

# Week #1

1-3 Years Old

Week Of: \_\_\_\_\_



As a requirement milk is served daily with breakfast and Lunch. Children 12- 23 months must be served whole unflavored milk. Children 2-5 years must be served 1% unflavored milk. Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Cheerios Bananas	<b>Breakfast</b> Bagel <b>WGR</b> w/ natural jam Cantaloupe*** Sausage (extra)	<b>Breakfast</b> Muffins Oranges*	<b>Breakfast</b> Pancakes Fruit Puree Honey Dew Melon*	<b>Breakfast</b> English Muffin Breakfast Sandwich <b>WGR</b> Fresh Fruit Salad
<b>Lunch</b> Turkey and cheese Sandwich <b>WGR</b> Cantaloupe*** Frozen Peas*** & Carrots **	<b>Lunch</b> Macaroni & Cheese Grapes Steamed Cauliflower*	<b>Lunch</b> Beef Stir Fry Brown Rice <b>WGR</b> Steamed Broccoli* Apple Slices	<b>Lunch</b> Baked Pork Loin Salad w/ tomato*** Oranges* WW Rolls <b>WGR</b>	<b>Lunch</b> Chicken Salad Sandwich <b>WGR</b> Carrot Sticks** Vitamin C Fortified Applesauce*
<b>Snack</b> Apples Triscuits Water	<b>Snack</b> Peaches Cheerios Milk	<b>Snack</b> Rice Cakes Peanut Butter Water	<b>Snack</b> Cottage Cheese Pears Water	<b>School out at</b> <b>12:00</b> <b>No PM Snack</b>

## 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
<b>Grain</b>	Cheerios .5 oz eq (1/4 cup)	Bagels <b>WGR</b> .5 oz eq (1/4 bagel)	Muffins .9 oz	Pancakes .6 oz eq	English Muffin <b>WGR</b> .5 oz eq (1/4 bagel)
<b>Meat/meat alternate (M/MA)</b>			Sausage (EXTRA)		Egg (1egg) Cheddar Cheese 3 T
<b>Vegetable</b>					
<b>Fruit</b>	Bananas ¼ cup	Cantaloupe*** ¼ cup	Oranges* ¼ cup	Honey dew Melon* ¼ cup Fruit Puree (EXTRA)	Fresh fruit salad ¼ cup
<b>Fluid Milk</b>	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ 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 (WGR) .5 oz	Brown Rice (WGR) .5 oz	Rolls (WGR) .5 oz	Bread (WGR) .5 oz
Meat/meat alternate (M/MA)	Cheddar Cheese 1 oz	Cheddar Cheese 1 oz	Beef 1 oz	Pork Loin 1 oz	Chicken Breast 1 oz
Vegetable	Frozen Peas*** Carrots** 1/8 cup total	Cauliflower* 1/8 cup	Broccoli* 1/8 cup	Romaine Lettuce w/ Tomato*** 1/4 cup total	Carrots*** 1/8 cup
Fruit	Cantaloupe*** 1/8 cup	Grapes 1/8 cup	Apple Slices 1/8 cup	Oranges* 1/8 cup	Vitamin C Applesauce* 1/8 cup
Fluid Milk	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup

Snack Required Components: Two of the Five Components

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/ Serving	Friday Food/ Serving
Grain	Triscuit Crackers .4 oz eq (3 crackers)	Cheerios .5 oz eq (1/4 cup)	Rice Cakes (WGR) .5 oz eq		<b>School out at 12:00 No PM Snack</b>
Meat/meat alternate (M/MA)			Peanut Butter 1 tbl	Cottage Cheese .5 oz	
Vegetable					
Fruit	Apples ½ cup	Canned Peaches in %100 fruit juice ½ cup		Canned Pears in %100 fruit juice ½ cup	
Fluid Milk		Unflavored 4 oz or ½ 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

1-3 Years Old

Week Of: \_\_\_\_\_



As a requirement milk is served daily with breakfast and Lunch. Children 12- 23 months must be served whole unflavored milk. Children 2-5 years must be served 1% unflavored milk. Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Breakfast</u></b> Rice Krispies Cereal Bananas	<b><u>Breakfast</u></b> Sunrise Breakfast Bread Vitamin C Fortified Applesauce*	<b><u>Breakfast</u></b> French Toast <b>WGR</b> Banana	<b><u>Breakfast</u></b> Scrambled eggs (Extra) WW Toast <b>WGR</b> Fresh Fruit Salad	<b><u>Breakfast</u></b> Oatmeal Peaches
<b><u>Lunch</u></b> Ham & Cheese Melt <b>WGR</b> Salad w/ tomato*** Peaches	<b><u>Lunch</u></b> Oven Fried Chicken Mashed Potato Orange Slices* WW Rolls <b>WGR</b> Artichokes (Extra)	<b><u>Lunch</u></b> Hamburger w/ Bun <b>WGR</b> (lettuce & tomato) corn Mandarin Oranges*	<b><u>Lunch</u></b> English Muffin Pizza Carrot sticks** Grapes	<b><u>Lunch</u></b> Peanut Butter & Jam Sandwich <b>WGR</b> String Cheese Cantaloupe*** Celery Sticks
<b><u>Snack</u></b> Peanut Butter Apple Slices	<b><u>Snack</u></b> Bagels with Cream Cheese Milk	<b><u>Snack</u></b> Ritz Crackers Apple Slices	<b><u>Snack</u></b> Triscuit Crackers Pears	<b>School out at 12:00</b> <b>No PM Snack</b>

