

CACFP Menu for Children (5-Day)

Site/Center Name: The Child Garden						Week Three			
Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
		1 & 2 years	3 - 5 years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk (Whole or 1%)	Milk (Whole or 1%)	Milk (Whole or 1%)	Milk (Whole or 1%)	Milk (Whole or 1%)
	Vegetable, fruits or portion of both	1/4 cup	1/2 cup	1/2 cup	Blueberries	Strawberries	Applesauce	Banana	Mango
	Grains/Breads Cooked Cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 1/2 cup 1/2 cup	Corn Flake Cereal	WGR Pancake w/Sunflower Butter	WGR Cheerios Cereal	WGR Blueberry Waffle Hardboiled egg	WGR Kix Cereal
	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Burger Slider	(HM) BBQ Chicken Quesadilla	(HM) Penne Pasta w/Meat Sauce	Chicken Nuggets	Tomato Soup and (HM) Grilled Cheese
Lunch or Supper	Grains/Breads Cooked cereal, and or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1 slice 1/2 cup 1/2 cup	WGR Bun	WGR Tortilla	WGR Pasta	WGR Breaded	WGR Bread
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Pickles	Cucumber w/dip	Broccoli	Corn	Green Beans
	Fruit	1/8 cup	1/4 cup	1/4 cup	Oranges	Pineapple	Pears	Strawberries	Apple Slices
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk (Whole or 1%)	Milk (Whole or 1%)	Milk (Whole or 1%)	Milk (Whole or 1%)	Milk (Whole or 1%)
	Milk, fluid	1/2 cup	1/2 cup	1 cup	Water	Water	Water	Water	Water
Snack (select 2)	Vegetables	1/2 cup	1/2 cup	3/4 cup				Tomato Salsa	
	Fruit	1/2 cup	1/2 cup	3/4 cup		Apple Slices			
	Grains/Breads/ Cooked cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1 slice 1/2 cup 1/2 cup	WGR Lemon Blueberry Bites	WGR Cheddar Crackers	WGR Crackers	WGR Corn Chips	WGR Baked Pretzel
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.	Yogurt		Cheese Cubes		Cream Cheese

WGR=Whole Grain Rich WG=Whole Grain

This institution is an equal opportunity provider

For children with allergies or food restrictions: Name _____ Date _____ Highlighted items are items the child CAN have. Cross off items not able to have