

Budget Savvy Sample Menu

You can make healthy, delicious meals and snacks on a budget in the Child and Adult Care Food Program. Here are two weeks of menu ideas, along with the groceries you'll need to buy to make it happen.

The grains in **bold** help you make sure that you're providing at least one serving of whole grain-rich per day, and recipes that are listed in **orange** are also available at cacfp.org/recipes-menus/recipes.



Week One Ingredients



Unless specified, choose the items that fit your budget! For example, peach slices can be canned, frozen, or fresh.

Buying non-perishable items in bulk will help save costs in the long run, so keep this in mind for items that you will use often, like spices or dried legumes.

Meats/Meat Alternates

- Black Beans
- Cheese, Shredded
- Cheese, Slices
- Chicken Breast Tenders
- Cured, Cooked Ham
- Eggs
- Greek Yogurt, Plain
- Ground Beef (90/10)
- Peanut Butter
- Turkey

Grains

- Banana Muffins
- Rotini Pasta
- Brown Rice
- French Toast
- Granola Cereal
- Oats
- Tortilla Chips
- WGR Bread Slices
- WGR Cereal
- WGR Flour Tortillas
- WGR Pancakes

Fruits

- Bananas
- Blueberries
- Lemon
- Lime
- Mandarin Oranges
- Peach Slices
- Pineapple Chunks
- Red Grapes
- Strawberries

Vegetables

- Black Beans
- Broccoli
- Carrots
- Celery
- Corn
- Green Bell Pepper
- Mushrooms
- Onions, Yellow
- Onions, Red
- Pasta Sauce
- Sweet Potatoes
- Tomatoes

Fluid Milk

- Unflavored Low-Fat or Non-Fat Milk

Other

- Apple Cider Vinegar
- Black Pepper
- Dried Basil
- Fresh Cilantro
- Fresh Garlic
- Garlic Powder
- Italian Dressing
- Low Sodium Chicken Base
- Nonstick Cooking Spray
- Old Bay Seasoning
- Olive Oil
- Onion Powder
- Poultry Seasoning
- Salt
- Whole Grain Mustard

		MONDAY DAY 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5
BREAKFAST	Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk
	Fruit/Vegetable	Strawberries	Peach Slices	Banana	Blueberries	Mandarin Oranges
	Grain/Meat ⁺	French Toast	WGR Pancakes	WGR Cereal ¹	Oatmeal	Scrambled Eggs
LUNCH/SUPPER	Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk
	Vegetable	Roasted Broccoli	Corn	Steamed Carrots	Turkey and Rice Soup Mixed Vegetables	Sweet Potato Wedges
	Fruit/Vegetable [^]	Pasta Sauce	Mandarin Oranges	Pineapple Chunks	Peach Slices	Red Grapes
	Meat/Meat Alternate	Grilled Chicken Tenders	Ground Beef with Sofrito	Chicken Broccoli Quesadilla Shredded Chicken and Cheese	Turkey and Rice Soup Turkey	Grilled Cheese Sandwich Cheese
	Grain	Rotini Pasta	Brown Rice	Chicken Broccoli Quesadilla WGR Tortilla	Turkey and Rice Soup Brown Rice	Grilled Cheese Sandwich WGR Bread Slices
SNACK	Milk	--	--	--	--	Unflavored Low-Fat or Non-Fat Milk
	Vegetable	--	--	--	Harvest Salsa	--
	Fruit	--	Strawberry Yogurt Parfait Strawberries	--	--	--
	Meat/Meat Alternate	Banana Sushi Roll Peanut Butter	Strawberry Yogurt Parfait Greek Yogurt ²	Ham Pasta Salad Ham & Shredded Cheese	--	--
	Grain	Banana Sushi Roll WGR Tortilla	--	Ham Pasta Salad Rotini Pasta	Tortilla Chips	Banana Muffin

¹ Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.

² Yogurt must have no more than 23 grams of total sugar per 6 ounces.

