

CACFP Weekly Menu April 24 - April 28, 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	Raisin Bran Cereal	Waffles	Corn Muffin	Corn Flakes	Pancakes
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	100% Orange Juice	Peach Slices	Applesauce	Bananas	Orange Slices
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	Pears	Mandarin Oranges	Pineapples	Tropical Fruit	Fruit Cocktail
	Vegetable	1/8 cup	1/4 cup	Red Kidney Beans	String Beans	Black Beans and Corn	French Fries	Baked Beans
	Grain	1/2 oz eq	1/2 oz eq	Brown Rice	Whole Wheat Noodles	Corn Tortilla	100% Whole Wheat Bread	100% Whole Wheat Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	Beef Meatloaf	Turkey Spaghetti	Chicken Taco	Chicken Nuggets	BBQ 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					
	Fruit	1/2 cup	1/2 cup			Orange Slices	100% Cranberry Juice	Watermelon Slices
	Grain	1/2 oz eq	1/2 oz eq	Whole Grain Pretzels	Wheat Chex Mix		Wheat Graham Crackers	
	Meat/Meat Alternate	1/2 oz	1/2 oz					

⁺ 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.



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LUNCH	Milk	1/2 cup	3/4 cup					
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	Vegetable	1/8 cup	1/4 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz					
SNACK	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz					
SUPPER	Milk	1/2 cup	3/4 cup					
	Fruit*	1/8 cup	1/4 cup					
	Vegetable	1/8 cup	1/4 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz					

* The fruit component at lunch and/or supper may be substituted by a second vegetable.
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	Fruit	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz					
LUNCH	Milk	1/2 cup	3/4 cup					
	Vegetable	1/8 cup	1/4 cup					
	Fruit*	1/8 cup	1/4 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz					
PM SNACK	Milk	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz					

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8 yrs old + | 6-8 8 oz. glasses per day.



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