

# CELEBRATE NATIONAL

# CACFP WEEK

# SAMPLE MENU

|                |                         | AGES 1-2  | AGES 3-5  | AGES 6-18 | ADULTS             | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|----------------|-------------------------|-----------|-----------|-----------|--------------------|--|--|---|--|---|
| BREAKFAST      | Milk                    | 1/2 cup   | 3/4 cup   | 1 cup     | 1 cup              | Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5) | Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5) | Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)                      | Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5) | Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)            |
|                | Fruit/Vegetable         | 1/4 cup   | 1/2 cup   | 1/2 cup   | 1/2 cup            | Dried Cranberries                                  | Sliced Bananas                                     | Potato Hash Browns  | Strawberries                                       | Applesauce  |
|                | Grain/Meat <sup>1</sup> | 1/2 oz eq | 1/2 oz eq | 1 oz eq   | 2 oz eq            | <b>Whole Grain-Rich Cereal</b>                     | French Toast Sticks                                | Scrambled Eggs  | <b>Whole Grain-Rich Oatmeal</b>                    | Pancakes  |
| LUNCH & SUPPER | Milk                    | 1/2 cup   | 3/4 cup   | 1 cup     | 1 cup <sup>3</sup> | Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5) | Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5) | Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)                      | Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5) | Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)            |
|                | Vegetable               | 1/8 cup   | 1/4 cup   | 1/2 cup   | 1/2 cup            | Green Beans  | Broccoli   | <b>Chicken Tacos</b><br>Lettuce, Tomato                                 | Broccoli   | <b>Cheese Pizza</b><br>Tomato Sauce                           |
|                | Fruit <sup>2</sup>      | 1/8 cup   | 1/4 cup   | 1/4 cup   | 1/2 cup            | Applesauce   | Fruit Cocktail                                     | Avocado Slices  | <b>Spaghetti</b><br>Tomato Sauce                   | Cantaloupe  |
|                | Grain                   | 1/2 oz eq | 1/2 oz eq | 1 oz eq   | 2 oz eq            | English Muffin                                     | <b>Whole Grain-Rich Dinner Roll</b>                | <b>Chicken Tacos</b><br>Taco Shell                                      | <b>Spaghetti</b><br>Spaghetti Noodles              | <b>Cheese Pizza</b><br><b>Whole Grain-Rich</b><br>Pizza Crust |
|                | Meat / Meat Alternate   | 1 oz      | 1 1/2 oz  | 2 oz      | 2 oz               | Cheese Cubes                                       | <b>Baked Chicken</b><br>Boneless Chicken           | <b>USE LEFTOVER CHICKEN</b><br><b>Chicken Tacos</b><br>Boneless Chicken | <b>Spaghetti</b><br>Ground Turkey                  | <b>Cheese Pizza</b><br>Mozzarella Cheese                      |
| SNACK          | Milk                    | 1/2 cup   | 1/2 cup   | 1 cup     | 1 cup              |  |  |   |  |   |
|                | Fruit                   | 1/2 cup   | 1/2 cup   | 3/4 cup   | 1/2 cup            | Mandarins  |  |   | Mixed Berries                                      | Watermelon  |
|                | Vegetable               | 1/2 cup   | 1/2 cup   | 3/4 cup   | 1/2 cup            |  | Carrot Sticks                                      | Red & Green Bell Peppers Sliced   |  | Jicama  |
|                | Grain                   | 1/2 oz eq | 1/2 oz eq | 1 oz eq   | 1 oz eq            | Crackers   |  | <b>Whole Grain-Rich</b><br>Pita Bread                                   |  |   |
|                | Meat / Meat Alternate   | 1/2 oz    | 1/2 oz    | 1 oz      | 1 oz               |  | Hummus   |   | Yogurt   |   |

<sup>1</sup> Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. <sup>2</sup> The fruit component at lunch may be substituted by an additional vegetable. <sup>3</sup> A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents



This institution is an equal opportunity provider.

CACFP IS AN INDICATOR OF QUALITY CARE  
Learn more at [cacfp.org](http://cacfp.org)

