

CACFP Menu for Children (5-Day)

Site/Center Name: The Child Garden						Week Five				
Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:	
Breakfast		1 & 2 years	3 - 5 years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday	
		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	Banana	Mango	Applesauce
		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	WGR English Muffin w/Cream Cheese	WGR Kix Cereal	WGR Pancake w/Sunflower Butter	Crisp Rice Cereal	WGR Biscuit Egg Patty
Lunch or Supper	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Cheese Stick (HM) Sunflower Butter and Jelly Wrap	(HM) Cheese Pita Pizza	(HM) Salsa Chicken Bowl	(HM) Ham and Cheese Melt	Burger Slider	
	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 Tortilla	WGR Pita	WGR Brown Rice	WGR Bread	WGR Bun	
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Cucumbers w/dip	Cucumber w/dip	Corn/Black Beans	Carrots	Broccoli	
					Pineapple	Apple Slices	Pears	Blueberries	Oranges	
	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%)	
Snack (select 2)	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	Salsa					
	Fruit	1/2 cup	1/2 cup	3/4 cup		Blueberries				
	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 Corn Chips	WGR Cinnamon Crackers	WGR Pretzel Twists	WGR Cheddar Crackers	WGR Crackers	
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.			Cheese Stick	Yogurt	Cheese Cubes	

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