

Week #1

3-5 Years Old

Week Of: _____



As a requirement milk is served daily with breakfast and Lunch. Children 2-5 years must be served 1% unflavored milk.
Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Cheerios Bananas	<u>Breakfast</u> Bagel w/ natural jam WGR Cantaloupe*** Sausage (extra)	<u>Breakfast</u> Muffins Oranges*	<u>Breakfast</u> Pancakes Fruit Puree Honey Dew Melon*	<u>Breakfast</u> English Muffin Breakfast Sandwich WGR Fresh Fruit Salad
<u>Lunch</u> Turkey and Cheese Sandwich WGR Cantaloupe*** Frozen Peas*** & Carrots **	<u>Lunch</u> Macaroni & Cheese Grapes Steamed Cauliflower*	<u>Lunch</u> Beef Stir Fry Brown Rice WGR Steamed Broccoli* Apple Slices	<u>Lunch</u> Baked Pork Salad w/ tomato*** Oranges* WW Rolls WGR	<u>Lunch</u> Chicken Salad Sandwich WGR Carrot Sticks** Vitamin C Fortified Applesauce*

Serving sizes for each food component on the menu above – Required by CACFP

Breakfast Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Cheerios 1 oz eq (1 cup)	Bagel WGR .5 oz eq (1/4 bagel)	Muffins .9 oz	Pancakes .6 oz	English Muffin .5 oz eq (1/4 muffin)
Meat/meat alternate (M/MA)		Sausage (Extra)			Egg (1egg) Cheddar Cheese (Extra)
Vegetable					
Fruit	Bananas ½ cup	Cantaloupe*** ½ cup	Oranges* ½ cup	Honey dew Melon* ½ cup Fruit Puree (EXTRA)	Fresh Fruit Salad ½ cup
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

Lunch Required Components: Grain, Meat/meat alternate, Vegetable, Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Bread (WGR) .5 oz	Macaroni Noodles .5 oz	Brown Rice (WGR) .5 oz	Rolls (WGR) .5 oz	Bread (WGR) .5 oz
Meat/meat alternate (M/MA)	Cheddar Cheese 1.5 oz	Cheddar Cheese 1.5 oz	Beef 1.5 oz	Pork 1.5 oz	Chicken Breast 1.5 oz
Vegetable	Frozen Peas*** Carrots** ¼ cup total	Cauliflower* ¼ cup	Broccoli* ¼ cup	Romaine Lettuce w/ Tomato*** ½ cup total	Carrots*** ¼ cup
Fruit	Cantaloupe*** ¼ cup	Grapes ¼ cup	Apple Slices ¼ cup	Oranges* ¼ cup	Vitamin C Applesauce* ¼ cup
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

(*Source of Vitamin C, ** Source of Vitamin A, *** Source of both Vitamin C&A,
WGR – Whole Grain Rich)

Water is always available throughout the day.

This institution is an equal opportunity provider.

Week #2

3-5 Years Old

Week Of: _____



As a requirement milk is served daily with breakfast and Lunch. Children 2-5 years must be served 1% unflavored milk.
Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Rice Krispies Cereal Bananas	Breakfast Sunrise Breakfast Bread Vitamin C Fortified Applesauce*	Breakfast French Toast WGR Banana	Breakfast Scrambled eggs (Extra) WW Toast WGR Fresh Fruit Salad	Breakfast Oatmeal Peaches
Lunch Ham & Cheese Melt WGR Salad w/ tomato*** Peaches	Lunch Oven Fried Chicken Mashed Potato* Orange Slices* WW Rolls WGR Artichokes (Extra)	Lunch Hamburger w/ Bun WGR (lettuce & tomato) Corn Mandarin Oranges*	Lunch English Muffin Pizza Carrot sticks** Grapes	Lunch Peanut Butter & Jam Wraps WGR String Cheese Cantaloupe*** Celery Sticks

