

# CACFP Menu for Children (5-Day)

Site/Center Name: The Child Garden					Week One				
Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
		1 & 2 years	3 - 5 years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
<b>B r e a k f a s t</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 Grains/Meat/ Meat Alternate	1/4 cup ½ oz eq	1/2 cup ½ oz eq	1/2 cup 1 oz eq	Strawberries  WGR English Muffin w/Cream Cheese	Apples  WGR Cheerios Cereal	Banana  WGR Blueberry Waffle	Blueberries  WGR Oatmeal	Mango  WGR Pancake w/Sunflower Butter
<b>L u n c h o r S u p p e r</b>	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Alphabet Soup and (HM) Grilled Cheese	(HM) Egg and Ham Bake	(HM) Soft Taco w/Ground Beef	Macaroni and Cheese w/Ham	(HM) Mashed Potato Bowl w/Chicken and Gravy
	Grains/Breads Cooked cereal, and or pasta	½ oz eq	½ oz eq	1 oz eq	WGR Bread	WGR Biscuit	WGR Tortilla	WGR Pasta	WGR Bun
<b>S n a c k (s e l e c t 2)</b>	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans	Broccoli	Carrots	Cucumber	Corn
	Fruit	1/8 cup	1/4 cup	1/4 cup	Blueberries	Pineapple	Oranges	Apples	Pears
<b>S n a c k (s e l e c t 2)</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%)
	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	Veggie Straws		Tomato Salsa		
	Fruit	1/2 cup	1/2 cup	3/4 cup		Mango			Banana
	Grains/Breads / Cooked cereal, and/or pasta	½ oz eq	½ oz eq	1 oz eq		WGR Graham Crackers	WGR Corn Chips	WGR Bean Crackers	WGR Cinnamon Bites
Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.	Yogurt			Cheese Stick		

WGR=Whole Grain Rich WG=Whole Grain

For children with allergies or food restrictions: Name \_\_\_\_\_ Date \_\_\_\_\_ This institution is an equal opportunity provider

Highlighted items are items the child CAN have. Cross off items not able to have