## 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
<b>Grain</b>	Puffed Rice Cereal .5 oz eq or ¼ cup	Sunrise Breakfast Bread 1.3 oz	French Toast <b>WGR</b> .5 oz	Toast <b>WGR</b> .5 oz	Oatmeal .5 oz
<b>Meat/meat alternate (M/MA)</b>				Scrambled Eggs (Extra)	
<b>Vegetable</b>					
<b>Fruit</b>	Bananas* ¼ cup	Vitamin C Fortified Applesauce* ¼ cup	Banana ¼ cup	Fresh Fruit Salad ¼ cup	Peaches** ¼ cup
<b>Fluid Milk</b>	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ 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 <b>WGR</b> .5 oz	Whole Wheat Rolls <b>WGR</b> .5 oz	Hamburger Bun <b>WGR</b> .5 oz	English Muffin .5 oz (1/4 muffin)	Bread <b>WGR</b> .5 oz
Meat/meat alternate (M/MA)	Cheddar Cheese 1 oz total	Chicken Legs 1 oz	Ground Beef (No more than 15% fat) 1 oz	Mozzarella Cheese 1 oz	Peanut Butter String Cheese 1 oz total
Vegetable	Romaine Lettuce w/ Tomato*** ¼ cup total	Mashed Potato 1/8 cup Artichokes (Extra)	Corn 1/8 cup	Carrot Sticks** 1/8 cup cup	Celery 1/8 cup
Fruit	Peaches 1/8 cup	Orange Slices 1/8 cup	Mandarin Oranges* 1/8 cup	Grapes 1/8 cup	Cantaloupe*** 1/8 cup
Fluid Milk	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup

Snack Required Components: Two of the Five Components

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/ Serving	Friday Food/ Serving
Grain		Bagel .5 oz eq (1/4 bagel)	Ritz Crackers .4 oz eq (4 crackers)	Triscuit crackers .4 oz eq (3 crackers)	<b>School out at 12:00 No PM Snack</b>
Meat/meat alternate (M/MA)	Peanut Butter .5 oz	Cream Cheese (Extra)			
Vegetable					
Fruit	Apple Slices ½ cup		Apple Slices ½ cup	Pears ½ cup	
Fluid Milk		Unflavored 4 oz or ½ 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 #3

1-3 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 12- 23 months must be served whole unflavored milk. Children 2-5 years must be served 1% unflavored milk. Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Breakfast</u></b> Chex Cereal Bananas	<b><u>Breakfast</u></b> Cream of Wheat Cantaloupe*** & Honey Dew Melon*	<b><u>Breakfast</u></b> WW Toast <b>WGR</b> Yogurt Fresh Fruit Cup	<b><u>Breakfast</u></b> Muffins Pears	<b><u>Breakfast</u></b> Cook's Choice: 1 Grain 1 Fruit
<b><u>Lunch</u></b> Turkey & Cheese Sandwich <b>WGR</b> Snap Peas Vitamin C Fortified Applesauce*	<b><u>Lunch</u></b> Sheppard's Pie Yellow Squash Grapes WW Rolls <b>WGR</b>	<b><u>Lunch</u></b> Baked Ham Mashed Yams** Apple Slices WW Rolls <b>WGR</b> Asparagus (Extra)	<b><u>Lunch</u></b> Chicken Vegetable Soup (Potatoes*, spinach**, Carrots**) Fruit Salad* WW Triscuits <b>WGR</b>	<b><u>Lunch</u></b> Cook's Choice: 1 Grain <b>WGR</b> 1 Meat 1 Vegetable 1 Fruit
<b><u>Snack</u></b> Ritz Crackers Cantaloupe***	<b><u>Snack</u></b> Cottage Cheese Pineapple*	<b><u>Snack</u></b> Strawberry Smoothie* Rice Cakes	<b><u>Snack</u></b> Peanut Butter & Honey Sandwich <b>WGR</b>	<b>School out at 12:00 No PM Snack</b>

## 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
<b>Grain</b>	Chex Cereal 1 oz eq	Cream of Wheat ¼ cup or 1 oz	Toast <b>WGR</b> .5 oz	Muffins <b>WGR</b> .9 oz	
<b>Meat/meat alternate (M/MA)</b>			Plain Yogurt ¾ cup or .6 oz		
<b>Vegetable</b>					
<b>Fruit</b>	Bananas* ¼ cup	Cantaloupe*** & Honeydew Melon* ¼ cup	Fresh Fruit Cup ¼ cup	Pears* ¼ cup	
<b>Fluid Milk</b>	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ 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	Triscuits crackers .4 oz eq (3 crackers)	
Meat/meat alternate (M/MA)	Cheddar Cheese 1 oz total	Ground Beef (No more than 15% fat) 1 oz	Ham 1 oz	Chicken Breast 1 oz	
Vegetable	Snap Peas 1/8 cup	Yellow Squash 1/8 cup	Yams* 1/8 cup Asparagus (Extra)	Potatoes*, Carrots* and Spinach** 1/8 cup total	
Fruit	Vitamin C Applesauce* 1/8 cup	Grapes 1/8 cup	Apple Slices 1/8 cup	Fresh Fruit Salad 1/8 cup	
Fluid Milk	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup

Snack Required Components: Two of the Five Components

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/ Serving	Friday Food/ Serving
Grain	Ritz Crackers .4 oz eq (4 crackers)		Rice Cakes .4 oz	WW Toast WGR .5 oz	<b>School out at 12:00 No PM Snack</b>
Meat/meat alternate (M/MA)		Cottage Cheese .5 oz	Yogurt 2 oz		
Vegetable					
Fruit	Apple Slices ½ cup	Pineapple* ½ cup	Strawberries (Extra)	Peanut Butter .5 oz	
Fluid Milk					

