

CACFP Weekly Menu

Week 1: JULY 1-3-2025 P/Y 24/25

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:				WGR Cereal & Bananas	Turkey Sausage & Hashbrowns	Waffles & Strawberries	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		Bananas	Hashbrowns	Strawberries	
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq		WGR Cereal	Turkey Sausage	Waffles	
LUNCH	MEAL/RECIPE:				Sloppy Joes	Bean Burritos	Cheeseburgers	
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup		Mixed Veggies	Corn	Lettuce & sliced tomatoes	
	Fruit*	1/8 cup	1/4 cup		Fresh oranges	Green Beans	Baked Beans	
	Grain	1/2 oz eq	1/2 oz eq		WGR Hamburger buns	WGR Tortillas	WGR Hamburger Buns	
	Meat/Meat Alternate	1 oz	1 1/2 oz		Gr Beef	Pinto Beans	Burger patties	
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		WGR Crackers	Ritz Crackers	WGR Pretzels	
	Meat/Meat Alternate	1/2 oz	1/2 oz		Peanut Butter	Ham & Cheese	Cheese Sticks	

⁺ 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

Week 2: JULY 7-11-2025 PY 24/25

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			PD DAY NO KIDS	Cereal & Bananas	Sausage Biscuits & Gravy	Yogurt & Blueberries	Waffles & strawberries
	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	Hashbrowns	Blueberries	Strawberries
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq		WGR Cereal	Turkey sausage & biscuits w/ gravy	Yogurt	WGR Waffles
LUNCH	MEAL/RECIPE:				Rolled Turkey	Ni-Young's Beef Over Rice	Bean & Cheese Burrito	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		Pickles	Green Beans	Corn	Mashed Potatoes
	Fruit*	1/8 cup	1/4 cup		Fresh Oranges	Pineapple	Carrots	Peas
	Grain	1/2 oz eq	1/2 oz eq		WGR Bread	WGR Brown Rice	WGR Tortillas	WGR Dinner Roll
	Meat/Meat Alternate	1 oz	1 1/2 oz		Deli Turkey	Ground Beef	Pinto Beans	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		Applesauce			
	Grain	1/2 oz eq	1/2 oz eq		WGR Graham Crackers	WGR Rice Cracker	Ritz Crackers	Pretzels
	Meat/Meat Alternate	1/2 oz	1/2 oz			Peanut Butter	Turkey Roll-ups	Cheese Sticks

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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.



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Week 3: JULY 14-18-2025 PY 24/25

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			Cottage Cheese	CEREAL & BANANAS	Cheesy Toast	Blueberry Muffin	CEREAL
	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	Strawberries	Oranges	Pears	Blueberries
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	Cottage Cheese	WGR Cereal	WGR Cheese toast	WGR Blueberry muffin	Yogurt
LUNCH	MEAL/RECIPE:			Turkey Wraps	Peanut Butter & jelly	Hamburgers	Chicken Nuggets	Beef Spaghetti
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	Lettuce	Pickle	Baked Beans	Peas	INR Puree Tomato Sauce
	Fruit*	1/8 cup	1/4 cup	Diced Carrots	Fresh Oranges	Pickles	Tropical Fruit	Green Beans
	Grain	1/2 oz eq	1/2 oz eq	WGR Tortillas	WGR Bread	WGR Hamburger Bun	WGR DINNER ROLLS	WGR Spaghetti Noddles
	Meat/Meat Alternate	1 oz	1 1/2 oz	Sliced Deli Turkey Breast	Peanut Butter	Beef Patties	CHICKEN NUGGETS	Gr Beef
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	APPLESAUCE	
	Grain	1/2 oz eq	1/2 oz eq	Graham Crackers	WGR BLUEBERRY MUFFINS	Graham Crackers	WGR RICE CAKES	Crackers
	Meat/Meat Alternate	1/2 oz	1/2 oz	Peanut Butter	Cheese Sticks			Cheese Sticks

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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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Week 4: JULY 21-25-2025 PY 24/25

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			Yogurt & blackberry	Cereal & Bananas	Turkey Sausage & Hashbrowns	Waffles & Strawberry	Blueberry Muffin
	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	Blackberry	Bananas	Hashbrowns	Strawberry	Peaches
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	Yogurt	WGR Cereal	Turkey Sausage	WGR Waffles	WGR Blueberry muffin
LUNCH	MEAL/RECIPE:			Mac & Cheese w/ Ham	Ham & Cheese sandwiches	BBQ Beef	Chicken Wrap	Beef & Spaghetti
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	Brussels Sprouts	Pickles	Baked Beans	Lettuce & Sliced Tomatoes	Green Beans
	Fruit*	1/8 cup	1/4 cup	Peas	Pineapple	Macaroni Salad 1R bell pepper, red onion, celery	Tropical fruit	Carrots
	Grain	1/2 oz eq	1/2 oz eq	WGR Macaroni Noodles	WGR Bread	WGR Burger Buns	WGR Tortillas	WGR Spaghetti Noodles
	Meat/Meat Alternate	1 oz	1 1/2 oz	Ham & Cheese	Deli Ham	Gr Beef	Diced Chicken	GR Beef
SNACK	MEAL/RECIPE:							
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup	Cantaloupe	Applesauce	Watermelon		
	Grain	1/2 oz eq	1/2 oz eq	WGR Animal Crackers	WGR Blueberry Muffin	WGR Graham Cracker	WGR Rice Cracker	Ritz Crackers
	Meat/Meat Alternate	1/2 oz	1/2 oz				Peanut Butter	String Cheese

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All milk served is unflavored.



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CACFP Weekly Menu

Week 5: JULY 28-31-2025 PY 24/25

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:			Yogurt	WGR Cereal	Hashbrowns & Turkey Sausage	Waffles & Blueberries	
	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	Strawberries	Bananas	Hashbrowns	Blueberries	
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	Yogurt	WGR Cereal	Turkey Sausage	WGR Waffle	
LUNCH	MEAL/RECIPE:			Cheesy Beefy Mac	Ham Sandwiches	Chicken Salad	Beef 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	Green Beans	Pickles	Peas	Corn	
	Fruit*	1/8 cup	1/4 cup	Carrots	Oranges	Mixed Veggie	Tropical Fruit	
	Grain	1/2 oz eq	1/2 oz eq	WGR Macaroni	WGR Bread	WGR Crackers	WGR Tortillas	
	Meat/Meat Alternate	1 oz	1 1/2 oz	Gr Beef	Deli Ham	Dice Chicken	Gr Beef	
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	Applesauce		Pineapple	
	Grain	1/2 oz eq	1/2 oz eq	WGR Animal Crackers	WGR Blueberry Muffin	WGR Rice Cakes	WGR Pretzel	
	Meat/Meat Alternate	1/2 oz	1/2 oz			Peanut Butter		

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* The fruit component at lunch may be substituted by a second vegetable.

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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