Serving sizes for each food component on the menu above – Required by CACFP

Breakfast Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Rice Krispies Cereal 1oz eq (1 ¼ cup)	Sunrise Breakfast Bread .9 oz	French Toast WGR .5 oz	Toast WGR .5 oz	Oatmeal 1oz eq (1/4 cup)
Meat/meat alternate (M/MA)			Eggs (Extra)	Scrambled Eggs (Extra)	
Vegetable					
Fruit	Bananas* ½ cup	Vitamin C Fortified Applesauce* ½ cup	Banana ½ cup	Fresh Fruit Salad ½ cup	Peaches** ½ cup
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

Lunch Required Components: Grain, Meat/meat alternate, Vegetable, Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Bread WGR .5 oz	Whole Wheat Rolls WGR .5 oz	Hamburger Bun WGR .5 oz	English Muffin WGR .5 oz eq (1/4 muffin)	Tortillas WGR .5 oz eq (1/2 tortilla)
Meat/meat alternate (M/MA)	Cheddar Cheese 1.5 oz total Ham (Extra)	Chicken 1.5 oz	Ground Beef (No more than 15% fat) 1.5 oz	Mozzarella Cheese 1.5 oz Total	Peanut Butter String Cheese 1.5 oz total
Vegetable	Romaine Lettuce w/ Tomato*** ½ cup total	Mashed Potatoes ¼ cup Artichokes (Extra)	Corn ¼ cup	Carrot Sticks** ¼ cup total	Celery ¼ cup
Fruit	Peaches ¼ cup	Orange Slices ¼ cup	Mandarin Oranges* ¼ cup	Grapes ¼ cup	Cantaloupe*** ¼ cup
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

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Week #3

3-5 Years Old

Week Of: _____



As a requirement milk is served daily with breakfast and Lunch. Children 2-5 years must be served 1% unflavored milk.
Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Chex Cereal Bananas	<u>Breakfast</u> Cream of Wheat Cantaloupe*** & Honey Dew Melon*	<u>Breakfast</u> WW Toast WGR Yogurt Fresh Fruit Cup	<u>Breakfast</u> Muffins Pears	<u>Breakfast</u> Cook's Choice: 1 Grain 1 Fruit
<u>Lunch</u> Turkey & Cheese Sandwich WGR Snap Peas Vitamin C Fortified Applesauce*	<u>Lunch</u> Sheppard's Pie Yellow Squash Grapes WW Rolls WGR	<u>Lunch</u> Baked Ham Yams** Apple Slices WW Rolls WGR Asparagus (Extra)	<u>Lunch</u> Chicken Vegetable Soup (Potatoes*, spinach**, Carrots**) Fruit Salad Ritz Crackers	<u>Lunch</u> Cook's Choice: 1 Grain WGR 1 Meat 1 Vegetable 1 Fruit

Serving sizes for each food component on the menu above – Required by CACFP

Breakfast Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Chex Cereal 1 oz eq (1 cup)	Cream of Wheat 1 oz eq (1/4 cup)	Toast WGR .5 oz	Muffins .9 oz	
Meat/meat alternate (M/MA)			Yogurt ¾ cup or .6 oz		
Vegetable					
Fruit	Bananas* ½ cup	Cantaloupe*** & Honeydew Melon* ½ cup	Fresh Fruit Cup ½ cup	Pears ½ cup	
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

Lunch Required Components: Grain, Meat/meat alternate, Vegetable, Fruit, and Fluid milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Bread WGR .5 oz	Rolls WGR .5 oz	Rolls WGR .5 oz	Ritz crackers .4 oz eq (4 crackers)	
Meat/meat alternate (M/MA)	Cheddar Cheese 1.5 oz total Turkey (Extra)	Ground Beef (No more than 15% fat) 1.5 oz	Ham 1.5 oz	Chicken Breast 1.5 oz	
Vegetable	Snap Peas ¼ cup	Yellow Squash*** ¼ cup	Yams* ¼ cup Asparagus (Extra)	Potatoes*, Carrots* and Spinach** ¼ cup total	
Fruit	Vitamin C Applesauce* ¼ cup	Grapes ¼ cup	Apple Slices ¼ cup	Fresh Fruit Salad ¼ cup	
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

