

## CACFP Weekly Menu

Week 1: May 1-3-2024 P-Y 23-24

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:					COTTAGE CHEESE	ORANGES	PEACHES
	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			PINAPPLES	ORANGES	PEACHES
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq			COTTAGE CHEESE	WGR CEREAL	SCRAMBLED EGGS
LUNCH	MEAL/RECIPE:					SALISBURY STEAK W/ BROWN GRAVY	CHILI TOMATO BEEFY MACARONI	TURKEY SANDWICHES
	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	IR ONION & TOMATO	GREEN BEANS
	Fruit*	1/8 cup	1/4 cup			MIXED VEGGIES	PEARS	BANANAS
	Grain	1/2 oz eq	1/2 oz eq			WGR DINNER ROLLS	WGR SPAGHETTI NOODLES	WGR BREAD
	Meat/Meat Alternate	1 oz	1 1/2 oz			TURKEY BREAST	GROUND BEEF	TURKEY BREAST
SNACK	MEAL/RECIPE:							
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup			MANDARIN ORANGES	APPLESAUCE	PEARS
	Grain	1/2 oz eq	1/2 oz eq			WGR GOLDFISH CRACKERS	WGR RICE CAKES	WGR ANIMAL CRACKERS
	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).  
Note: oz eq = ounce equivalent



Water is always available throughout the day



## CACFP Weekly Menu

Week 2: MAY 6-10-2024 P-Y 23-24

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			YOGURT	CEREAL	WAFFLES	OATMEAL	COTTAGE CHEESE
	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	MANDARIN ORANGES	PEARS	BLUEBERRIES	BANANAS	PEACHES
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq	YOGURT	WGR CEREAL	WGR CHEESE TOAST	WGR WAFFLES	COTTAGE CHEESE
LUNCH	MEAL/RECIPE:			CHICKEN BREAST SUBS	PEANUTBUTTER JELLY	TURKEY&SWISS WRAP	BEEF SPAGHETTI CASSEROLE	CHICKEN NUGGETS
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	PICKLE CHIPS	SNOW PEAS	SHREDDED LETTUCE	IR ONION & TOMATO	MASHED POTATOES
	Fruit*	1/8 cup	1/4 cup	BAKED BEANS	BANANAS	SLICED TOMATOES	CARROTS	STRAWBERRIES
	Grain	1/2 oz eq	1/2 oz eq	WGR HOTDOG BUNS	WGR BREAD	WGR TORTILLAS	WGR SPAGHETTI NOODLES	WGR DINNER ROLL
	Meat/Meat Alternate	1 oz	1 1/2 oz	CHICKEN BREAST	PEANUT BUTTER	TURKEY BREAST	GROUND BEEF	CHICKEN NUGGETS
SNACK	MEAL/RECIPE:							
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup	PEACHES	MANDARIN ORANGES	PINAPPLES	PEARS	APPLESAUCE
	Grain	1/2 oz eq	1/2 oz eq	WGR PRETZEL GF	WGR ANIMAL CRACKERS		WGR GRAHAM CRACKERS	WGR GOLDFISH CRACKERS
	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).  
Note: oz eq = ounce equivalent



