

CACFP Weekly Menu

Week of July 28th- Aug 1st

**(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	Oranges	Applesauce	Grape Juice	Banana	Hashbrown
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	1 oz eq	Biscuit & Gravy	Cereal	Breakfast Pizza	(WG) Wheat Toast & Egg Patty	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	Pears	Banana	Pineapple/Pear	Peaches	Tropical Fruit
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans	Broccoli & Cauliflower	Corn/Carrots	Peas	Green Beans
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	(WG) Wheat Bread	Rice	(WG) Tortilla	(WG) Wheat Bread	
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	Meatloaf Patty	Sweet & Sour Chicken	Chicken Strips	Hamburger	Pizza
SNACK	Milk	1/2 cup	1/2 cup	1 cup	Water	Juice	Water	Juice	Juice
	Vegetable	1/2 cup	1/2 cup	3/4 cup			Cucumber/Carrots		
	Fruit	1/2 cup	1/2 cup	3/4 cup	Apples/Peaches				
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	(WG) Crackers	(WG) Scooby Snacks	(WG) Wheat Thins	PB&J/Toast	(WG) Graham Crackers
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz					

⁺ 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