(\*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 #4

1-3 Years Old

Week Of: \_\_\_\_\_



As a requirement milk is served daily with breakfast and Lunch. Children 12- 23 months must be served whole unflavored milk. Children 2-5 years must be served 1% unflavored milk. Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Breakfast</u></b> Cheerios Cereal Bananas Kiwi (Extra)	<b><u>Breakfast</u></b> Breakfast Burrito Pineapple*	<b><u>Breakfast</u></b> Muffins Pears	<b><u>Breakfast</u></b> Pancakes <b>WGR</b> Honey Dew Melon*** Fruit Puree	<b><u>Breakfast</u></b> Granola Strawberries* & Blueberries*
<b><u>Lunch</u></b> Grilled Cheese Sandwich <b>WGR</b> Orange Slices* Fresh Broccoli w/ homemade Ranch	<b><u>Lunch</u></b> Oven Fried Chicken Sweet Potato Fries*** Peaches WW Rolls <b>WGR</b>	<b><u>Lunch</u></b> Meatloaf Brown Rice <b>WGR</b> Orange Slices* Steamed Carrots*	<b><u>Lunch</u></b> Chicken Quesadilla (WW tortilla <b>WGR</b> , cheese, & chicken) Pears Cauliflower*	<b><u>Lunch</u></b> Peanut Butter & Jelly Sandwich <b>WGR</b> String Cheese Mandarin Oranges* Carrot Sticks*
<b><u>Snack</u></b> Rice Cakes Pears	<b><u>Snack</u></b> WW Toast <b>WGR</b> Pears	<b><u>Snack</u></b> Ritz Crackers Banana Smoothie (Milk, Yogurt, & Banana)	<b><u>Snack</u></b> WW Toast <b>WGR</b> Apple Slices	<b>School out at 12:00 No PM Snack</b>

## 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
<b>Grain</b>	Cheerios Cereal .5 oz eq (1/2 cup)	Tortilla .5 oz (1/2 tortilla)	Muffins .9 oz	Pancakes <b>WGR</b> .6 oz	Granola 1 oz eq (1/4 cup)
<b>Meat/meat alternate (M/MA)</b>		Eggs 1 large egg (Extra)			
<b>Vegetable</b>					
<b>Fruit</b>	Bananas* ¼ cup Kiwi (Extra)	Pineapple* ¼ cup	Pears ¼ cup	Honey Dew Melon*** ¼ cup Fruit Puree (Extra)	Strawberries* & Blueberries* ¼ cup total
<b>Fluid Milk</b>	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ 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 <b>WGR</b> .5 oz	Rolls <b>WGR</b> .5 oz	Brown Rice <b>WGR</b> .4 oz	WW Tortillas <b>WGR</b> .5 oz (1/2 tortilla)	Bread <b>WGR</b> .5 oz
Meat/meat alternate (M/MA)	Cheddar Cheese 1 oz	Chicken Legs 1 oz	Ground Beef (No more than 15% fat) 1 oz	Chicken Breast & Cheese 1 oz total	Peanut Butter & String Cheese 1 oz total
Vegetable	Broccoli 1/8 cup total	Sweet Potato 1/8 cup	Carrots* 1/8 cup	Cauliflower* 1/8 cup	Carrots* 1/8 cup
Fruit	Oranges* 1/8 cup	Peaches 1/8 cup	Cantaloupe***  1/8 cup	Pears 1/8 cup	Mandarin Oranges* 1/8 cup
Fluid Milk	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup

Snack Required Components: Two of the Five Components

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/ Serving	Friday Food/ Serving
Grain	Rice Cakes .5 oz	WW Toast <b>WGR</b> .5 oz		WW Toast <b>WGR</b> .5 oz	<b>School out at 12:00 No PM Snack</b>
Meat/meat alternate (M/MA)			Plain Yogurt .5 oz		
Vegetable					
Fruit	Pears ½ cup	Pears ½ cup	Bananas ½ cup	Apple Slices ½ cup	
Fluid Milk			Unflavored 4 oz or ½ 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 #5

1-3 Years Old

Week Of: \_\_\_\_\_



As a requirement milk is served daily with breakfast and Lunch. Children 12- 23 months must be served whole unflavored milk. Children 2-5 years must be served 1% unflavored milk. Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast</b> Bran Flakes Cereal Bananas</p>	<p><b>Breakfast</b> Honey Cinnamon Toast <b>WGR</b> Cantaloupe*** Yogurt (Extra)</p>	<p><b>Breakfast</b> Pumpkin Bread** <b>WGR</b> Oranges*</p>	<p><b>Breakfast</b> WW Toast w/ natural jam <b>WGR</b> Pineapple*</p>	<p><b>Breakfast</b> Oatmeal Buffet (coconut, dates, sunflower seeds, &amp; raisins) Peaches</p>
<p><b>Lunch</b> Club Sandwich <b>WGR</b> Frozen Green Beans Vitamin C Fortified Applesauce* Avocado (Extra)</p>	<p><b>Lunch</b> Beef Stroganoff Noodles Orange Slices* Steamed Broccoli*</p>	<p><b>Lunch</b> Chicken Enchilada (WW tortilla <b>WGR</b>) Tossed Salad w/ Tomato*** Pears</p>	<p><b>Lunch</b> Taco w/ beef &amp; cheese Corn Tortillas <b>WGR</b> Lettuce &amp; Tomato*** Grapes</p>	<p><b>Lunch</b> BBQ Chicken Sandwich <b>WGR</b> Carrots** &amp; Celery Cantaloupe***</p>
<p><b>Snack</b> Tortilla Roll-ups w/ peanut butter &amp; honey</p>	<p><b>Snack</b> Trail mix (Left over dry cereals w/ raisins &amp; sunflower seeds) Peaches</p>	<p><b>Snack</b> Peanut Butter Apple Slices</p>	<p><b>Snack</b> WW Ritz Crackers Fruit Salad</p>	<p><b>School out at</b> <b>12:00</b> <b>No PM Snack</b></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
<b>Grain</b>	Bran Flakes Cereal .5 oz eq Or 1/4 cup	Toast <b>WGR</b> .5 oz	Pumpkin Bread <b>WGR</b> .9 oz	Toast <b>WGR</b> .5 oz	Oatmeal .5 oz or ¼ cup
<b>Meat/meat alternate (M/MA)</b>		Yogurt (Extra)			Coconut, Dates, and Sunflower Seeds (Extra)
<b>Vegetable</b>					
<b>Fruit</b>	Bananas ¼ cup	Cantaloupe*** ¼ cup	Oranges* ¼ cup	Pineapple* ¼ cup	Peaches** ¼ cup
<b>Fluid Milk</b>	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ 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 <b>WGR</b> .5 oz	Egg Noodles .5 oz	WW Tortillas <b>WGR</b> .5 oz (1/2 tortilla)	Corn Tortillas <b>WGR</b> .5 oz (1 tortilla)	Bread <b>WGR</b> .5 oz
Meat/meat alternate (M/MA)	Natural Ham & Turkey Breast 1 oz total Bacon (Extra)	Beef 1 oz	Chicken Breast 1 oz	Ground Beef (No more than 15% fat) 1 oz	Chicken Breast 1 oz
Vegetable	Green Beans 1/8 cup	Broccoli*** 1/8 cup	Romaine Lettuce & Tomato 1/4 cup total	Lettuce & Tomato*** ¼ cup total	Celery & Carrots* 1/8 cup
Fruit	Vitamin C Applesauce* 1/8 cup Avocado (Extra)	Orange Slices* 1/8 cup	Pears 1/8 cup	Grapes 1/8 cup	Cantaloupe*** 1/8 cup
Fluid Milk	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup

