

CACFP Menu for Children (5-Day)

Site/Center Name: The Child Garden					Week Two				
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 Grains/Breads Cooked Cereal, and/or pasta	1/4 cup	1/2 cup	1/2 cup	Strawberries	Mango	Applesauce	Banana	Apple Slices	
	1/2 oz eq	1/2 oz eq	1 oz eq	WGR Crisp Rice Cereal	WGR Biscuit Egg Patty	WGR French Toast Sticks	WGR English Muffin w/Sunflower Butter	WGR Chex Cereal	
Lunch or Supper	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	(HM) Chicken Stir-Fry and WGR Brown Rice	(HM) Penne Pasta W/ Meat Sauce	(HM) Cheese Pizza Roll Up	Cheese Stick (HM) Sunflower Butter and Jelly Wrap	(HM) Hot Ham and Cheese Slider
	Grains/Breads Cooked cereal, and or pasta	1/2 oz eq	1/2 oz eq	1 oz eq	WGR Brown Rice	WGR Pasta	WGR Tortilla	WGR Bread	WGR Bun
Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Corn	Green Beans	Cucumber w/Ranch	Carrots	
				Pineapple	Banana	Blueberries	Oranges	Pears	
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%)	
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						
				Apples					
Fruit	1/2 cup	1/2 cup	3/4 cup						
Grains/Breads / Cooked cereal, and/or pasta	1/2 oz eq	1/2 oz eq	1 oz eq	WGR Lemon Blueberry Bites	WGR Goldfish	WGR Animal Crackers	WGR Pretzel Twists	WGR Graham Crackers	
					Yogurt		Red Pepper Hummus	Cheese Stick	

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