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Week #4

3-5 Years Old

Week Of: _____



As a requirement milk is served daily with breakfast and Lunch. Children 2-5 years must be served 1% unflavored milk.
Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Cheerios Cereal Bananas Kiwi (Extra)	<u>Breakfast</u> Breakfast Burrito Pineapple*	<u>Breakfast</u> Muffins Pears	<u>Breakfast</u> Pancakes Honey Dew Melon** Fruit Puree	<u>Breakfast</u> Granola Strawberries* & Blueberries**
<u>Lunch</u> Grilled Cheese Sandwich WGR Orange Slices* Fresh Broccoli w/ homemade Ranch	<u>Lunch</u> Oven Fried Chicken Sweet Potato*** Peaches WW Rolls WGR	<u>Lunch</u> Meatloaf Brown Rice WGR Orange Slices* Steamed Carrots*	<u>Lunch</u> Chicken Quesadilla (tortilla cheese, & chicken) Pears Cauliflower*	<u>Lunch</u> Peanut Butter & Jelly Sandwich WGR String Cheese Mandarin Oranges* Carrot Sticks*

Serving sizes for each food component on the menu above – Required by CACFP

Breakfast Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Cheerios Cereal 1 oz eq (1 cup)	Tortilla .5 oz eq (1/2 tortilla)	Muffins .9 oz	Pancakes .6 oz	Granola 1 oz eq (1/4 cup)
Meat/meat alternate (M/MA)		Eggs 1 large egg (Extra)			
Vegetable					
Fruit	Bananas* ½ cup Kiwi (Extra)	Pineapple* ½ cup	Pears ½ cup	Honey Dew Melon** ½ cup Fruit Puree (Extra)	Strawberries* & Blueberries* ½ cup total
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

Lunch Required Components: Grain, Meat/meat alternate, Vegetable, Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Bread WGR .5 oz	Rolls WGR .5 oz	Brown Rice WGR .4 oz	Tortillas .5 oz eq (1/2 tortilla)	Bread WGR .5 oz
Meat/meat alternate (M/MA)	Cheddar Cheese 1.5 oz	Chicken 1.5 oz	Ground Beef (No more than 15% fat) 1.5 oz	Chicken & Cheese 1.5 oz total	Peanut Butter & String Cheese 1.5 oz total
Vegetable	Broccoli ¼ cup	Sweet Potato ¼ cup	Carrots* ¼ cup	Cauliflower* ¼ cup	Carrots* ¼ cup
Fruit	Oranges* ¼ cup	Peaches ¼ cup	Oranges* ¼ cup	Pears ¼ cup	Mandarin Oranges* ¼ cup
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

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Week #5

3-5 Years Old

Week Of: _____



As a requirement milk is served daily with breakfast and Lunch. Children 2-5 years must be served 1% unflavored milk.
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast Bran Flakes Cereal Bananas</p>	<p>Breakfast Honey Cinnamon Toast WGR Cantaloupe*** Yogurt (Extra)</p>	<p>Breakfast Pumpkin Bread** WGR Oranges*</p>	<p>Breakfast WW Toast w/ natural jam WGR Pineapple*</p>	<p>Breakfast Yogurt Buffet (coconut, dates, sunflower seeds, & raisins) Peaches</p>
<p>Lunch Club Sandwich WGR Frozen Green Beans Vitamin C Fortified Applesauce* Avocado (Extra)</p>	<p>Lunch Beef Stroganoff Noodles Orange Slices* Steamed Broccoli*</p>	<p>Lunch Chicken Enchilada (WW tortilla) WGR Tossed Salad w/ tomatoes*** Pears</p>	<p>Lunch Taco w/ beef & cheese Corn Tortillas WGR Lettuce & Tomato*** Grapes</p>	<p>Lunch BBQ Chicken Sandwich WGR Carrots** & Celery Cantaloupe***</p>

Serving sizes for each food component on the menu above – Required by CACFP

Breakfast Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Bran Flakes Cereal 1oz eq (1 cup)	Toast WGR .5 oz	Pumpkin Bread WGR .9 oz	Toast WGR .5 oz	
Meat/meat alternate (M/MA)		Egg & Cheese (Extra)			Yogurt ¾ cup or 6 oz
Vegetable					
Fruit	Bananas ½ cup	Cantaloupe*** ½ cup	Oranges* ½ cup	Pineapple* ½ cup	Peaches** ½ cup
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

