

CACFP Weekly Menu

Week of Nov. 10th - Nov. 14th ** (WG) = Whole Grain **

		AGES 1-2	AGES 3-5	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Applesauce	Apple Juice	Peppers & Onion	Banana	Hashbrowns
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	1 oz eq	Cereal	Waffles	Sausage & Egg Burrito	(WG) Wheat Toast & Sausage	Scrambled Eggs
LUNCH	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit*	1/8 cup	1/4 cup	1/2 cup	Pineapple/Pears	Tropical Fruit/ Banana	Peaches	Pears	Banana
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Corn/Peas	Peas	California Blend Veggies	Green Beans	Corn/Carrots
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	(WG) Wheat Bread		(WG) Wheat Bread		
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	Fish Nuggets	Cheesy Ham & Rotini	Chicken Bites	(WG) Spaghetti	Pizza
SNACK	Milk	1/2 cup	1/2 cup	1 cup	Water	Water	Juice	Milk	Juice
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	Peaches	Applesauce			
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq			Vanilla Wafers	Pretzels	(WG) Crackers
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	Cottage Cheese	(WG) Cheese Crackers		Peanut Butter	Cheese Slices

⁺ 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.
oz eq = ounce equivalents