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## CACFP Weekly Menu

Week 3: MAY 13-17-2024 P-Y 23-24

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			TURKES ROLL-UPS	CEREAL	BREAKFAST SANDWICHES	PANCAKES	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	PINEAPPLE	BANANAS	PEACHES	BLUEBERRIES	
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq	TURKEY SLICES	WGR CEREAL	TURKEY SAUSAGE	WGR PANCAKES	
LUNCH	MEAL/RECIPE:			CHICKEN BREAST	SLOPPY JOES	zucchini/squash	CHICKEN ALFREDO	
	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	PEAS	ZUCCHINI & SQUASH	BROCCOLI	
	Fruit*	1/8 cup	1/4 cup	CORN	CARROTS	CORN	CAULIFLOWER	
	Grain	1/2 oz eq	1/2 oz eq	WGR DINNER ROLL	WGR HAMBURGER BUNS	WGR Goldfish crackers	WGR SP NOODLES	
	Meat/Meat Alternate	1 oz	1 1/2 oz	CHICKEN BREAST	GROUND BEEF	GROUND BEEF	DICED CHICKEN	
SNACK	MEAL/RECIPE:							
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup	STRAWBERRIES	PEACHES	PINEAPPLE	MANDRIN ORANGES	
	Grain	1/2 oz eq	1/2 oz eq		WGR GRAHAM CRACKERS	WGR PRETZEL CRACKERS	WGR ANIMAL CRACKER	
	Meat/Meat Alternate	1/2 oz	1/2 oz	YOGURT				

<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.



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## CACFP Weekly Menu

Week 4: MAY 20-24-2024 P-Y 23-24

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			COTTAGE CHEESE	CEREAL	SCRAMBLED EGGS	WAFFLES	YOGURT
	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	BANANAS	PEARS	BLUEBERRIES	STRAWBERRIES
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq	COTTAGE CHEESE	WGR CEREAL	SCRAMBLED EGGS	WGR WAFFLES	YOGURT
LUNCH	MEAL/RECIPE:			zucchini/squash	cheeseburgers	MEAT SPAGHETTI CASSOUREL	BEAN CHEESE BURRITOS	SHRIMP FRIED RICE
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	zucchini/squash	pickles	IR TOMATO PASTE & SAUCE	CORN	CARROTS
	Fruit*	1/8 cup	1/4 cup	corn	watermelon	GREEN BEANS	MADARIN ORANGES	PEAS
	Grain	1/2 oz eq	1/2 oz eq	WGR dinner roll	WGR burger bun	WGR SP NOODLES	WGR TORTILLAS	WGR BROWN RICE
	Meat/Meat Alternate	1 oz	1 1/2 oz	ground beef	ground beef patties	GROUND BEEF	PINTO BEANS	SHRIMP
SNACK	MEAL/RECIPE:							
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup	APPLESAUCE	MADARIN ORANGES	PEACHES	PEARS	PINEAPPLE
	Grain	1/2 oz eq	1/2 oz eq	WGR GRAHAM CRACKERS	WGR ANAMIAL CRACKERS	WGR RICE CAKES		WGR GOLDFISH CRACKERS
	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.

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All milk served is unflavored.



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## CACFP Weekly Menu

Week 5: MAY 27-31-2024 P-Y 23-24

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			NO SCHOOL	CEREAL	YOGURT	CRACKERS	TURKEY ROLL-UPS
	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	PEARS	STRAWBERRIES	MANDRIN ORANGES
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq		WGR Cereal	YOGURT	WGR CRACKERS	TURKEY SLICES
LUNCH	MEAL/RECIPE:				CHICKEN NUGGETS	CHOW MEIN W/ EGG ROLLS	CHICKEN BOWL	PEANUT BUTTER & JELLY
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup		GREEN BEANS	IR CABBAGE	IR MASH POTATOES	SWEET POTATO TOTS
	Fruit*	1/8 cup	1/4 cup		PEARS	PEAS	IR CORN	CANTALOPE
	Grain	1/2 oz eq	1/2 oz eq		WGR PRETZEL GF	WGR SP NOODLES	WGR DINNER ROLL	WGR BREAD
	Meat/Meat Alternate	1 oz	1 1/2 oz		CHICKEN	GROUND BEEF	CHICKEN	PEANUT BUTTER
SNACK	MEAL/RECIPE:							
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup		PINEAPPLE	APPLE SAUCE	PEACHES	PEARS
	Grain	1/2 oz eq	1/2 oz eq		WGR ANIMAL CRACKERS		WGR GRAHAM CRACKERS	WGR CEREAL
	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.

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