

CACFP Weekly Menu

December Week 1: 2-6

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			Oatmeal	Breakfast Casserole	Dutch Baby	Santa Fe Eggs	Bagels
	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	Apple Sauce	Mixed Berries	Bell Peppers & Hashbrowns	Fruit Cups
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	WGR Oatmeal	French Bread	Dutch Baby Pancake	Eggs	WGR Bagels
LUNCH	MEAL/RECIPE:			White Beans Neapolitina	Spaghetti Ragu	Roast Dinner	Chicken & Rice	Baked Cod
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	IR Tomato Basil & Onion	Broccoli	Mashed Potatoes	Pico De Gallo IR tomatoes and onions	Broccoli
	Fruit*	1/8 cup	1/4 cup	Asparagus Salad	Roast Carrots	Waldorf Salad IR grapes, celery, apples	Black Beans	Zucchini
	Grain	1/2 oz eq	1/2 oz eq	Italian Bread	WGR Spaghetti	WGR Dinner Roll	WGR Brown Rice	Egg Noodles
	Meat/Meat Alternate	1 oz	1 1/2 oz	White Beans & Mozz Cheese	Ground Beef	Roast Pork Loin	Chicken Meatballs	Baked Cod
SNACK	MEAL/RECIPE:			Apples & Peanut Butter	Veggies & Crackers	Green Smoothies	Cheese Toasties	
	Milk	1/2 cup	1/2 cup			Milk		
	Vegetable	1/2 cup	1/2 cup		Carrots	Spinach		
	Fruit	1/2 cup	1/2 cup	Apples		Green Apples & Bananas		
	Grain	1/2 oz eq	1/2 oz eq		Cheeze Its		WGR Bread	Banana Bread
	Meat/Meat Alternate	1/2 oz	1/2 oz	Peanut Butter			Eggs & Cheese	Peanut Butter

⁺ 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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CACFP Weekly Menu

December Week 2: 9-13

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			Yogurt Parfait	Eggy Toast	Fruity Waffles	French Toast Casserole	WGR Bagels
	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	Fruit Salad	Berries	Bananas	Applesauce
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	Granola	Baked Eggs	WGR Waffles	Whole Wheat Toast	WGR Bagels
LUNCH	MEAL/RECIPE:			Halluski	Pork Roast	WGR Palates	Pork Riblets	Papas
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	Cabbage	Mashed Potatoes	Pico De Gallo IR tomatoes and onions	Mashed Potato	Pico De Gallo IR tomatoes and onions
	Fruit*	1/8 cup	1/4 cup	Citrus Salad	IR Carrots, Onion, Cabbage	Corn & Zucchini Salad	Corn	Curtido IR cabbage
	Grain	1/2 oz eq	1/2 oz eq	WGR Egg Noodles	WGR Roll	WGR Corn Masa	WGR Roll	WGR Corn Masa
	Meat/Meat Alternate	1 oz	1 1/2 oz	Chicken	Pork Shoulder	Refried Blackbeans	Pork Riblet	Cheese
SNACK	MEAL/RECIPE:						Peanut Butter Reindeers	
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup	Melon	Apples	Oranges		Fruit Cups
	Grain	1/2 oz eq	1/2 oz eq	Graham Crackers			WGR Tortilla	
	Meat/Meat Alternate	1/2 oz	1/2 oz		Peanut Butter	Cheese Sticks	Peanut Butter	Cheerios

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Ages 2-5 served 1% or fat-free milk.
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December Week 3: 16-20

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:						Parfait	
	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	Blueberries	Oranges	Fruit Salad	Peaches	Avocado
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	WGR Oatmeal	Banana Bread	WGR Waffles	Granola	Hard Boiled Eggs
LUNCH	MEAL/RECIPE:			Posole Verde	Lemon Cod in Caper Sauce	Chicken Burgers	Beef Roast	Chicken Tacos
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	Cilantro, Radish & Cabbage Salad	IR Spinach	French Fries	Roast Beets	Corn & Carrots
	Fruit*	1/8 cup	1/4 cup	Hominy	Peas	Carrots	Mashed Potatoes	Pinto Beans
	Grain	1/2 oz eq	1/2 oz eq	Cornbread	WGR Pasta	WGR Bun	WGR Roll	WGR Tortillas
	Meat/Meat Alternate	1 oz	1 1/2 oz	White Beans	Cod	Ground Chicken	Beef Roast	Chicken
SNACK	MEAL/RECIPE:				Egg Salad	Avocado Egg Salad	Holiday Trees	
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup	Carrots			Tomato & Spinach	
	Fruit	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	GoldFish	Ritz Grackers	Toast	WGR Pita	Muffins
	Meat/Meat Alternate	1/2 oz	1/2 oz		Egg Salad	Hardboiled Eggs	Hummus	Oranges

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Menu reviewed by: *Alix McCauley*



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



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CACFP Weekly Menu

December Week 4: 23-27

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					
	Grain	1/2 oz eq	1/2 oz eq		WINTER	BREAK		
	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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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		WINTER	BREAK		
	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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