

## CACFP Weekly Menu

Week 1: May 1-3 PY 23-24

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:						Avocado Toast	
	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	Smashed Avocado/ Peaches	Pears
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq			Cottage Cheese	WG Toast	Scrambled Eggs
LUNCH	MEAL/RECIPE:					Chicken Rice Casserole	PB&J Sandwiches	Turkey & Cheese Sandwich
	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	Snap Peas	Cucumbers
	Fruit*	1/8 cup	1/4 cup			Strawberries	Cuties	Peaches
	Grain	1/2 oz eq	1/2 oz eq			WG Brown Rice	WG Bread	WG Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz			Chicken	Peanut Butter/ Cheese stick	Turkey & Cheese
SNACK	MEAL/RECIPE:							
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup			Carrots		
	Fruit	1/2 cup	1/2 cup				Apples	Mandarin oranges
	Grain	1/2 oz eq	1/2 oz eq			WG Crackers		Chex Mix
	Meat/Meat Alternate	1/2 oz	1/2 oz				Peanut Butter	

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

<sup>\*</sup> 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: May 6-10 PY 23-24

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	Apples	Blueberries	Bananas	Peaches	Pears
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq	WG Oatmeal	Yogurt	WG Kix	Hard Boiled Egg	WG Cheerios
LUNCH	MEAL/RECIPE:			Tuna Melt	Baked Ziti	Chicken Ceasar Salad	Cheese Bread	Chicken Quesadilla
	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	Mixed Veggies	Lettuce	Peas	Peppers & onions/ IR
	Fruit*	1/8 cup	1/4 cup	Pineapple	Pears	Raspberries	Applesauce	Melon
	Grain	1/2 oz eq	1/2 oz eq	WG Bread	WG Pasta	WG Crackers	WG Crust	WG Tortilla
	Meat/Meat Alternate	1 oz	1 1/2 oz	Tuna / Cheese	Ground Turkey	Chicken	Cheese	Chicken / Cheese
SNACK	MEAL/RECIPE:							
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup	Carrots	Guacamole		Cucumbers	
	Fruit	1/2 cup	1/2 cup			Mandarin Oranges		Mixed Fruit
	Grain	1/2 oz eq	1/2 oz eq	WG Crackers	Pita Thins		WG Goldfish	WG Pretzels
	Meat/Meat Alternate	1/2 oz	1/2 oz			String Cheese		

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

<sup>\*</sup> 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).  
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## CACFP Weekly Menu

Week 3: May 13-16 PY 23-24

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:							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	Applesauce	Blueberries	Bananas	Peaches	
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq	French Toast	Yogurt	WG Muffin	WG oatmeal	
LUNCH	MEAL/RECIPE:			Ham & Cheese Sandwiches	Chicken Salad Sandwiches	PB&J Sandwiches	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	Carrots (raw)	Broccoli (raw)	Snap Peas	Salad	
	Fruit*	1/8 cup	1/4 cup	Grapefruit	Pineapple	Apples	Pears	
	Grain	1/2 oz eq	1/2 oz eq	WG Bread	WG Bread	WG Bread	WG crust	
	Meat/Meat Alternate	1 oz	1 1/2 oz	Ham & Cheese	Chicken	Peanut Butter / String Cheese	Cheese/Ham	
SNACK	MEAL/RECIPE:							
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup			Cucumbers	Cauliflower	
	Fruit	1/2 cup	1/2 cup		Tropical Fruit			
	Grain	1/2 oz eq	1/2 oz eq	WG crackers	WG Crackers	Pretzels	WG graham crackers	
	Meat/Meat Alternate	1/2 oz	1/2 oz	Peanut butter				

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

<sup>\*</sup> 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).  
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## CACFP Weekly Menu

Week 4: May 20-24 PY 23-24

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			Oatmeal	Cereal	Eggs in a nest		
	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	Apples	Bananas	Pineapple	Blueberries	Pears
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq	WG oatmeal	WG cereal	Eggs/WG bread	Pancakes	Cottage cheese
LUNCH	MEAL/RECIPE:				Veggie Sketti	Charcutterie	Sweet & Sour Chicken	Broccoli Salad
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	Carrots	Corn	Cucumbers	Peas	Broccoli
	Fruit*	1/8 cup	1/4 cup	Blackberries	Applesauce	Raspberries	Peaches	Grapes
	Grain	1/2 oz eq	1/2 oz eq	WG Breading	Pasta	WG crackers	WG brown rice	WG Wheat Thins
	Meat/Meat Alternate	1 oz	1 1/2 oz	Chicken Nuggets	Turkey	Turkey/cheese	Chicken	String Cheese
SNACK	MEAL/RECIPE:					1%/Whole milk		
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup	Green beans				
	Fruit	1/2 cup	1/2 cup		Peaches			Mandarin oranges
	Grain	1/2 oz eq	1/2 oz eq		WG crackers	WG muffin	WG crackers	
	Meat/Meat Alternate	1/2 oz	1/2 oz	String cheese			Ham cubes	String cheese

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<sup>\*</sup> 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).  
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## CACFP Weekly Menu

Week 5: May 27-31 PY 23-24

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			NO SCHOOL MEMORIAL DAY				
	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	Blackberries	Applesauce	Pears
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq		WG Cheerios	Cream of wheat	Scrambled eggs	Yogurt/WG crackers
LUNCH	MEAL/RECIPE:				Teriyaki chicken	Sloppy Joes	Spaghetti	Grilled cheese
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup		Carrots	Peas	Corn	Green beans
	Fruit*	1/8 cup	1/4 cup		Pears	Plums	Apples	Bananas
	Grain	1/2 oz eq	1/2 oz eq		WG brown rice	WG bun	Pasta	WG bread
	Meat/Meat Alternate	1 oz	1 1/2 oz		Chicken	Beef	Beef	Cheese
SNACK	MEAL/RECIPE:							
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup				Cucumbers	Snap peas
	Fruit	1/2 cup	1/2 cup		Cuties			Mandarin oranges
	Grain	1/2 oz eq	1/2 oz eq			Pretzels	WG crackers	
	Meat/Meat Alternate	1/2 oz	1/2 oz		String cheese	Hummus		

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<sup>\*</sup> 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



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