Snack Required Components: Two of the Five Components

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/ Serving	Friday Food/ Serving
Grain	Tortilla .5 oz (1/2 Tortilla)	Cereal .5 oz eq Or ¼ cup		WW Ritz crackers .4 oz eq (4 crackers)	<b>School out at 12:00 No PM Snack</b>
Meat/meat alternate (M/MA)	Peanut Butter .5 oz		Peanut Butter .5 oz		
Vegetable					
Fruit		Peaches ½ cup	Apple Slices ½ cup	Fresh Fruit ½ cup	
Fluid Milk		Unflavored 4 oz or ½ 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 #6

1-3 Years Old

Week Of: \_\_\_\_\_



As a requirement milk is served daily with breakfast and Lunch. Children 12- 23 months must be served whole unflavored milk. Children 2-5 years must be served 1% unflavored milk. Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Cheerios Cereal Bananas	<b>Breakfast</b> English Muffins <b>WGR</b> w/ natural jam Oranges* Dragon Fruit (Extra)	<b>Breakfast</b> Pancakes Pineapple* Fruit Puree	<b>Breakfast</b> Honey Cinnamon Toast <b>WGR</b> Cantaloupe***	<b>Breakfast</b> WW Toast <b>WGR</b> Fresh Fruit Salad
<b>Lunch</b> Ham and Cheese Sandwich <b>WGR</b> Carrots** Fresh Fruit Salad	<b>Lunch</b> Baked macaroni w/ beef & cheese Apple Slices Peas*	<b>Lunch</b> Nacho Bar (Tortilla Chips , Refried Beans, cheese, olives, tomato***) Celery Sticks Apple Slices	<b>Lunch</b> Baked Pork Pork Fried Rice Chinese Salad Mandarin Oranges*	<b>Lunch</b> Chicken Vegetable Pasta Vitamin C Fortified Applesauce* Garlic Bread (extra)
<b>Snack</b> Berries* Cottage Cheese	<b>Snack</b> Peanut Butter & Banana roll-ups w/ tortillas	<b>Snack</b> Bagels W/ Cream Cheese Bananas	<b>Snack</b> Cheerios Cereal Milk	<b>School out at</b> <b>12:00</b> <b>No PM Snack</b>

## 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
<b>Grain</b>	Cheerios .5 oz eq Or ¼ cup	English Muffin <b>WGR</b> .5 oz (1/4 muffin)	Pancakes .6 oz	WW Toast <b>WGR</b> .5 oz	Toast <b>WGR</b> .5 oz
<b>Meat/meat alternate (M/MA)</b>					
<b>Vegetable</b>					
<b>Fruit</b>	Bananas 1/4 cup	Oranges* 1/4 cup Dragon Fruit (Extra)	Pineapple* 1/4 cup Fruit Puree (extra)	Cantaloupe*** 1/4 cup	Fresh Fruit Salad ¼ cup
<b>Fluid Milk</b>	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ 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
<b>Grain</b>	Bread <b>WGR</b> .5 oz	Pasta Noodles .5 oz	Tortilla Chips .5oz eq (7 chips)	Rice .5 oz eq	Pasta Noodles .5 oz Garlic Bread (extra)
<b>Meat/meat alternate (M/MA)</b>	Cheddar Cheese 1 oz Ham (Extra)	Ground Beef (No more than 15% fat) 1 oz	Ground Beef (No more than 15% fat) & Cheddar Cheese 1 oz Total	Pork Loin 1 oz total	Chicken Breast 1 oz
<b>Vegetable</b>	Celery Sticks 1/8 cup	Peas* 1/8 cup	Celery Sticks 1/8 cup	Romaine Lettuce ¼ cup	Vegetables in pasts (broccoli, squash, leas, etc.) 1/8 cup total
<b>Fruit</b>	Fresh Fruit Salad 1/8 cup total	Apple Slices 1/8 cup	Apple Slices 1/8 cup	Mandarin Orange* 1/8 cup	Vitamin C Fortified Applesauce* 1/8 cup
<b>Fluid Milk</b>	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup

Snack Required Components: Two of the Five Components

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/ Serving	Friday Food/ Serving
<b>Grain</b>		Tortilla .5 oz (1/2 Tortilla)	Bagels .5 oz eq (1/4 bagel)	Cheerios .5 oz eq or ¼ cup	<b>School out at 12:00 No PM Snack</b>
<b>Meat/meat alternate (M/MA)</b>	Cottage Cheese .5 oz	Peanut Butter .5 oz	Cream Cheese (Extra)		
<b>Vegetable</b>					
<b>Fruit</b>	Berries* ½ cup	Banana ½ cup	Banana ½ cup		
<b>Fluid Milk</b>				Unflavored 4 oz or ½ 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 #7