Lunch Required Components: Grain, Meat/meat alternate, Vegetable, Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Bread WGR .5 oz	Egg Noodles .5 oz	WW Tortilla WGR .5 oz eq (1/2 tortilla)	Corn Tortillas WGR .5 oz eq (1 tortilla)	Bread WGR .5 oz
Meat/meat alternate (M/MA)	Natural Ham & Turkey Breast 1.5 oz total Bacon (Extra)	Beef 1.5 oz	Chicken Breast 1.5 oz	Ground Beef (No more than 15% fat) 1.5 oz	Chicken Breast 1.5 oz
Vegetable	Green Beans ¼ cup	Broccoli*** ¼ cup	Lettuce & Tomato ¼ cup total	Lettuce & Tomato ½ cup total	Celery & Carrots* ¼ cup
Fruit	Vitamin C Applesauce* ¼ cup Avocado (Extra)	Orange Slices* ¼ cup	Pears ¼ cup	Grapes ¼ cup	Cantaloupe*** ¼ cup
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

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Week #6

3-5 Years Old

Week Of: _____



As a requirement milk is served daily with breakfast and Lunch. Children 2-5 years must be served 1% unflavored milk.
Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Cheerios Cereal Bananas	Breakfast English Muffins WGR w/ natural jam Oranges* Dragon Fruit (Extra)	Breakfast Pancakes Pineapple* Fruit Puree	Breakfast Honey Cinnamon Toast WGR Cantaloupe***	Breakfast WW Toast WGR Fresh Fruit Salad
Lunch Ham and cheese Sandwich WGR Carrots** Fresh Fruit Salad	Lunch Baked macaroni w/ beef & cheese Apple Slices Peas*	Lunch Nacho Bar (Tortilla Chips, Refried Beans, cheese, olives, tomato***) Celery Sticks Apple Slices	Lunch Baked Pork Pork Fried Rice Chinese Salad Mandarin Oranges*	Lunch Chicken Vegetable Pasta Vitamin C fortified Applesauce* Garlic Bread (extra)

Serving sizes for each food component on the menu above – Required by CACFP

Breakfast Required Components: Grain, Vegetable/Fruit, and Fluid Milk

COOK'S CHOICE

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Cheerios 1 oz eq (1 cup)	English Muffin WGR .5 oz eq (1/4 muffin)	Pancakes .6 oz	WW Toast WGR .5 oz	Toast WGR .5 oz
Meat/meat alternate (M/MA)					Bacon (Extra)
Vegetable					
Fruit	Bananas ½ cup	Oranges* ½ cup Kiwi (Extra)	Pineapple* ½ cup Fruit Puree (extra)	Cantaloupe*** ½ cup	Fresh Fruit Salad ½ cup
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

Lunch Required Components: Grain, Meat/meat alternate, Vegetable, Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Bread WGR .5 oz	Pasta Noodles .5 oz	Tortilla Chips .5 oz eq(7chips)	Rice .5 oz	Pasta Noodles .5 oz
Meat/meat alternate (M/MA)	Cheddar Cheese 1.5 oz Ham (Extra)	Ground Beef (No more than 15% fat) & Cheese 1.5 oz total	Ground Beef (No more than 15% fat) & Cheddar Cheese 1.5 oz Total	Pork 1.5 oz	Chicken 1.5 oz
Vegetable	Carrot Sticks ¼ cup	Peas* ¼ cup	Celery Sticks & Tomato*** ½ cup total	Romaine Lettuce ½ cup	Vegetable in Pasta (broccoli, peas, squash, etc) ¼ cup total
Fruit	Fresh Fruit Salad ¼ cup total	Apple Slices ¼ cup	Apple Slices ¼ cup	Mandarin Orange* ¼ cup	Vitamin C Fortified Applesauce ¼ cup
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