⁺ Meat/meat alternates may be served in place of grains at breakfast no more than three times per week.

[^] A second, different vegetable may be served in place of fruit for lunch/supper.

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Week Two Ingredients



* You may notice some items that are also in the Week One Ingredients. Keep this in mind when creating and buying for your cycle menus.

You may be able to buy a larger quantity for a better value that you can use for multiple weeks with a little bit of planning.

Meats/Meat Alternates

- Black Beans*
- Canned Chickpeas
- Canned Tuna
- Cheese, Shredded*
- Cheese, Slices*
- Chicken Drumsticks
- Eggs*
- Greek Yogurt, Plain*
- Peanut Butter*
- Meatballs
- Refried Beans
- Yogurt, Plain
- Yogurt, Vanilla

Grains

- Brown Rice*
- Garlic Bread
- Graham Crackers
- Oats*
- Tortilla Chips*
- Waffles
- WGR Bread Buns
- WGR Bread Slices*
- WGR Flour Tortillas*
- WGR Spaghetti

Fruits

- Apples
- Bananas*
- Dried Cranberries
- Lemons
- Mango Chunks
- Pears
- Pineapple Chunks*
- Tropical Fruit Cups

Vegetables

- Avocados
- Brussels Sprouts
- Cabbage, Green
- Cabbage, Red
- Carrots*
- Celery*
- Green Beans
- Green Onions
- Onions, Yellow*
- Pasta Sauce
- Potatoes
- Romaine Lettuce
- Salsa
- Sweet Potatoes*
- Tomatoes*

Fluid Milk

- Unflavored Low-Fat or Non-Fat Milk*

Other

- Agave
- Apple Cider Vinegar
- Black Pepper*
- Dry Mustard Powder
- Fresh Garlic*
- Fresh Parsley
- Garlic Powder*
- Ground Cinnamon
- Honey
- Italian Seasoning
- Low-Fat Mayonnaise
- Olive Oil*
- Onion Powder*
- Salt*
- Vanilla Extract
- Vegetable Oil

		MONDAY DAY 6	TUESDAY Day 7	WEDNESDAY Day 8	THURSDAY Day 9	FRIDAY Day 10
BREAKFAST	Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk
	Fruit/Vegetable	Cinnamon Apple Slices	Pears	Sweet Potato Hash Sweet Potato	Banana	Mashed Avocado & Pineapple Chunks
	Grain/Meat ⁺	Vanilla Yogurt ²	Oatmeal	Sweet Potato Hash Egg	Waffle	WGR Toast
LUNCH/SUPPER	Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk
	Vegetable	Lettuce and Tomato Salad	Italian Chicken & Veggie Sheet Pan Roasted Brussels Sprouts	Creamy Coleslaw Cabbage, Carrots, Green Onion	Sauteed Green Beans	Tuna Salad Sandwich Celery, Onion, Lettuce, Tomato
	Fruit/Vegetable [^]	Tropical Fruit Cup	Italian Chicken & Veggie Sheet Pan Roasted Potatoes	Mango Chunks	Pasta Sauce	Apple Slices
	Meat/Meat Alternate	Bean & Cheese Taco Refried Beans and Cheese	Italian Chicken & Veggie Sheet Pan Chicken Drumsticks	Black Bean Patties Black Beans & Cheese	Meatballs	Tuna Salad Sandwich Tuna & Egg
	Grain	Bean & Cheese Taco WGR Tortilla	Garlic Bread	WGR Bun	WGR Spaghetti	Tuna Salad Sandwich WGR Bread Roll
SNACK	Milk	--	--	--	--	--
	Vegetable	Celery Sticks	--	--	Salsa	Carrot Sticks
	Fruit	--	Mango Bowl Frozen Mango	Pears	--	--
	Meat/Meat Alternate	Nut/Seed Butter	Mango Bowl Greek Yogurt ²	--	--	1-2-3 Dip! Chickpeas
	Grain	--	--	Graham Crackers	Tortilla Chips	--

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