1-3 Years Old

Week Of: \_\_\_\_\_



As a requirement milk is served daily with breakfast and Lunch. Children 12- 23 months must be served whole unflavored milk. Children 2-5 years must be served 1% unflavored milk. Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Breakfast</u></b> Mini Shredded Wheat Cereal Peaches	<b><u>Breakfast</u></b> French Toast Apples Fruit Puree	<b><u>Breakfast</u></b> WW Toast <b>WGR</b> Scrambled Eggs (extra) Honey Dew Melon**	<b><u>Breakfast</u></b> Biscuit w/ natural jam Fresh Fruit Cup	<b><u>Breakfast</u></b> Rice Krispies Cereal Pears
<b><u>Lunch</u></b> Chicken wraps (Cream cheese, tortilla, lettuce, & tomato***) Pineapple* Carrot Sticks*	<b><u>Lunch</u></b> Chili w beef & beans Corn Bread <b>WGR</b> Peas* Red Grapes	<b><u>Lunch</u></b> Cream of Broccoli* Soup Cheese Slices Wheat Thin Crackers Apple Slices	<b><u>Lunch</u></b> Chicken Vegetable Stir Fry w/ red peppers*** Brown Rice <b>WGR</b> Green Beans Oranges*	<b><u>Lunch</u></b> Grilled Cheese Sandwich <b>WGR</b> Apple & Carrot Slaw** Bananas
<b><u>Snack</u></b> Cheerios Vitamin C Fortified Applesauce*	<b><u>Snack</u></b> Triscuit Crackers Peaches	<b><u>Snack</u></b> Rice Cakes w/ peanut butter & honey	<b><u>Snack</u></b> WW Ritz Crackers Cheddar Cheese Slices	<b>School out at 12:00 No PM Snack</b>

## 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
<b>Grain</b>	Mini Shredded Wheat Cereal .5 oz eq Or ¼ cup	French Toast <b>WGR</b> .5 oz	Toast <b>WGR</b> .5 oz	Biscuit .5 oz	Rice Krispies Cereal .5 oz eq or ¼ cup
<b>Meat/meat alternate (M/MA)</b>		Eggs 1 oz	Eggs 1 large (Extra)		
<b>Vegetable</b>					
<b>Fruit</b>	Peaches ¼ cup	Apples ¼ cup Fruit Puree (extra)	Honey Dew Melon** ¼ cup	Fresh Fruit Cup ¼ cup	Pears ¼ cup
<b>Fluid Milk</b>	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ 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 .5 oz eq (1/2 tortilla)	Corn Bread <b>WGR</b> .6 oz	Wheat Thin Crackers .4 oz eq (6 crackers)	Brown Rice <b>WGR</b> .5 oz	Bread <b>WGR</b> .5 oz
Meat/meat alternate (M/MA)	Chicken Breast 1 oz Cream Cheese (Extra)	Ground Beef (No more than 20% fat) 1 oz	Cheddar Cheese 1 oz	Chicken Breast 1 oz	Cheddar Cheese 1 oz
Vegetable	Carrot sticks* 1/8 cup Lettuce & Tomato (Extra)	Peas* 1/8 cup total	Broccoli* ¼ cup	Green Beans*** Red Peppers*** 1/8 cup total	Apple Carrot Slaw** 1/8 cup
Fruit	Pineapple* 1/8 cup	Red Grapes 1/8 cup	Apple Slices 1/8 cup	Oranges* 1/8 cup	Bananas 1/8 cup
Fluid Milk	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup

Snack Required Components: Two of the Five Components

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/ Serving	Friday Food/ Serving
Grain	Cheerios .5 oz eq or ¼ cup	Triscuits crackers .4 oz eq (3 crackers)	Rice Cakes .4 oz	Ritz crackers .4 oz eq (4 crackers)	<b>School out at 12:00 No PM Snack</b>
Meat/meat alternate (M/MA)			Peanut Butter .5 oz	Cheddar Cheese .5 oz	
Vegetable					
Fruit	Vitamin C Fortified Applesauce ½ cup	Peaches ½ cup			
Fluid Milk					

(\*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 #8

1-3 Years Old

Week Of: \_\_\_\_\_



As a requirement milk is served daily with breakfast and Lunch. Children 12- 23 months must be served whole unflavored milk. Children 2-5 years must be served 1% unflavored milk. Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Kix Cereal Bananas	<b>Breakfast</b> Pancakes Vitamin C Fortified Applesauce*	<b>Breakfast</b> Bagels W/ Cream Cheese Orange Slices*	<b>Breakfast</b> Granola Cereal Bananas	<b>Breakfast</b> French Toast <b>WGR</b> Fresh Fruit Salad
<b>Lunch</b> Tuna Sandwich <b>WGR</b> Apple Slices Carrot Sticks* Sliced Tomato (Extra)	<b>Lunch</b> Beef Stew – celery, potato*, carrot** Pears WW Rolls <b>WGR</b>	<b>Lunch</b> Baked Potato* Special (ham, cheese, broccoli*) Grapes WW Rolls <b>WGR</b>	<b>Lunch</b> Chicken Fajitas WW Tortilla <b>WGR</b> Spinach Salad** Honey Dew Melon*	<b>Lunch</b> English Muffin Pizza Peas* Apple Slices
<b>Snack</b> Cheerios Peaches	<b>Snack</b> WW Toast <b>WGR</b> Pears	<b>Snack</b> Wheat Thin Crackers Peaches	<b>Snack</b> String Cheese Berries*	<b>School out at</b> <b>12:00</b> <b>No PM Snack</b>

## 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
<b>Grain</b>	Kix Cereal .5 oz eq (1 cup)	Pancakes .6 oz	Bagels .5 oz eq (1/4 bagel)	Granola 1 oz eq (¼ cup)	French Toast <b>WGR</b> .5 oz
<b>Meat/meat alternate (M/MA)</b>			Cream Cheese (Extra)		Eggs (Extra)
<b>Vegetable</b>					
<b>Fruit</b>	Bananas ¼ cup	Vitamin C Fortified Applesauce* ¼ cup	Orange Slices* ¼ cup	Bananas ¼ cup	Fresh Fruit Salad ¼ cup total
<b>Fluid Milk</b>	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ 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 <b>WGR</b> .5 oz	WW Rolls <b>WGR</b> .5 oz	WW Rolls <b>WGR</b> .5 oz	WW Tortilla <b>WGR</b> .5 oz eq (1/2 tortilla)	English Muffin .5 oz eq (1/4 muffin)
Meat/meat alternate (M/MA)	Tuna Solid 1 oz	Beef 1 oz	Natural Ham Cheddar Cheese 1 oz Total	Chicken Breast 1 oz	Cheese 1 oz
Vegetable	Carrot Sticks** 1/8 cup	Celery, Potato*, Carrot** 1/8 cup total	Potato* Broccoli* 1/8 cup total	Spinach Salad** 1/4 cup	Peas* 1/8 cup
Fruit	Apple Slices 1/8 cup Sliced Tomato (Extra)	Pears 1/8 cup	Grapes 1/8 cup	Honey Dew Melon* 1/8 cup	Apple slices 1/8 cup
Fluid Milk	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup

Snack Required Components: Two of the Five Components

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/ Serving	Friday Food/ Serving
Grain	Cheerios .5 oz eq or ¼ cup	Toast <b>WGR</b> .5 oz	Wheat Thins .4 oz eq (6 crackers)		<b>School out at 12:00 No PM Snack</b>
Meat/meat alternate (M/MA)				String Cheese 1 oz	
Vegetable					
Fruit	Peaches ½ cup	Pears ½ cup	Peaches ½ cup	Berries* ½ cup	
Fluid Milk					

(\*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 #9

1-3 Years Old

Week Of: \_\_\_\_\_



As a requirement milk is served daily with breakfast and Lunch. Children 12- 23 months must be served whole unflavored milk. Children 2-5 years must be served 1% unflavored milk. Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Breakfast</u></b> Corn Flakes Strawberry *	<b><u>Breakfast</u></b> WW Toast <b>WGR</b> Vitamin C. Fortified Applesauce* Scrambled Eggs (Extra)	<b><u>Breakfast</u></b> Kix Cereal Pineapple*	<b><u>Breakfast</u></b> Muffins Cantaloupe***	<b><u>Breakfast</u></b> Cook's Choice: 1 Grain 1 Fruit
<b><u>Lunch</u></b> Chicken Salad Sandwich <b>WGR</b> Salad w/ Tomato*** Pears	<b><u>Lunch</u></b> Tomato Soup Cheese Slices Triscuit Crackers Grapes Carrot Sticks**	<b><u>Lunch</u></b> Hamburger <b>WGR</b> (Lettuce & Tomato***) Steamed Cauliflower* Cantaloupe***	<b><u>Lunch</u></b> Chicken Enchiladas <b>WGR</b> Salad w/ tomato*** Watermelon	<b><u>Lunch</u></b> Cook's Choice: 1 Grain <b>WGR</b> 1 Meat 1 Vegetable 1 Fruit
<b><u>Snack</u></b> Triscuit Crackers String Cheese	<b><u>Snack</u></b> Rice Cakes Bananas	<b><u>Snack</u></b> WW Toast <b>WGR</b> & Peanut Butter Pears	<b><u>Snack</u></b> Cheerios Cereal Unflavored Milk	<b>School out at</b> <b>12:00</b> <b>No PM Snack</b>

## 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 .5 oz eq (¼ cup)	WW Toast <b>WGR</b> .5 oz	Kix Cereal .5 oz eq (1 cup)	Muffins .9 oz	
Meat/meat alternate (M/MA)		Scrambled Eggs (Extra)			
Vegetable					
Fruit	Strawberries* ¼ cup	Vitamin C Applesauce* ¼ cup	Pineapple* ¼ cup	Cantaloupe*** ¼ cup	
Fluid Milk	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ 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 <b>WGR</b> .5 oz	Triscuit crackers .4 oz eq (3crackers)	WW Hamburger Bun <b>WGR</b> .5 oz eq (1/4 bun)	WW Tortillas <b>WGR</b> .5 oz eq (1/2 tortilla)	
Meat/meat alternate (M/MA)	Chicken Breast 1 oz	Cheese 1 oz	Ground Beef (No more than 20% fat) 1 oz	Chicken Breast 1 oz	
Vegetable	Romaine Lettuce w/ Tomato*** 1/4 cup total	Carrot Sticks** 1/8 cup Canned Tomato (In soup- Extra)	Steamed Cauliflower 1/8 cup	Romaine Lettuce w/ Tomato*** 1/4 cup Total	
Fruit	Pears 1/8 cup	Grapes 1/8 cup	Cantaloupe*** 1/8 cup	Watermelon 1/8 cup	
Fluid Milk	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup

Snack Required Components: Two of the Five Components

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/ Serving	Friday Food/ Serving
Grain	Triscuit crackers .4 oz eq (3crackers)	Rice Cakes .5 oz	Toast <b>WGR</b> .5 oz	Cheerios .5 oz eq (1/4 cup)	<b>School out at 12:00 No PM Snack</b>
Meat/meat alternate (M/MA)	String Cheese 1 oz		Peanut Butter .5 oz		
Vegetable					
Fruit		Strawberries* ½ cup	Pears ½ cup		
Fluid Milk				Unflavored 4 oz or ½ cup	

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

Water is always available throughout day.

This institution is an equal opportunity provider.

# Week #10

1-3 Years Old

Week Of: \_\_\_\_\_



As a requirement milk is served daily with breakfast and Lunch. Children 12- 23 months must be served whole unflavored milk. Children 2-5 years must be served 1% unflavored milk. Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Wheaties Cereal Peaches	<b>Breakfast</b> Ginger Breakfast Bread Bananas	<b>Breakfast</b> WW Toast <b>WGR</b> Pears	<b>Breakfast</b> Bagels <b>WGR</b> W/ Cream Cheese Pineapple*	<b>Breakfast</b> Pancakes Vitamin C Fortified Apple Sauce*
<b>Lunch</b> Chicken Taco <b>WGR</b> Lettuce & Tomato*** Oranges* Carrot Sticks*	<b>Lunch</b> Breakfast Pizza <b>WGR</b> Frozen Mixed Vegetables** Honey Dew Melon*	<b>Lunch</b> Cheese Lasagna Spinach** Salad w/ strawberries* Grapes Garlic Bread (Extra)	<b>Lunch</b> Oven Baked Chicken Steamed Green Beans Apple Slices Wheat Thin Crackers Artichokes (Extra)	<b>Lunch</b> Pulled Pork Sandwich <b>WGR</b> Yellow Squash*** Pears Brussel Sprouts (extra)
<b>Snack</b> Apples & Peanut Butter	<b>Snack</b> Cottage Cheese Pineapple*	<b>Snack</b> Wheat Thin Crackers Peach Smoothie	<b>Snack</b> Wheaties Cereal Unflavored Milk	<b>School out at</b> <b>12:00</b> <b>No PM Snack</b>

