

# CACFP Menu for Children (5-Day)

Site/Center Name: The Child Garden						Week Four			
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	Applesauce	Strawberries	Blueberries	Banana	Mango	
	1/2 oz eq	1/2 oz eq	1 oz eq	WGR French Toast Sticks	WGR English Muffin w/Cream Cheese	WGR Oatmeal	WGR Blueberry Waffle	WGR Cheerios	
Lunch or Supper	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	(HM) Egg and Ham Bake	(HM) Chicken Stir-Fry and WGR Rice	(HM) Soft Taco w/Ground Beef	(HM) Mashed Potato Bowl w/Chicken and Gravy	Macaroni and Cheese w/Ham
	Grains/Breads Cooked cereal, and or pasta	1/2 oz eq	1/2 oz eq	1 oz eq	WGR Biscuit	WGR Rice	WGR Tortilla	WGR Bun	WGR Pasta
Vegetable	1/8 cup	1/4 cup	1/2 cup	Carrots	Broccoli	Cucumber	Corn	Green Beans	
				Pineapple	Blueberries	Oranges	Pears	Apples	
Fruit	1/8 cup	1/4 cup	1/4 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	3/4 cup	1 cup	Water	Water	Water	Water	Water	
Snack (select 2)	Milk, fluid	1/2 cup	1/2 cup	1 cup					
	Vegetables	1/2 cup	1/2 cup	3/4 cup					
Fruit	1/2 cup	1/2 cup	3/4 cup			Apples		Banana	
Grains/Breads / Cooked cereal, and/or pasta	1/2 oz eq	1/2 oz eq	1 oz eq	WGR Lemon Blueberry Bites	WGR Pretzel Twists	WGR Goldfish	Graham Crackers	WGR Cinnamon Bites	
Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.	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