

# CACFP Weekly Menu April 29 - May 3, 2024

				Monday	Tuesday	Wednesday	Thursday	Friday
Meal	Component	Ages 1-2	Ages 3-5					
Breakfast	Milk	1/2 cup	3/4 cup	Milk/100% Apple Juice for 3yrs and up	Milk	Milk/100% Apple Juice for 3yrs and up	Milk	Milk/100% Apple Juice for 3yrs and up
	Fruit/Vegetables	1/4 cup	1/2 cup	Bananas	Applesauce	Bananas	Pears	Bananas
	Grain/Meat*	1/2 oz eq	1/2 oz eq	(WG) Multi Grain Cherrios	Waffles	Honey Bunches of Oats	(WG) Belvita Bars	(WG) Cinnamon Chex
Lunch	Milk	1/2 cup	3/4 cup	Milk	Milk	Milk	Milk	Milk
	Vegetables	1/8 cup	1/4 cup	Green Peas	Salad	Corn	Corn	Tator Tots
	Fruit*	1/8 cup	1/4 cup	Applesauce	Peaches	Applesauce	Pears	Mandarins
	Grain	1/2 oz eq	1/2 oz eq	Bread	Crackers	Pizza Crust	Nacho Chips	Bread
	Meat/Meat Alternative	1 oz	1 1/2 oz	Chicken	Diced Ham	Cheese	Ground Beef and Cheese	Beef Bologna & Cheese
	SERVING			(CN) Chicken Nuggets	Make your own Salad with Cheese and Diced Ham	(CN) Cheese Pizza	(HM) Nachos	Beef Bologna and Cheese Sandwiches
Snack	Milk	1/2 cup	1/2 cup	Milk	Milk	Water	Water	Milk
	Fruit	1/2 cup	1/2 cup		Bananas		Mandrain	
	Vegetables	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	Animal Crackers	(WG) Teddy Grahams	(WG) Crackers	Pita Crackers	Cheesy Chex Mix
	Meat/Meat Alternative	1/2 oz	1/2 oz			Cheese		

Meat and meat alternatives may be served in place of the entire grains components at breakfast a maximum of three times per week. The fruit component at lunch may be substituted by an additional vegetable.



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



At least one meal ingredient per day must be whole grain-rich



One 8oz glass of water per year of age until 8 years old.  
8yrs old + 6-8 glasses per day