

CACFP Weekly Menu

Week 1: April 1-5 PY 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	Cuties	Pineapple	Bananas	Blueberries	Cuties
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	WG French toast	Yogurt/WG crackers	WG Kix	WG Oatmeal	Scrambled 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	Snap peas	Corn	Carrots	Tomatoes/corn IR	Broccoli
	Fruit*	1/8 cup	1/4 cup	Cuties	Kiwi	Strawberries	Pears	Applesauce
	Grain	1/2 oz eq	1/2 oz eq	WG bread	Tortilla	WG bread	Cornbread	WG spaghetti/WG dinner roll
	Meat/Meat Alternate	1 oz	1 1/2 oz	Turkey/cheese	Chicken taco	Grilled Cheese	Beef chili	Beef
SNACK	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup				Cucumbers	
	Fruit	1/2 cup	1/2 cup	Peaches	Pears		Tropical fruit	Banana chips
	Grain	1/2 oz eq	1/2 oz eq		WG teddy grahams	WG crackers		
	Meat/Meat Alternate	1/2 oz	1/2 oz	String cheese		Peanut butter		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 2: Apr 8-12 PY 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	Apricots	Pears	Blueberries	Bananas	PD DAY
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	Cream of wheat	Cottage cheese/ WG crackers	Biscuit w/ gravy	WG cheerios	
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	Snap peas	Corn/potatoes IR	Green beans	Carrots	PD DAY
	Fruit*	1/8 cup	1/4 cup	Peaches	Fruit cocktail	Pineapple	Applesauce	
	Grain	1/2 oz eq	1/2 oz eq	WG bread	Oyster crackers	WG dinner roll	WG tortilla	
	Meat/Meat Alternate	1 oz	1 1/2 oz	Peanut butter/ string cheese	Chicken corn chowder	Pork	Beans/beef	
SNACK	Milk	1/2 cup	1/2 cup					PD DAY
	Vegetable	1/2 cup	1/2 cup	Bell peppers		Cucumbers		
	Fruit	1/2 cup	1/2 cup			Pears		
	Grain	1/2 oz eq	1/2 oz eq		WG animal crackers		WG graham cracker	
	Meat/Meat Alternate	1/2 oz	1/2 oz	Hummus	String cheese		Boiled egg	

⁺ 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: Apr 15-19 PY 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	Bananas	Blueberries	Peaches	Apricots	Applesauce
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	WG oatmeal	WG chex	Mini quiche/ eggs & cheese	Yogurt w/ WG crackers	WG cheerios
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	Peas	Tomatoes IR	Radishes	Cucumbers	Corn
	Fruit*	1/8 cup	1/4 cup	Pineapple	Applesauce	Pears	Cuties	Berries
	Grain	1/2 oz eq	1/2 oz eq	WG brown rice	WG crackers	WG brown rice	WG tortilla	Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	Chicken poppers	Tomato pasta soup	Teriyaki chicken	Tuna	Cheese
SNACK	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup				Green beans	
	Fruit	1/2 cup	1/2 cup		Pears	Tropical fruit	Pineapple	Plum
	Grain	1/2 oz eq	1/2 oz eq	WG crackers	WG emoji crackers			WG crackers
	Meat/Meat Alternate	1/2 oz	1/2 oz	Cheese		String cheese		

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^{*} 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



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CACFP Weekly Menu

Week 4: Apr 22-26 PY 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	Bananas	Peaches	Pears	Applesauce	Bananas
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	WG waffles	WG cheerios	Yogurt w/ WG grahams	HB egg/WG toast	Cream of wheat
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	Cucumbers	Broccoli IR	Mashed potatoes	Peas	Carrots
	Fruit*	1/8 cup	1/4 cup	Cuties	Apricots	Raspberries	Strawberries	Applesauce
	Grain	1/2 oz eq	1/2 oz eq	WG bread	Crackers	WG dinner roll	WG bagel	WG crust
	Meat/Meat Alternate	1 oz	1 1/2 oz	Peanut butter/string cheese	Broccoli Cheese soup	Meatballs	Sausage/egg	Ham / cheese
SNACK	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup		Bell peppers		Snap peas	
	Fruit	1/2 cup	1/2 cup	Pineapple		Banana chips		Apples
	Grain	1/2 oz eq	1/2 oz eq	WG goldfish	WG crackers		WG crackers	
	Meat/Meat Alternate	1/2 oz	1/2 oz			String cheese		Peanut butter

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^{*} 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.
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CACFP Weekly Menu

Week 5: Apr 29-30 PY 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	Bananas			
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	WG french toast	WG kix			
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	Broccoli	Corn			
	Fruit*	1/8 cup	1/4 cup	Cuties	Mandarin oranges			
	Grain	1/2 oz eq	1/2 oz eq	WG tortilla	WG tortilla			
	Meat/Meat Alternate	1 oz	1 1/2 oz	Tuna	Bean&cheese burrito			
SNACK	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup		Pears			
	Grain	1/2 oz eq	1/2 oz eq	WG cheese its	Pretzels			
	Meat/Meat Alternate	1/2 oz	1/2 oz	String cheese				

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^{*} 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.