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Week #7

3-5 Years Old

Week Of: _____



Sierra Cascade Family Opportunities, Inc.
Early Childhood Development Programs

As a requirement milk is served daily with breakfast and Lunch. Children 2-5 years must be served 1% unflavored milk.
Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Mini Shredded Wheat Cereal Peaches	<u>Breakfast</u> French Toast WGR Apples Fruit Puree	<u>Breakfast</u> WW Toast WGR Honey Dew Melon** Scrambled Eggs (extra)	<u>Breakfast</u> Biscuit w/ natural jam Fresh Fruit Cup	<u>Breakfast</u> Rice Krispies Cereal Pears
<u>Lunch</u> Chicken wraps (Cream cheese, tortilla, lettuce, & tomato***) Pineapple* Carrot Sticks*	<u>Lunch</u> Chili w beef & beans Corn Bread WGR Peas* Grapes	<u>Lunch</u> Cream of Broccoli* Soup Cheese Slices Wheat Thin Crackers Apple Slices	<u>Lunch</u> Chicken Vegetable Stir Fry w/ red peppers*** and Green Beans Brown Rice WGR Oranges*	<u>Lunch</u> Grilled Cheese Sandwich WGR Apple & Carrot Slaw** Bananas

Serving sizes for each food component on the menu above – Required by CACFP

Breakfast Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Mini Shredded Wheat Cereal 1 oz eq (1 cup)	French Toast WGR .5 oz	Toast WGR .5 oz	Biscuit .5 oz	Rice Krispies Cereal 1 oz eq or 1¼ cup
Meat/meat alternate (M/MA)		Eggs (Extra)	Eggs (Extra)		
Vegetable					
Fruit	Peaches ½ cup	Apples ½ cup Fruit Puree (extra)	Honey Dew Melon** ½ cup	Fresh Fruit Cup ½ cup	Pears ½ cup
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

Lunch Required Components: Grain, Meat/meat alternate, Vegetable, Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	WW Tortilla .5 oz eq (1/2 tortilla)	Corn Bread WGR .6 oz	Wheat Thin Crackers .4 oz eq (6 crackers)	Brown Rice WGR .5 oz	Bread WGR .5 oz
Meat/meat alternate (M/MA)	Chicken Breast 1.5 oz Cream Cheese (Extra)	Ground Beef (No more than 15% fat) 1.5 oz	Cheddar Cheese 1.5 oz	Chicken Breast 1.5 oz	Cheddar Cheese 1.5 oz
Vegetable	Carrot sticks* ¼ cup Lettuce & Tomato (Extra)	Peas* ¼ cup	Broccoli* ¼ cup	Green Beans*** Red Peppers*** ¼ cup total	Apple Carrot Slaw** ¼ cup
Fruit	Bananas ¼ cup	Grapes ¼ cup	Apple Slices ¼ cup	Oranges* ¼ cup	Bananas ¼ cup
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

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Week #8

3-5 Years Old

Week Of: _____



As a requirement milk is served daily with breakfast and Lunch. Children 2-5 years must be served 1% unflavored milk.
Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Kix Cereal Bananas	Breakfast Pancakes Vitamin C fortified Applesauce*	Breakfast Bagels W/ Cream Cheese Orange Slices*	Breakfast Granola Cereal Bananas	Breakfast French Toast WGR Fresh Fruit Salad
Lunch Tuna Sandwich WGR Apple Slices Carrot Sticks** Sliced Tomato (extra)	Lunch Beef Stew – celery, potato*, carrot** Pears WW Rolls WGR	Lunch Baked Potato* Special (ham, cheese, broccoli*) Grapes WW Rolls WGR	Lunch Chicken Fajitas WW Tortilla WGR Spinach Salad** Honey Dew Melon*	Lunch English Muffin Pizza Peas* Apple Slices

Serving sizes for each food component on the menu above – Required by CACFP

Breakfast Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Kix Cereal 1 oz eq (1 cup)	Pancakes .6 oz	Bagels .5 oz eq (1/4 bagel)	Granola 1 oz eq (¼ cup)	WW Toast WGR .5 oz
Meat/meat alternate (M/MA)			Cream Cheese (Extra)		Eggs (Extra)
Vegetable					
Fruit	Bananas ½ cup	Vitamin C Fortified Applesauce* ½ cup	Orange Slices* ½ cup	Bananas ½ cup	Fresh Fruit Salad ½ cup total
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

