

CACFP Weekly Menu

Week 1: July 1-4 PY 24-25

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:						Black Forest Oatmeal	
	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	Bananas	Cherries	H
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq		WG French Toast	Rhubarb Muffins	WG Oatmeal	O
LUNCH	MEAL/RECIPE:				Pupusa de Queso	Turkey Pesto Sandwich	4th of July BBQ	
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup		Curtido IR cabbage, onion, carrots	Spinach & Tomatoes	Baked Beans	L
	Fruit*	1/8 cup	1/4 cup		Street Corn	Mango	Potato Salad	I
	Grain	1/2 oz eq	1/2 oz eq		WG Masa	WG Bread	Bun	
	Meat/Meat Alternate	1 oz	1 1/2 oz		Cheese	Turkey	All Beef Hot Dog	
SNACK	MEAL/RECIPE:							
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup			Cucumbers		D
	Fruit	1/2 cup	1/2 cup				Fruit Pops	A
	Grain	1/2 oz eq	1/2 oz eq		Pita Chips		WG Goldfish	Y
	Meat/Meat Alternate	1/2 oz	1/2 oz		Hummus	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 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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Week 2: July 7-11 PY 24-25

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:				Sweet Potato Bfst Bowl		Bfst Banana Rice Pudding	Waffle Fruit Pizza
	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	N	Sweet Potato	Cuties	Bananas	Kiwi
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	O	Turkey Bacon	WG Cereal	WG Brown Rice	WG Waffle
LUNCH	MEAL/RECIPE:				Arroz Con Pollo	BLT Chicken Salad	Chili Mac	Quesadillas
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup		Pinto Beans	Cucumbers	Beans	Snap Peas
	Fruit*	1/8 cup	1/4 cup	S	Kiwi	Pineapple	Blueberries	Oranges
	Grain	1/2 oz eq	1/2 oz eq	C	WG Brown Rice	WG Bread	Pasta	WG Tortillas
	Meat/Meat Alternate	1 oz	1 1/2 oz	H	Chicken	Chicken	Ground Beef	Cheese
SNACK	MEAL/RECIPE:				Yogurt Bark	Beans on a Stalk		
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup	O		Celery / Guac		
	Fruit	1/2 cup	1/2 cup	O	Blueberries		Apples	Grapes
	Grain	1/2 oz eq	1/2 oz eq	L				Crackers
	Meat/Meat Alternate	1/2 oz	1/2 oz		Yogurt	Black Beans	Peanut Butter	

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



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Week 3: July 14-18 PY 24-25

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			Berry Cottage Cheese Salad			Almond Joy Oatmeal	
	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	Mixed Berries	Hashbrowns	Bananas	Strawberries	Apples
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	Cottage Cheese	Sausage	WG Toast / PB	WG Oatmeal	WG Pancakes
LUNCH	MEAL/RECIPE:			Corn & Zucchini Chowder	Fish Tacos	Pasta Salad	BBQ Chicken Flatbread	Club 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	Corn, Zucchini, Potato	Cilantro Lime Slaw IR cabbage, cilantro, carrots	Broccoli, Tomatoes, Onions	Peas	Sweet Potato Fries
	Fruit*	1/8 cup	1/4 cup	Apples	Oranges	Watermelon	Peaches	Strawberries
	Grain	1/2 oz eq	1/2 oz eq	WG Crackers	WG Corn Tortilla	Pasta	Flatbread	WG Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	Navy Beans	Fish	Chicken Nuggets	Chicken	Ham & Turkey
SNACK	MEAL/RECIPE:				Cucumber sandwiches			PB&J Oat Bites
	Milk	1/2 cup	1/2 cup	1% / Whole				
	Vegetable	1/2 cup	1/2 cup		Cucumbers	Snap Peas		
	Fruit	1/2 cup	1/2 cup			Applesauce	Watermelon	
	Grain	1/2 oz eq	1/2 oz eq	Rhubarb Muffins	WG Bread			WG Oats
	Meat/Meat Alternate	1/2 oz	1/2 oz				Ham Roll-Ups	Peanut Butter

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Week 4: July21-25 PY 24-25

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:				Egg Bites			
	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	Spinach & Tomato	Peaches	Apples	Bananas
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	WG Toast / Ricotta	Eggs	Peach Muffins	Yogurt	WG Oatmeal
LUNCH	MEAL/RECIPE:			Sunny Lemon Chicken	Bang Bang Salmon	Sheet Pan Chicken	Tostadas	Stoplight Chicken
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	Roasted Beets	Sweet Pepper Salad	Roast Brussels Sprouts	Tomatoes & Corn	Bell Peppers
	Fruit*	1/8 cup	1/4 cup	Melon	Kiwi	Berries	Grapes	Mango
	Grain	1/2 oz eq	1/2 oz eq	WG Brown Rice	WG Brown Rice	WG Quinoa	WG Corn Tortilla	Couscous
	Meat/Meat Alternate	1 oz	1 1/2 oz	Chicken	Salmon	Chicken	Black Beans	Chicken
SNACK	MEAL/RECIPE:				Honey Yogurt Fruit Salad			
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup	Carrots			Bean Dip	
	Fruit	1/2 cup	1/2 cup		Apples, Berries, Grapes	Grapes		Cuties
	Grain	1/2 oz eq	1/2 oz eq			Goldfish	Corn Chips	
	Meat/Meat Alternate	1/2 oz	1/2 oz	Peanut Butter	Yogurt			Hardboiled Eggs

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CACFP Weekly Menu

Week 5: July 28-31 PY 24-25

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			Egg Bites				
	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	Broccoli	Bananas	Peaches	Cuties	
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	Eggs / Cheese	WG Toast / PB	Cottage Cheese	WG French Toast	
LUNCH	MEAL/RECIPE:			Chicken & Sausage Gumbo	Quesadillas	Broccoli Cheddar Quinoa Bites	Sheet Pan Lasagne	
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	Bell Peppers, Carrots, Celery	Snap Peas	Broccoli	Green Beans	
	Fruit*	1/8 cup	1/4 cup	Mango	Cuties	Apples	Grapes	
	Grain	1/2 oz eq	1/2 oz eq	WG Brown Rice	WG Tortilla	WG Quinoa	Pasta	
	Meat/Meat Alternate	1 oz	1 1/2 oz	Chicken	Cheese / Black Beans	Cheese	Ground Beef	
SNACK	MEAL/RECIPE:			Raspberry Yogurt Bites				
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup			Salsa		
	Fruit	1/2 cup	1/2 cup	Raspberries	Diced Peaches		Apples	
	Grain	1/2 oz eq	1/2 oz eq		Crackers	Corn Chips		
	Meat/Meat Alternate	1/2 oz	1/2 oz	Yogurt			Peanut Butter	

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