

CACFP Weekly Menu January 8-12 2024

| | | | | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|-----------------------|-----------|-----------|----------------------------------|---------------------|---|-----------------------------------|----------------------------------|
| Meal | Component | Ages 1-2 | Ages 3-5 | | | | | |
| Breakfast | Milk | 1/2 cup | 3/4 cup | Milk/Apple Juice for 3yrs and up | Milk | Milk/Apple Juice for 3yrs and up | Milk | Milk/Apple Juice for 3yrs and up |
| | Fruit/Vegetables | 1/4 cup | 1/2 cup | Bananas | Peaches | Bananas | Pears | Bananas |
| | Grain/Meat* | 1/2 oz eq | 1/2 oz eq | WG Multi GrainCherrios | Muffins | WG Honey Bunches of Oats | WG Belvita Bars | Cinnamon Chex |
| Lunch | Milk | 1/2 cup | 3/4 cup | Milk | Milk | Milk | Milk | Milk |
| | Vegetables | 1/8 cup | 1/4 cup | Greenbeans | Lettuce/House Salad | Mash Potatoes | Baked Beans | Tator Tots |
| | Fruit* | 1/8 cup | 1/4 cup | Applesauce | Pears | Applesauce | Pears | Mandarins |
| | Grain | 1/2 oz eq | 1/2 oz eq | Pasta | Crackers | Cornbread | Bun | Bread |
| | Meat/Meat Alternative | 1 oz | 1 1/2 oz | Ravioli | Chicken and Cheese | Pinto Beans | Chicken Patty | Beef Bologna |
| Snack | Milk | 1/2 cup | 1/2 cup | Milk | Milk | Water | Water/Apple Juice for 1yrs and up | Milk |
| | Fruit | 1/2 cup | 1/2 cup | | Applesauce | Apple Slices Infants-applesauce | Mandarins | |
| | Vegetables | 1/2 cup | 1/2 cup | | | | | |
| | Grain | 1/2 oz eq | 1/2 oz eq | Animal Crackers | WG Graham Crackers | WG Crackers Infants- applesauce & Puffs | Pita Chips Infants- Puffs | WG Goldfish Infants- Puffs |
| | 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