Lunch Required Components: Grain, Meat/meat alternate, Vegetable, Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Bread WGR .5 oz	WW Rolls WGR .5 oz	WW Rolls WGR .5 oz	WW Tortilla WGR .5 oz eq (1/2 tortilla)	English Muffin .5 oz eq (1/4 muffin)
Meat/meat alternate (M/MA)	Tuna Solid 1.5 oz	Beef 1.5 oz	Natural Ham Cheddar Cheese 1.5 oz Total	Chicken Breast 1.5 oz	Cheese 1.5 oz total
Vegetable	Carrot Sticks** ¼ cup	Celery, Potato*, Carrot** ¼ cup total	Potato* Broccoli* ¼ cup total	Spinach Salad** ½ cup	Peas* ¼ cup
Fruit	Apple Slices ¼ cup Sliced Tomato (Extra)	Pears ¼ cup	Grapes ¼ cup	Honey Dew Melon* ¼ cup	Apple slices ¼ cup
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

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Week #9

3-5 Years Old

Week Of: _____



As a requirement milk is served daily with breakfast and Lunch. Children 2-5 years must be served 1% unflavored milk.
Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Corn Flakes Strawberry *	<u>Breakfast</u> WW Toast WGR Vitamin C. Fortified Applesauce* Scrambled Eggs (Extra)	<u>Breakfast</u> Kix Cereal Pineapple*	<u>Breakfast</u> Muffins Cantaloupe***	<u>Breakfast</u> Cook's Choice: 1 Grain 1 Fruit
<u>Lunch</u> Chicken Salad Sandwich WGR Salad w/ Tomato*** Pears	<u>Lunch</u> Tomato Soup Cheese Slices Triscuit Crackers Grapes Carrot Sticks**	<u>Lunch</u> Hamburger WGR (Lettuce & Tomato***) Steamed Cauliflower* Cantaloupe***	<u>Lunch</u> Chicken Enchiladas WGR Salad w/ tomato*** Watermelon	<u>Lunch</u> Cook's Choice: 1 Grain - WGR 1 Meat 1 Vegetable 1 Fruit

Serving sizes for each food component on the menu above – Required by CACFP

Breakfast Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Corn Flakes 1 oz eq or 1 cup	WW Toast WGR .5 oz	Kix Cereal 1 oz eq or 1 cup	Muffins .9 oz	
Meat/meat alternate (M/MA)		Scrambled Eggs (Extra)			
Vegetable					
Fruit	Strawberries* ½ cup	Vitamin C Applesauce* ½ cup	Pineapple* ½ cup	Cantaloupe** ½ cup	
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

Lunch Required Components: Grain, Meat/meat alternate, Vegetable, Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	WW Bread WGR .5 oz	Triscuit crackers .4 oz eq (3crackers)	WW Hamburger Bun WGR .5 oz eq (1/4 bun)	WW Tortillas .5 oz eq (1/2 tortilla)	
Meat/meat alternate (M/MA)	Chicken Breast 1.5 oz	Cheese 1.5 oz	Ground Beef (No more than 15% fat) 1.5 oz	Chicken Breast 1.5 oz	
Vegetable	Romaine Lettuce w/ Tomato*** ½ cup total	Carrot Sticks** ¼ cup Canned Tomato (In soup - Extra)	Steamed Cauliflower ¼ cup	Romaine Lettuce w/ Tomato*** ½ cup Total	
Fruit	Pears ¼ cup	Grapes ¼ cup	Cantaloupe*** ¼ cup	Watermelon ¼ cup	
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

(*Source of Vitamin C, ** Source of Vitamin A, *** Source of both Vitamin C&A,
WGR – Whole Grain Rich)

