

# CACFP Menu for Children (5-Day)

Site/Center Name: The Child Garden						Week Four			
Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
<b>Breakfast</b>		<b>1 &amp; 2 years</b>	<b>3 - 5 years</b>	<b>6 - 12 years</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	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	Applesauce	Strawberries	Blueberries	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	Rice Crisp Cereal	WGR English Muffin w/Cream Cheese  Hardboiled Egg	WGR Cheerios Cereal	WGR Blueberry Waffle	WGR Chex Cereal
<b>Lunch or Supper</b>	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	(HM) Chicken and Broccoli Stir Fry	(HM) Soft Taco w/Ground Beef	Macaroni and Cheese w/Ham	(HM) Mashed Potato Bowl w/Chicken and Gravy	Mini Corn Dogs
	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 Brown Rice	WGR Tortilla	WGR Pasta	WGR Bun	WGR Breaded
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Carrot	Green Beans	Corn	Pickles
					Pineapple	Blueberries	Oranges	Pears	Apple Slices
	Fruit	1/8 cup	1/4 cup	1/4 cup					
	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%)
<b>Snack (select 2)</b>	Milk, fluid	1/2 cup	1/2 cup	1 cup	Water	Water	Water	Water	Water
	Vegetables	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup		Banana	Applesauce		
	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 Apple Sweet Potato Crackers	WGR Cinnamon Crackers	Graham Crackers	WGR Baked Pretzel
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.	Yogurt			Yogurt	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