

CACFP Weekly Menu

 Week of Sept. 8th - Sept. 12th ** (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	Apple Juice	Applesauce	Grape Juice	Orange Juice	Strawberries
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	1 oz eq	French Toast Sticks	Cereal	Biscuit W/Sausage Patty	(WG) Wheat Toast & Egg Patty	Blueberry Muffin
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	Oranges	Pears	Peaches	Tropical Fruit/Banana	Pineapple/Pears
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Peas	Corn/Carrots	Baked Beans		Green Beans
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq		(WG) Tortilla	(WG) Wheat Bread	(WG) Wheat Bread	(WG) Wheat Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	Chicken & Dumplings	Taco Meat	Grilled chicken Patty	Tater Tot Casserole	Corndog/Hamburger
SNACK	Milk	1/2 cup	1/2 cup	1 cup	Water	Juice	Water	Water	Juice
	Vegetable	1/2 cup	1/2 cup	3/4 cup	Carrots & Ranch				
	Fruit	1/2 cup	1/2 cup	3/4 cup			Banana	Applesauce	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	(WG) Wheat Thins/Crackers	(WG) Breadsticks	Vanilla Wafers	(WG) Graham Crackers	(WG) Scooby Snacks
	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