

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 Grains/Breads Cooked Cereal, and/or pasta	1/4 cup	1/2 cup	1/2 cup	Blueberries	Strawberries	Banana	Mango	Applesauce	
	1/2 oz eq	1/2 oz eq	1 oz eq	WGR English Muffin w/Cream Cheese	WGR Cheerios	WGR Pancake w/Sunflower Butter	Crisp Rice Cereal	WGR Biscuit Egg Patty	
Lunch	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	(HM) BBQ Chicken Quesadilla	(CN) Chicken Nuggets	(HM) Hot Ham and Cheese Slider	(HM) Cheese Pizza Roll Up	(CN) Burger Slider
	Grains/Breads Cooked cereal, and or pasta	1/2 oz eq	1/2 oz eq	1 oz eq	WGR Tortilla	WGR Breaded	WGR Bun	WGR Tortilla	WGR Bun
Supper	Vegetable	1/8 cup	1/4 cup	1/2 cup	Cucumbers w/dip	Corn	Green Beans	Carrots	Pickles
	Fruit	1/8 cup	1/4 cup	1/4 cup	Pineapple	Apple Slices	Pears	Blueberries	Oranges
Snack (select 2)	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	WGR Bean Crackers	WGR Cinnamon Bites	WGR Animal Crackers	WGR Goldfish	Veggie Straws	Apples
	Fruit	1/2 cup	1/2 cup						
Grains/Breads / Cooked cereal, and/or pasta	1/2 oz eq	1/2 oz eq	1 oz eq	Cheese Stick		Yogurt			
	Meat or meat alternate	1/2 oz.	1/2 oz.						

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