

# CACFP Weekly Menu

April 3 - April 7, 2023

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	100% Orange Juice	Tropical Fruit	Applesauce	100% Applejuice	Hot Sliced Apples
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq	Kixx Cereal	Waffles	Corn Muffins	Cheerios	French Toasts
LUNCH	Milk	1/2 cup	3/4 cup	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
	Fruit*	1/8 cup	1/4 cup	Orange Slices	Peaches	Pears	Mandarin Oranges	Watermelon Slices
	Vegetable	1/8 cup	1/4 cup	Corn	Tomato Soup	Carrots	Tossed Salad	Au Gratin Potatoes
	Grain	1/2 oz eq	1/2 oz eq	Brown Rice	100% Whole Wheat Bread	100% Whole Grain Noodles	Whole Wheat Bagel	100% Whole Wheat Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	Beef Chili	Turkey and Cheese	Beef Mac and Cheese	Beef Sausage & Cheese Pizza	Sweet & Sour Chicken Legs
SNACK	Milk	1/2 cup	1/2 cup	1% Milk	1% Milk	1% Milk	1% Milk	
	Vegetable	1/2 cup	1/2 cup	Sliced Cucumbers				
	Fruit	1/2 cup	1/2 cup			Bananas		Tropical Fruit
	Grain	1/2 oz eq	1/2 oz eq		Caramel Rice Cakes	Graham Crackers		
	Meat/Meat Alternate	1/2 oz	1/2 oz					Low Fat Yogurt

<sup>+</sup> 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



Age 1 serve whole milk  
Ages 2-18 serve 1% or fat-free



At least one serving of grains per day  
must be whole grain-rich.



One 8 oz. glass of water per year of  
age until 8 years old.