## 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
<b>Grain</b>	Wheaties Cereal .5 oz eq (1/4 cup)	Ginger Breakfast Bread 1.3 oz	WW Toast <b>WGR</b> .5 oz	WW Bagels <b>WGR</b> .5 oz eq (1/4 bagel)	Pancakes .6 oz
<b>Meat/meat alternate (M/MA)</b>				Cream Cheese (Extra)	
<b>Vegetable</b>					
<b>Fruit</b>	Peaches ¼ cup	Bananas ¼ cup	Pears ¼ cup	Pineapple* ¼ cup	Vitamin C Fortified Apple Sauce* ¼ cup
<b>Fluid Milk</b>	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ 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
<b>Grain</b>	Corn Tortilla <b>WGR</b> .5 oz eq (1 tortilla)	English Muffin .5 oz eq (1/4 muffin)	Bread .5 oz	Wheat Thin Crackers .4 oz eq (6 crackers)	WW Hamburger Bun <b>WGR</b> .5 oz eq (1/4 bun)
<b>Meat/meat alternate (M/MA)</b>	Chicken Breast Cheddar Cheese 1 oz Total	Scrambled Eggs 1 oz (1 lg egg)	Cheese 1 oz	Chicken Legs 1 oz	Pork 1 oz (Pulled Pork)
<b>Vegetable</b>	Romaine Lettuce w/ Tomato*** Carrot Sticks 1/4 cup total	Frozen Mixed Vegetables** 1/8 cup	Spinach Salad ½ cup	Steamed Green Beans*** 1/8 cup Artichokes (Extra)	Yellow Squash*** 1/8 cup
<b>Fruit</b>	Oranges* 1/8 cup	Honey Dew Melon* 1/8 cup	Grapes 1/8 cup Strawberries (Extra in salad)	Apples 1/8 cup	Pears 1/8 cup
<b>Fluid Milk</b>	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup

Snack Required Components: Two of the Five Components

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/ Serving	Friday Food/ Serving
<b>Grain</b>			Wheat Thin Crackers .4 oz eq (6 crackers)	Wheaties Cereal .5 oz eq (1/4 cup)	<b>School out at 12:00 No PM Snack</b>
<b>Meat/meat alternate (M/MA)</b>	Peanut Butter .5 oz	Cottage Cheese .5 oz	Plain Yogurt (In smoothie) 2 oz		
<b>Vegetable</b>					
<b>Fruit</b>	Apple ½ cup	Pineapple* ½ cup	Peaches (In smoothie) ½ cup		
<b>Fluid Milk</b>			unflavored (Extra in smoothie)	Unflavored 4 oz or ½ 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 #11

1-3 Years Old

Week Of: \_\_\_\_\_



As a requirement milk is served daily with breakfast and Lunch. Children 12- 23 months must be served whole unflavored milk. Children 2-5 years must be served 1% unflavored milk. Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Breakfast</u></b> Build your own yogurt parfait w/ granola and fruit</p>	<p><b><u>Breakfast</u></b> Scrambled Eggs w/ Veggies WW Toast <b>WGR</b> Pears</p>	<p><b><u>Breakfast</u></b> Bagel <b>WGR</b> W/ Cream Cheese Mixed Berries*</p>	<p><b><u>Breakfast</u></b> Muffin Fresh Fruit Cup</p>	<p><b><u>Breakfast</u></b> Chex Cereal Peaches</p>
<p><b><u>Lunch</u></b> Beef Taco Salad Lettuce &amp; Tomato*** Tortilla Chips Apples</p>	<p><b><u>Lunch</u></b> Chicken Noodle Casserole Mixed Veggies** Mandarin Orange*</p>	<p><b><u>Lunch</u></b> Beef Spaghetti <b>WGR</b> Spaghetti Squash Grapes French Bread</p>	<p><b><u>Lunch</u></b> Breakfast Burritos <b>WGR</b> Oven Baked Fried* Cantaloupe*** &amp; Honey Dew Melon*</p>	<p><b><u>Lunch</u></b> Grilled Turkey Sandwich <b>WGR</b> Apple Slices Carrot Sticks* Kiwi (Extra)</p>
<p><b><u>Snack</u></b> WW Toast <b>WGR</b> Mango Smoothie**</p>	<p><b><u>Snack</u></b> Cheerios Cereal Milk</p>	<p><b><u>Snack</u></b> Triscuit Crackers String Cheese</p>	<p><b><u>Snack</u></b> Build your own – Ants on a log</p>	<p><b>School out at 12:00 No PM Snack</b></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
<b>Grain</b>	Granola .5 oz eq (¼ cup)	WW Toast <b>WGR</b> .5 oz eq (1/2 tortilla)	Bagels <b>WGR</b> .5 oz eq (1/4 bagel)	Muffins .9 oz	Chex Cereal .5 oz eq (¼ cup)
<b>Meat/meat alternate (M/MA)</b>	Plain Yogurt 6 oz	Egg 1 oz (About 1 large egg)	Cream Cheese (Extra)		
<b>Vegetable</b>		Veggies in Eggs (Extra)			
<b>Fruit</b>	Fresh Fruit (Extra)	Pears ¼ cup	Mixed Berries* ¼ cup	Fresh Fruit Cup ¼ cup total	Peaches ¼ cup
<b>Fluid Milk</b>	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ 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
<b>Grain</b>	Tortilla Chips .5 oz eq (7chips)	Pasta Noodles .5 oz	WW Pasta Noodles <b>WGR</b> French Bread .5 oz	WW Tortilla <b>WGR</b> .5 oz eq (1/2 tortilla)	Bread <b>WGR</b> .5oz
<b>Meat/meat alternate (M/MA)</b>	Ground Beef (No more than 20% fat) 1 oz	Chicken Breast 1 oz	Ground Beef (No more than 15% fat) 1 oz	Eggs 1 oz 1 large egg	Natural Turkey Breast 1 oz
<b>Vegetable</b>	Romaine Lettuce w/ Tomato*** 1/4 cup total	Mixed Veggies (Carrots*, Peas**, Corn) 1/8 cup	Spaghetti Squash 1/8 cup (Tomato*** in sauce - Extra)	Potatoes* 1/8 cup	Carrots Sticks* 1/8 cup
<b>Fruit</b>	Apple Slices 1/8 cup	Mandarin Orange* 1/8 cup	Grapes 1/8 cup	Fresh Fruit 1/8 cup	Apple Slices 1/8 cup Kiwi (Extra)
<b>Fluid Milk</b>	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup