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Week #10

3-5 Years Old

Week Of: _____



As a requirement milk is served daily with breakfast and Lunch. Children 2-5 years must be served 1% unflavored milk.
Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Wheaties Cereal Peaches	<u>Breakfast</u> Ginger Breakfast Bread Bananas	<u>Breakfast</u> WW Toast WGR Pears	<u>Breakfast</u> Bagels WGR W/ Cream Cheese Pineapple*	<u>Breakfast</u> Pancakes Vitamin C Fortified Apple Sauce*
<u>Lunch</u> Chicken Taco WGR Lettuce & Tomato*** Oranges* Carrot Sticks*	<u>Lunch</u> Breakfast Pizza WGR Frozen Mixed Vegetables** Honey Dew Melon*	<u>Lunch</u> Cheese Lasagna Spinach** Salad w/ strawberries* Grapes Garlic Bread (Extra)	<u>Lunch</u> Oven Baked Chicken Steamed Green Beans Apple Slices Wheat Thin Crackers Artichokes (Extra)	<u>Lunch</u> Pulled Pork Sandwich WGR Yellow Squash*** Pears Brussel Sprouts(extra)

Serving sizes for each food component on the menu above – Required by CACFP

Breakfast Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Wheaties Cereal 1 oz eq (1 cup)	Ginger Breakfast Bread 1.3 oz	WW Toast WGR .5 oz	WW Bagels WGR .5 oz eq (1/4 bagel)	Pancakes .6 oz
Meat/meat alternate (M/MA)				Cream Cheese (Extra)	
Vegetable					
Fruit	Peaches ½ cup	Bananas ½ cup	Pears ½ cup	Pineapple* ½ cup	Vitamin C Fortified Apple Sauce* ½ cup
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

Lunch Required Components: Grain, Meat/meat alternate, Vegetable, Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Corn Tortilla WGR .5 oz eq(1 tortilla)	English Muffin .5 oz eq (1/4 muffin)	Lasagna Noodles .5 oz	Wheat Thin Crackers .4 oz eq (6 crackers)	WW Hamburger Bun WGR .5 oz eq(1/4 bun)
Meat/meat alternate (M/MA)	Chicken Breast Cheddar Cheese 1.5 oz Total	Mozzarella Cheese 1.5 oz	Cheese 1.5 oz	Chicken Legs 1.5 oz	Pork 1.5 oz (Pulled Pork)
Vegetable	Romaine Lettuce w/ Tomato*** & Carrot sticks ½ cup total	Frozen Mixed Vegetables** ¼ cup	Spinach Salad ½ cup	Steamed Green Beans*** ¼ cup Artichokes (Extra)	Yellow Squash*** ¼ cup Brussel Sprouts (Extra)
Fruit	Oranges* ¼ cup	Honey Dew Melon* ¼ cup	Grapes ¼ cup Strawberries (Extra in salad)	Apples ¼ cup	Pears ¼ cup
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

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Week #11

3-5 Years Old

Week Of: _____



As a requirement milk is served daily with breakfast and Lunch. Children 2-5 years must be served 1% unflavored milk.
Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u> Build your own yogurt parfait w/ granola and fruit</p>	<p><u>Breakfast</u> Scrambled Eggs w/ Veggies WW Toast WGR Pears</p>	<p><u>Breakfast</u> Bagel WGR W/ Cream Cheese Mixed Berries*</p>	<p><u>Breakfast</u> Muffins Fruit Cup</p>	<p><u>Breakfast</u> Chex Cereal Peaches</p>
<p><u>Lunch</u> Beef Taco Salad Lettuce & Tomato*** Tortilla Chips Apples</p>	<p><u>Lunch</u> Chicken Noodle Casserole Mixed Veggies** Mandarin Orange*</p>	<p><u>Lunch</u> Beef Spaghetti WGR Spaghetti Squash Orange Slices* French Bread</p>	<p><u>Lunch</u> Breakfast Burritos WGR Oven Baked Potato* Cantaloupe*** & Honey Dew Melon*</p>	<p><u>Lunch</u> Grilled Turkey Sandwich WGR Apple Slices Carrot Sticks* Kiwi (Extra)</p>

Serving sizes for each food component on the menu above – Required by CACFP

Breakfast Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Granola 1 oz eq (¼ cup)	WW Toast WGR .5 oz eq (1/2 tortilla)	Bagels WGR .5 oz eq (1/4 bagel)	Muffins .9 oz	Chex Cereal 1 oz eq (1 cup)
Meat/meat alternate (M/MA)	Plain Yogurt 6 oz	Egg 1 oz (About 1 large egg)	Cream Cheese (Extra)		
Vegetable		Veggies in Eggs (Extra)			
Fruit	Fresh Fruit (Extra)	Pears ½ cup	Mixed Berries* ½ cup	Fresh fruit Cup ½ cup total	Peaches ½ cup
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

