

# PLANT-FORWARD cycle menu



In need of meatless options? Try this two-week menu plan for 3-5-year-olds where plant-based foods take center stage. 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 **pink** are also available at [cacfp.org/recipes-menus/recipes](http://cacfp.org/recipes-menus/recipes).

		MONDAY DAY 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5
BREAKFAST	Milk	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>
	Fruit/Vegetable	Strawberries	Avocado Slices & Salsa	<b>Go Bananas! Oatmeal</b> Banana Slices	Pineapple Chunks & Shredded Coconut	Blueberries
	Grain/Meat <sup>+</sup>	<b>Sweet Potato Pancakes</b>	<b>Tofu Scramble</b>	<b>Go Bananas! Oatmeal</b> Oatmeal	Yogurt <sup>3</sup>	<b>Zucchini-Banana Mini Muffins</b>
LUNCH/SUPPER	Milk	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>
	Vegetable	Garden Salad	Marinara Sauce	Green Beans	Baked Sweet Potato	<b>Afghan Salata</b>
	Fruit/Vegetable*	Tropical Fruit Cup	Warmed Cinnamon Apples	Mandarin Oranges	Sauteed Kale	Cantaloupe
	Meat/Meat Alternate	Provolone Cheese & Hummus <sup>2</sup>	<b>Lentil Plantballs</b>	<b>Orange Tofu</b>	BBQ Pinto Beans	<b>Red Bean Curry</b>
	Grain	<b>WGR Bread</b>	<b>Whole Wheat Spaghetti</b>	<b>Brown Rice</b>	<b>WGR Bread Roll</b>	Rice
SNACK	Milk	--	--	--	--	--
	Vegetable	Celery Sticks	--	--	--	Guacamole & Carrots
	Fruit	--	100% Grape Juice	<b>Teddy Bear Smoothie</b> Strawberries & Banana	Apple Slices	--
	Meat/Meat Alternate	Sunflower Seed Butter	<b>Roasted Zesty Chickpeas</b>	<b>Teddy Bear Smoothie</b> Yogurt <sup>3</sup>	--	--
	Grain	--	--	--	Pretzel Fish Crackers	<b>WGR Crackers</b>
		DAY 6	DAY 7	DAY 8	DAY 9	Day 10
BREAKFAST	Milk	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>
	Fruit/Vegetable	<b>Mango Smoothie</b> Frozen Mango	Orange Wedges	<b>Peachy Oatmeal Bake</b> Peaches	Fresh Pear	<b>Waffle Fruit Pizza</b> Berries & Banana Slices
	Grain/Meat <sup>+</sup>	<b>Mango Smoothie</b> Vanilla Yogurt <sup>3</sup>	<b>WGR French Toast</b>	<b>Peachy Oatmeal Bake</b> Oats	<b>Tofu Breakfast Sandwich</b> Tofu, Cheese, English Muffin	<b>Waffle Fruit Pizza</b> <b>WGR Waffle</b>
LUNCH/SUPPER	Milk	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>	Unflavored Low-Fat or Non-Fat Milk, or Soy Milk <sup>1</sup>
	Vegetable	Cucumber Sticks	Mashed Potatoes	Spinach-Tomato Salad	<b>Tuscan White Bean Pasta</b> Tomato Sauce & Carrots	Sugar Snap Peas
	Fruit / Vegetable*	<b>Fruit &amp; Nut Butter Pita Pockets</b> Pear Slices	Roasted Asparagus	Sweet Potato Wedges	Sauteed Green Beans	Tropical Fruit Cup
	Meat/Meat Alternate	<b>Fruit &amp; Nut Butter Pita Pockets</b> Sunflower Seed Butter	<b>Sticky BBQ Tempeh</b>	<b>Black Bean Patties</b>	<b>Tuscan White Bean Pasta</b> White Beans & Cheese	<b>Chickpea Salad Sandwich</b> Chickpea Salad
	Grain	<b>Fruit &amp; Nut Butter Pita Pockets</b> <b>WGR Pita</b>	<b>Brown Rice</b>	<b>WGR Bun</b>	<b>Tuscan White Bean Pasta</b> Whole Wheat Linguine	<b>Chickpea Salad Sandwich</b> <b>WGR Bread Slices</b>
SNACK	Milk	--	--	--	--	--
	Vegetable	--	--	<b>Mexican Street Corn in a Cup</b> Corn	--	Cucumbers & Baby Carrots
	Fruit	--	<b>Skillet Peaches</b>	--	Fresh Fruit Salad	--
	Meat/Meat Alternate	<b>Beanie Dip</b>	--	<b>Mexican Street Corn in a Cup</b> Cheese	--	<b>Yogurt-Ranch Dip</b> <sup>3</sup>
	Grain	<b>WGR Crackers</b>	Loose Granola <sup>4</sup>	--	Graham Crackers	--

1 Fluid milk alternatives must be nutritionally equivalent to cow's milk.  
 2 Need PFS or CN label for correct ounce equivalents per serving.  
 3 Yogurt must have no more than 23 grams total sugar per 6 ounces.  
 4 Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.  
 + 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.