

CACFP Menu for Children (5-Day)

Site/Center Name: The Child Garden						Week Three			
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	Blueberries	Banana	Strawberries	Apples	Mango	
	1/2 oz eq	1/2 oz eq	1 oz eq	WGR Oatmeal	WGR Pancake w/Sunflower Butter	WGR Cheerios	WGR Blueberry Waffle	WGR Chex Cereal	
Lunch or Supper	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	(CN) Burger Slider	(HM) BBQ Chicken Quesadilla	(HM) Penne Pasta w/Meat Sauce	(CN) Chicken Nuggets	Alphabet Soup and (HM) Grilled Cheese
	Grains/Breads Cooked cereal, and or pasta	1/2 oz eq	1/2 oz eq	1 oz eq	WGR Bun	WGR Tortilla	WGR Pasta	WGR Breaded	WGR Bread
Vegetable	1/8 cup	1/4 cup	1/2 cup	Pickles/ Sweet Potato Fries	Cucumber w/Ranch	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	
Vegetables	1/2 cup	1/2 cup	3/4 cup		Veggie Straws		Tomato Salsa		
Fruit	1/2 cup	1/2 cup	3/4 cup	Banana	Apple Slices				
Grains/Breads / Cooked cereal, and/or pasta	1/2 oz eq	1/2 oz eq	1 oz eq	WGR Animal Crackers		WGR Bean Crackers	WGR Corn Chips	WGR Cinnamon Bites	
Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.			Cheese Stick		Yogurt	

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