

# CACFP Weekly Menu

April 10 - April 14, 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	Corn Flakes Cereal	Pancakes	Rice Krispies Cereal	Waffles	Special K Cereal
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq	100% Apple Juice	Tropical Fruit	100% Orange Juice	Applesauce	Pineapples
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	Peaches	Pears	Pineapples	Mandarin Oranges	Bananas
	Vegetable	1/8 cup	1/4 cup	Corn	Mixed Vegetables	String Beans	Broccoli	Caesar Salad
	Grain	1/2 oz eq	1/2 oz eq	Corn Tortillas	100% Whole Wheat Mac Noodles	100% Whole Wheat Bread	100% Whole Wheat Bread	100% Whole Wheat Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	Beef Tacos	Macaroni and Cheese	Chicken Tenders	Baked Chicken Legs	Beef Hamburgers
SNACK	Milk	1/2 cup	1/2 cup	1% Milk	1% Milk	1% Milk		1% Milk
	Vegetable	1/2 cup	1/2 cup		Salsa			
	Fruit	1/2 cup	1/2 cup	Apple Slices			100% Grape Juice	
	Grain	1/2 oz eq	1/2 oz eq		Corn Tortillas	Animal Crackers		Enriched Banana Muffin
	Meat/Meat Alternate	1/2 oz	1/2 oz				Cheese Cubes	

<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.

