECIPE:			To ensure the freshest ingredients from our scratch kitchen, Daly snacks can vary.				
	Milk	1/2 cup	1/2 cup		Fruit Smoothie			
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup			Pineapple	Banana	
	Grain	1/2 oz eq	1/2 oz eq	Whole Grain Cracker	Graham Cracker		WGR Tortilla	
	Meat/Meat Alternate	1/2 oz	1/2 oz	Peanut Butter		Cheese	Peanut Butter	

⁺ 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.

Menu reviewed by: *Alix McCauley*



Age 1 served whole milk.
Ages 2-5 served 1% or fat-free milk.
All milk served is unflavored.



At least one serving of grains per day must be whole grain-rich (noted as WGR or WG).
Note: oz eq = ounce equivalent



Water is always available throughout the day



CACFP Weekly Menu

Week 4: 5/20-5/24

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			To ensure the freshest ingredients from our scratch kitchen, Daily snacks can vary.				
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Fruit/Vegetable	1/4 cup	1/2 cup	Banana	Canned Peaches	Melon	Bananas	Applesauce
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	WGR Pancake	WGR Biscuits	Cheese Omelette	Cinnamon Peanut Butter WGR Toast	Oatmeal Muffins
LUNCH	MEAL/RECIPE:			Lentil Stew	Tuna Patties	Rotini Bolognese		
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	IR Carrots & Potatoes	French Fries	Green Salad	Green Beans	Veggie Cups
	Fruit*	1/8 cup	1/4 cup	Melon	Peas	IR Tomatoes, mushrooms, carrots	Fruit Salad	Mandarin Oranges
	Grain	1/2 oz eq	1/2 oz eq	Focaccia Bread	WGR Breadcrumbs IR	WGR Rotini	Macaroni Salad	WGR Rolls
	Meat/Meat Alternate	1 oz	1 1/2 oz	Lentils	Tuna	Beef	BBQ Chicken	Ham & Cheese
SNACK	MEAL/RECIPE:			To ensure the freshest ingredients from our scratch kitchen, Daily snacks can vary.				
	Milk	1/2 cup	1/2 cup		Milk		smoothie	
	Vegetable	1/2 cup	1/2 cup			mixed Vegetables		
	Fruit	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	Whole Wheat Crackers	Cereal		WGR Tortilla	Goldfish
	Meat/Meat Alternate	1/2 oz	1/2 oz	Peanut Butter		Cheese		Applesauce

⁺ 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.

Menu reviewed by: Alix McCauley



Age 1 served whole milk.
Ages 2-5 served 1% or fat-free milk.
All milk served is unflavored.



At least one serving of grains per day must be whole grain-rich (noted as WGR or WG).
Note: oz eq = ounce equivalent



Water is always available throughout the day



CACFP Weekly Menu

Week 5: 5/27-5/31

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			NO SCHOOL Memorial Day		Eggy Toast		
	Milk	1/2 cup	3/4 cup		1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Fruit/Vegetable	1/4 cup	1/2 cup		Oranges	Melon	Fruit Salad	Banana
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq		Oatmeal Muffins	Eggs WGR Toast	Breakfast taco	Cereal
LUNCH	MEAL/RECIPE:						Pork Lomein	
	Milk	1/2 cup	3/4 cup		1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup		Roasted Carrots	Green Salad	Mixed Veggie	Veggie Cup
	Fruit*	1/8 cup	1/4 cup		Greek Salad	Sliced Cucumbers	Oranges	Fruit Cup
	Grain	1/2 oz eq	1/2 oz eq		WGR Couscous	WGR Pita Bread	WGR Spaghetti	WGR Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz		Pork Tenderloin	Greek Chicken	Pork	PB & J
SNACK	MEAL/RECIPE:			To ensure the freshest ingredients from our scratch kitchen, Daily snacks can vary.				
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup		Grapes	Pineapple		
	Grain	1/2 oz eq	1/2 oz eq		pretzels		Trail mix	Graham Cracker
	Meat/Meat Alternate	1/2 oz	1/2 oz			Cottage Cheese	Yogurt	Peanutbutter

⁺ 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.

Menu reviewed by: Alix McCauley



Age 1 served whole milk.
Ages 2-5 served 1% or fat-free milk.
All milk served is unflavored.



At least one serving of grains per day must be whole grain-rich (noted as WGR or WG).
Note: oz eq = ounce equivalent



Water is always available throughout the day