Lunch Required Components: Grain, Meat/meat alternate, Vegetable, Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/ Serving	Friday Food/ Serving
Grain	Tortilla Chips .5 oz eq(7chips)	Pasta Noodles .5 oz	WW Pasta Noodles WGR .5 oz French Bread (Extra)	WW Tortilla WGR .5 oz eq (1/2 tortilla)	Bread WGR .5oz
Meat/meat alternate (M/MA)	Ground Beef (No more than 15% fat) 1.5 oz	Chicken Breast 1.5 oz	Ground Beef (No more than 15% fat) 1.5 oz	Eggs 1.5 oz 1 large egg	Natural Turkey Breast 1.5 oz
Vegetable	Romaine Lettuce w/ Tomato*** ½ cup total	Mixed Veggies (Carrots*, Peas**, Corn) ¼ cup	Spaghetti Squash ¼ cup (Tomato*** in sauce - Extra)	Potatoes* ¼ cup	Carrots Sticks* ¼ cup
Fruit	Apple Slices ¼ cup	Mandarin Orange* ¼ cup	Orange Slices* ¼ cup	Cantaloupe***& Honey Dew Melon* ¼ cup	Apple Slices ¼ cup Kiwi (Extra)
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

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Week #12

3-5 Years Old

Week Of: _____



As a requirement milk is served daily with breakfast and Lunch. Children 2-5 years must be served 1% unflavored milk.
Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Wheat Chex Cereal Bananas	Breakfast Scrambled Eggs Peaches Toast (Extra)	Breakfast Muffins Banana	Breakfast English Muffins Breakfast Sandwich Honey Dew*	Breakfast Cheerios Fresh Fruit Salad
Lunch English Muffin Pizza w/ Pepperoni Mandarin Orange* Carrot Apple Slaw**	Lunch Beef Meatloaf Mashed Potatoes Watermelon WW Rolls WGR	Lunch Baked Chicken Broccoli* cheese & Brown Rice WGR Casserole Cantaloupe***	Lunch Sloppy Joes WGR Corn Pears	Lunch Chicken Quesadilla WGR Carrot* & Celery Sticks Apple Slices

Serving sizes for each food component on the menu above – Required by CACFP

Breakfast Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	Chex Cereal 1 oz eq (1 cup)	WW Toast (Extra)	Muffins .9 oz	English Muffin WGR .5 oz eq (1/4 muffin)	Cheerios 1 oz eq (1 cup)
Meat/meat alternate (M/MA)		Scrambled Eggs 1.5 oz		Egg 1 oz (1 large egg) Cheese (Extra)	
Vegetable					
Fruit	Bananas ½ cup	Peaches ½ cup	Bananas ½ cup Total	Honey Dew Melon* ½ cup	Fresh Fruit Salad ½ cup
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

Lunch Required Components: Grain, Meat/meat alternate, Vegetable, Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain	English Muffin .5 oz eq (1/4 muffin)	Rice .5 oz	WW Rolls WGR .5 oz	WW Hamburger Bun WGR .5 oz eq (1/4 bun)	WW Tortillas WGR .5 oz eq (1/2 tortilla)
Meat/meat alternate (M/MA)	Mozzarella Cheese 1.5 oz Pepperoni (Extra)	Ground Beef (No more than 15% fat) 1.5 oz	Chicken Breast 1.5 oz Cheese (Extra in Casserole)	Ground Beef (No more than 15% fat) 1.5 oz	Chicken Breast Cheddar Cheese 1.5 oz Total
Vegetable	Carrot Apple Slaw** ¼ cup total	Potatoes ½ cup	Broccoli* ¼ cup	Corn ¼ cup	Carrot* & Celery Sticks ¼ cup total
Fruit	Mandarin Orange* ¼ cup	Watermelon ¼ cup	Cantaloupe*** ¼ cup	Pears ¼ cup	Apple Slices ¼ cup
Fluid Milk	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup	Unflavored 6 oz or ¾ cup

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