

CACFP Weekly Menu

November Week 1: 28-1

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:							Eggs & 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					Applesauce
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq					WGR Toast
LUNCH	MEAL/RECIPE:							Chicken Salad 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					Snap Peas
	Fruit*	1/8 cup	1/4 cup					Fruit Salad
	Grain	1/2 oz eq	1/2 oz eq					WGR Corn Chips
	Meat/Meat Alternate	1 oz	1 1/2 oz					Chicken
SNACK	MEAL/RECIPE:							Pretzels & Edamame
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq					Pretzels
	Meat/Meat Alternate	1/2 oz	1/2 oz					Edamame

⁺ 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

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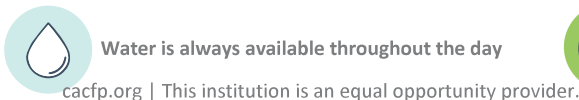
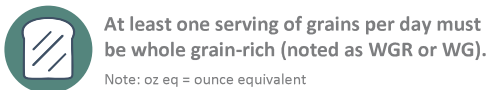
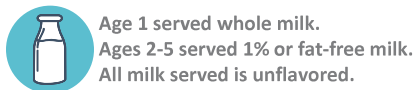
November Week 2: 4-8

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			Waffles	Cinnamon Toast	Bagels & Cream Cheese	Breakfast Pizza	English Muffins & Peanut Butter
	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	Mixed Berries	Strawberries	Oranges	Bananas
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	WGR Waffles	Wheat Toast	WGR Bagel	WGR Pizza Crust	Wheat English Muffins
LUNCH	MEAL/RECIPE:			Tuna Salad Sandwiches	Baked Penne	Chicken Shwarma	Turkey Chilli	Eggplant Parm
	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	Spinach, Apple & Celery Salad	Greek Chickpea Salad	IR Carrot & Celery	Eggplant
	Fruit*	1/8 cup	1/4 cup	Grapes	Asparagus	Fresh Cucumbers	Zucchini & Tomato Bake	Broccoli
	Grain	1/2 oz eq	1/2 oz eq	Wheat Bread	WGR Penne	Wheat Pita	Cornbread	WGR Egg Noodle
	Meat/Meat Alternate	1 oz	1 1/2 oz	Tuna Salad	Ground Beef	Chicken Shwarma	Turkey & White beans	Mozzerella Cheese
SNACK	MEAL/RECIPE:			Oranges & Muffins	Ham & Crackers	Chips & Salsa	Graham Crackers & Yogurt	
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup			Veggie salsa	Graham Crackers	
	Fruit	1/2 cup	1/2 cup	Oranges				Oranges
	Grain	1/2 oz eq	1/2 oz eq	Muffins	Wheat Crackers	WGR Tortilla Chips		
	Meat/Meat Alternate	1/2 oz	1/2 oz		Deli Ham		Yogurt	Muffins

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Menu reviewed by: *Alix McCauley*



CACFP Weekly Menu

November Week 3: 11-15

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			NO SCHOOL FOR KIDS	Cereal & Bananas	Oatmeal	Biscuits & Gravy	Cinnamon 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		Bananas	Warm Fruit Salad	Hashbrowns	Applesauce
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq		Cereal	WGR Oatmeal	Biscuits	Wheat Toast
LUNCH	MEAL/RECIPE:				Buffalo Chicken Taquitos	Grilled Cheese	Beef Stroganoff	Chicken & Rice Taquitos
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup		Carrot & Celery Sticks	Potato Celery Soup	Spinach & Mushrooms	Corn
	Fruit*	1/8 cup	1/4 cup	Professional Dev Day	Chilli Beans	Green Beans	Braised Cabbage	Refried Beans
	Grain	1/2 oz eq	1/2 oz eq		WGR Tortillas	Wheat Toast	WGR Eggnoodle	WGR Tortilla
	Meat/Meat Alternate	1 oz	1 1/2 oz		Buffalo Chicken	Cheddar Cheese	Beef Meatballs	Chicken
SNACK	MEAL/RECIPE:				Apples & Cheese	Grapes & Goldfish	Yogurt & Granola	
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup		Apples	Grapes		
	Grain	1/2 oz eq	1/2 oz eq			Goldfish	Granola	Pretzels
	Meat/Meat Alternate	1/2 oz	1/2 oz		Cheese		Yogurt	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 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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November Week 4: 18-22

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			WGR Bagels	WGR Oatmeal	Eggs & Hash	Waffles	Oatmeal Breakfast Cookies
	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	Bananas	Hashbrowns	Applesauce	Oranges
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	WGR Bagels	WGR Oatmeal	Baked Eggs	WGR Waffles	Oatmeal
LUNCH	MEAL/RECIPE:			Cheese Pizza	Autumn Vedge Soup	Taco Casserole	Turkey Dinner	Meatballs & Gravy
	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	Zucchini Fritters	Tex Mex Salad	Mashed Potatoes	Mixed Veggies
	Fruit*	1/8 cup	1/4 cup	Tater Tots	IR Carrots & Mushrooms	Fiesta Corn	Green Bean Casserole	Cucumber
	Grain	1/2 oz eq	1/2 oz eq	WGR Pizza Crust	Wheat Risotto	WGR Tortillas	WGR Dinner Roll	WGR Brown Rice
	Meat/Meat Alternate	1 oz	1 1/2 oz	Mozzerella	Ground Beef	Ground Beef	Roast Turkey Breast	Pork Meatballs
SNACK	MEAL/RECIPE:			Pretzels & Fruit Cup	Tomato Toast	Oranges & Graham Crackers	Sweet Potato Pie	Yogurt & Pretzels
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup		Roast Tomatoes		Sweet Potatoes	
	Fruit	1/2 cup	1/2 cup	Fruit Cup		Oranges		
	Grain	1/2 oz eq	1/2 oz eq			Graham Crackers		Pretzels
	Meat/Meat Alternate	1/2 oz	1/2 oz	Pretzels	Wheat Toast		Pecans	Yogurt

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CACFP Weekly Menu

November Week 5: 25-26

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					
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq					
LUNCH	MEAL/RECIPE:							
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup					
	Fruit*	1/8 cup	1/4 cup	NO	SHOOL	THANKSGIVING	VACATION	
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz					
SNACK	MEAL/RECIPE:							
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz					

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



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