

# CACFP Weekly Menu September 11-15, 2023

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Shredded Wheat	Pancakes	Rice Krispies	Waffles	Turkey Sausage
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	100% Apple Juice	Tropical Fruit	100% Orange Juice	Applesauce	Hashbrowns
LUNCH & SUPPER	Milk <sup>^</sup>	1/2 cup	3/4 cup	1 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Corn	Mixed Veggies	Stewed Tomatoes	Veggie Medley	Oven Roasted Potatoes
	Fruit <sup>*</sup>	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Peaches	Pears	Pineapples	Mandarin Oranges	Bananas
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Corn Tortilla	WW Mac Noodles	WW Crackers	WW Bread	WW Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Beef Burritos	Macaroni&Cheese	Turkey&Cheese Slices	Teriyaki Chicken Leg	Hamburgers W/Gravy
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	Milk	Milk	Milk		Milk
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Apple Slices			100% Grape Juice	
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq		Corn Tortilla Chips	Animal Crackers		Banana Muffin
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 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. <sup>\*</sup> The fruit component at lunch may be substituted by a second vegetable.  
<sup>^</sup> A serving of milk is optional at supper meals for adults.  
 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.  
 8 yrs old + | 6-8 8 oz. glasses per day.

