

CACFP Weekly Menu

WK:1 APRIL 1-5-2024 P/Y23/24

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	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	PEACH	BLUEBERRIES	PINEAPPLE	BANANAS	MANDRIN ORANGES
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	COTTAGE CHEESE	WGR WAFFLES	YOGURT	WGR CEREAL	HARDBOILED EGGS
LUNCH	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	BEEFY MAC CARROTS	PEANUT BUTTER & JELLY BAKED BEANS	CHICKEN & WAFFLES PEAS	MEAT & SPAGHETTI CASSROLE GREEN BEANS	BEAN BURRITO & CHEESE CORN
	Fruit*	1/8 cup	1/4 cup	BAKED BEANS	MANDRIN ORANGES	CAULIFLOWER	PINEAPPLES	PEAS & CARROTS
	Grain	1/2 oz eq	1/2 oz eq	WGR DINNER ROLLS	WGR BREAD	WGR DINNER ROLLS	WGR SPAGHETTI NOODLES	WGR TORTILLAS
	Meat/Meat Alternate	1 oz	1 1/2 oz	GROUND BEEF	PEANUT BUTTER	CHICKEN TENDERS	GROUND BEEF	PINTO BEANS
SNACK	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup	MANDRIN ORANGES	PINEAPPLE	PEARS	APPLESAUCE	PEACHES
	Grain	1/2 oz eq	1/2 oz eq	WGR RICE CAKES	WGR GRAHAM CRACKERS	WGR GOLDFISH CRACKERS	WGR FISH PRETZELS	
	Meat/Meat Alternate	1/2 oz	1/2 oz					CHEESE STICKS

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



At least one serving of grains per day must be whole grain-rich.
Note: oz eq = ounce equivalents



One 8 oz. glass of water per year of age until 8 years old.



CACFP Weekly Menu

Week 2: APRIL 8-12-2024 P/Y 23/24

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	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	PINEAPPLE	MANDRIN ORANGES	PEACHES	BANANAS	PD DAY NO SCHOOL FOR KIDS ONLY FOR PANDA'S IS MIXED BERRIES
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	HARDBOILED EGGS	WGR WAFFLES	COTTAGE CHEESE	WGR CEREAL	YOGURT
LUNCH	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	RED BEANS & RICE CARROTS	BEAN BURRITOS CORN	BEEF & SPAGHETTI CASSEROLE GREEN BEANS	PEANUT BUTTER & JELLY CARROTS	SNOW PEAS
	Fruit*	1/8 cup	1/4 cup	PEARS	PEARS	BAKED BEANS	MANDARIN ORANGES	CUTIES
	Grain	1/2 oz eq	1/2 oz eq	WGR IR BROWN RICE	WGR TORTILLAS	WGR SPAGHETTI NOODLES	WGR BREAD	WGR BREAD
	Meat/Meat Alternate	1 oz	1 1/2 oz	KIDNEY BEANS	PINTO BEANS	GROUND BEEF	PEANUT BUTTER	PEANUT BUTTER
SNACK	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup	APPLESAUCE	PEACHES	PINEAPPLE		
	Grain	1/2 oz eq	1/2 oz eq	WGR ANAMAL CRACKRS	WGR PRETZEL FISH	WGR GOLDFISH CRACKES	WGR GRAHAM CRACKERS	WGR RICE CAKES
	Meat/Meat Alternate	1/2 oz	1/2 oz				STRING CHEESES	STRING CHEESE

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



At least one serving of grains per day must be whole grain-rich.
Note: oz eq = ounce equivalents



One 8 oz. glass of water per year of age until 8 years old.