Snack Required Components: Two of the Five Components

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/ Serving	Friday Food/ Serving
<b>Grain</b>	WW Toast <b>WGR</b> .5 oz	Cheerios Cereal .5 oz eq (1/4 cup)	Triscuit Crackers .4 oz eq (3 crackers)		<b>School out at 12:00 No PM Snack</b>
<b>Meat/meat alternate (M/MA)</b>	Plain Yogurt .5 oz (In Smoothie)		String Cheese .5 oz	Peanut Butter .5 oz (1 Tbls)	
<b>Vegetable</b>				Celery ½ cup	
<b>Fruit</b>	Mango* ½ cup (In smoothie)			Raisins (Extra)	
<b>Fluid Milk</b>	Unflavored (Extra in smoothie)	Unflavored 4 oz or ½ 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 #12

1-3 Years Old

Week Of: \_\_\_\_\_



As a requirement milk is served daily with breakfast and Lunch. Children 12- 23 months must be served whole unflavored milk. Children 2-5 years must be served 1% unflavored milk. Milk is occasionally served with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Cream of Wheat Bananas	<b>Breakfast</b> Scrambled Eggs Peaches Toast (Extra)	<b>Breakfast</b> Apple Cinnamon Muffins Fresh Fruit Salad	<b>Breakfast</b> English Muffin Breakfast Sandwich Honey Dew Melon*	<b>Breakfast</b> Cheerios Fresh Fruit Salad
<b>Lunch</b> English Muffin Pizza w/ Pepperoni Mandarin Orange* Carrot Apple Slaw*	<b>Lunch</b> Beef Meatloaf Mashed Potatoes Vitamin C Fortified Applesauce* WW Rolls <b>WGR</b>	<b>Lunch</b> Baked Chicken Broccoli* cheese & rice Casserole Cantaloupe***	<b>Lunch</b> Sloppy Joes <b>WGR</b> Corn Pears	<b>Lunch</b> Chicken Quesadilla <b>WGR</b> Carrot* & Celery Sticks Apple Slices *
<b>Snack</b> Yogurt Mixed Berries*	<b>Snack</b> WW Toast <b>WGR</b> Vitamin C Fortified Applesauce*	<b>Snack</b> Peanut Butter Roll-up <b>WGR</b>	<b>Snack</b> Ritz Crackers Vitamin C fortified Applesauce*	<b>School out at 12:00 No PM Snack</b>

## 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
<b>Grain</b>	Cream of Wheat .5 oz	WW Toast (Extra)	Apple Cinnamon Muffins .9 oz	English Muffin .5 oz eq (1/4 bagel)	Cheerios .5 oz eq (1/4 cup)
<b>Meat/meat alternate (M/MA)</b>		Scrambled Eggs 1 oz		Egg 1 oz (1 large egg) Cheese (Extra)	
<b>Vegetable</b>					
<b>Fruit</b>	Bananas ¼ cup	Peaches ¼ cup	Fresh Fruit Salad ¼ cup Total	Honey Dew Melon* ¼ cup	Fresh fruit salad ¼ cup
<b>Fluid Milk</b>	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ 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
<b>Grain</b>	English Muffin .5 oz eq (1/4 muffin)	WW Rolls <b>WGR</b> .5 oz	Brown Rice <b>WGR</b> .5 oz	WW Hamburger Bun <b>WGR</b> .5 oz eq(1/4 bun)	WW Tortillas <b>WGR</b> .5 oz eq (1/2 tortilla)
<b>Meat/meat alternate (M/MA)</b>	Mozzarella Cheese 1 oz Pepperoni (Extra)	Ground Beef (No more than 15% fat) 1 oz	Chicken Breast 1 oz Cheese (Extra in Casserole)	Ground Beef (No more than 20% fat) 1 oz	Chicken Breast Cheddar Cheese 1 oz Total
<b>Vegetable</b>	Carrot Apple Slaw** 1/8 cup total	Mashed Potatoes 1/4 cup	Broccoli* 1/8 cup	Corn 1/8 cup	Carrot* & Celery Sticks 1/8 cup
<b>Fruit</b>	Mandarin Oranges 1/8 cup	Vitamin C Fortified Applesauce* 1/8 cup	Cantaloupe*** 1/8 cup	Pears 1/8 cup	Apple Slices 1/8 cup
<b>Fluid Milk</b>	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup	Unflavored 4 oz or ½ cup

Snack Required Components: Two of the Five Components

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/ Serving	Friday Food/ Serving
<b>Grain</b>		WW Toast <b>WGR</b> .5 oz	WW Tortillas <b>WGR</b> .5 oz eq (1/2 tortilla)	Ritz crackers .4 oz eq (4 crackers)	<b>School out at 12:00 No PM Snack</b>
<b>Meat/meat alternate (M/MA)</b>	Plain Yogurt 2 oz		Peanut Butter .5oz		
<b>Vegetable</b>					
<b>Fruit</b>	Strawberries*, Blueberries*, & Raspberries* ½ cup Total	Vitamin C fortified Applesauce* ½ cup		Vitamin C Fortified Applesauce ½ cup	
<b>Fluid Milk</b>					

(\*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.