

CACFP Weekly Menu April 17 - April 21, 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% Apple Juice	Sliced Peaches	Applesauce	100% Cranberry Juice	Bananas
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	Cheerios	French Toast Sticks	Chex Cereal	Pancakes	Kixx Cereal
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	Fruit Cocktail	Mandarin Oranges	Pineapples	Tropical Fruit	Watermelon
	Vegetable	1/8 cup	1/4 cup	Cabbage	Vegetable Medley	Diced Potatoes	Potato Tots	Beef Vegetable Soup
	Grain	1/2 oz eq	1/2 oz eq	Whole Wheat Pasta	Fried Brown Rice	100% Whole Wheat Bread	100% Whole Wheat Bread	100% Whole Wheat Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	Diced Chicken Alfredo	Ground Turkey	Beef Meatballs in Gravy	Fish Squares	Sliced Turkey in Gravy
SNACK	Milk	1/2 cup	1/2 cup		1% Milk	1% Milk	1% Milk	1% Milk
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup	Sliced Oranges				Jello With Fruit Cocktail
	Grain	1/2 oz eq	1/2 oz eq		Whole Wheat Teddy Grahams		Cheese it Crackers	
	Meat/Meat Alternate	1/2 oz	1/2 oz	Cheese Cubes		Low Fat Yogurt		

⁺ 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.