CACFP Weekly Menu

Week 3: APRIL 15-19-2024 P/Y 23/24

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	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	APPLESAUCE	BLUEBERRIES	MANDRIN ORANGES	BANANAS	PINEAPPLE
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	HARDBOILED EGGS	WGR OATMEAL	YOGURT	WGR CEREAL	COTTAGE CHEESE
LUNCH	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	FISH STICKS CORN	CHICKEN SALAD CELERY, ONION, PICKLE RELISH	SHRIMP SALAD PEAS	BEAN & CHEESE BURRITOS CORN	PEANUT BUTTER & JELLY CARROTS
	Fruit*	1/8 cup	1/4 cup	PEAS	PEARS	MASHED POTATOES	BLUEBERRIES	GREEN BEANS
	Grain	1/2 oz eq	1/2 oz eq	WGR DINNER ROLL	WGR HAMBURGER BUNS	WGR GOLDFISH CRACKERS	WGR TORTILLAS	WGR BREAD
	Meat/Meat Alternate	1 oz	1 1/2 oz	FISH	DICED CHICKEN	CHICKEN	PINTO BEANS	PEANUT BUTTER
SNACK	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup	PINEAPPLE	MANDRIN ORANGES	PEACHES	PINEAPPLE	
	Grain	1/2 oz eq	1/2 oz eq	WGR GOLDFISH CRACKERS	WGR PRETZEL FISH	WGR RICE CAKES	WGR GRAHAM CRACKERS	WGR ANIMAL CRACKERS
	Meat/Meat Alternate	1/2 oz	1/2 oz					CHEESE STICKS

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



At least one serving of grains per day
must be whole grain-rich.
Note: oz eq = ounce equivalents



One 8 oz. glass of water per year of
age until 8 years old.



CACFP Weekly Menu

Week 4: APRIL 22-26-2024 P/Y 23/24

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	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	PEACHES	BLUEBERRIES	PINEAPPLE	BANANAS	MANDRIN ORANGES
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	HARDBOILED EGGS	WGR WAFFLE	COTTAGE CHEESE	WGR CEREAL	YOGURT
LUNCH	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	CHICKEN NUGGETS CARROTS	GOULASH GREEN BEANS	BAKED TILAPIA/TARTAR SAUCE COLESLAW	CHICKEN & CHEESE QUESADILLAS CORN	PEANUT BUTTER & JELLY PEAS
	Fruit*	1/8 cup	1/4 cup	PEAS	PEACHES	SWEET POTATO TOTS	SLICED KIWI	BAKED BEANS
	Grain	1/2 oz eq	1/2 oz eq	WGR DINNER ROLL	WGR MACARONI NOODLES	WGR PITA BREAD	WGR TORTILLAS	WGR BREAD
	Meat/Meat Alternate	1 oz	1 1/2 oz	CHICKEN	GROUND BEEF	FISH	CHICKEN	PEANUT BUTTER
SNACK	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup	APPLESAUCE	MANDRIN ORANGES	PEACHES	PEARS	
	Grain	1/2 oz eq	1/2 oz eq	WGR GRAHAM CRACKERS	WGR RICE CAKES	WGR PRETZEL FISH	WGR GOLD FISH CRACKERS	WGR ANIMAL CRACKERS
	Meat/Meat Alternate	1/2 oz	1/2 oz					STRING CHEESE

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



At least one serving of grains per day
must be whole grain-rich.
Note: oz eq = ounce equivalents



One 8 oz. glass of water per year of
age until 8 years old.



CACFP Weekly Menu

Week 5: APRIL 29-30-2024 PY 2024

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	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	PEARS	BLUEBERRIES			
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	YOGURT	WGR WAFFLES		WGR	
LUNCH	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	CHICKEN FAJITAS BELL PEPPERS & ONIONS	MACARONI SALAD W/DICED HAM RED, GREEN, YELLOW PEPPERS			
	Fruit*	1/8 cup	1/4 cup	CORN	MANDRIN ORANGES			
	Grain	1/2 oz eq	1/2 oz eq	STREET TORTILLAS	WGR MACARONI NOODLES		WGR	WGR
	Meat/Meat Alternate	1 oz	1 1/2 oz	SHREDDED CHICKEN	DICED HAM			
SNACK	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup	APPLESAUCE	PEARS			
	Grain	1/2 oz eq	1/2 oz eq	WGR GRAHAM CRACKERS	WGR PRETZEL FISH	WGR	WGR	WGR
	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.

Menu reviewed by: Alix McCauley



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.
Note: oz eq = ounce equivalents



One 8 oz. glass of water per year of
age until 8 years old.

