

CACFP Menu for Children (5-Day)*Pandemic Menu*

Site/Center Name: The Child Garden					Week One				
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	1/4 cup	1/2 cup	1/2 cup	Strawberry	Blueberry	Banana	Mango	Apple
	Grains/Breads Cooked Cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 1/2 cup 1/2 cup	WGR English Muffin W/Cream Cheese Hardboiled egg	WGR Cheerios Cereal	WGR Blueberry Waffle	WGR Life Cereal	WGR Pancake W/Sunflower Butter
Lunch or Supper	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	BBQ Chicken Sandwich	Cheese stick (HM) Sunflower Butter and Jelly	Ham and Cheese	Chicken Salad	Turkey and Cheese
	Grains/Breads Cooked cereal, and or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1 slice 1/2 cup 1/2 cup	WGR Bun	WGR Tortilla	WGR Bread	WGR Tortilla	WGR Bread
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Carrot	Cucumber w/dip	Corn	Green bean
	Fruit	1/8 cup	1/4 cup	1/4 cup	Pear	Pineapple	Orange	Blueberry	Strawberry
	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%)
Snack (select 2)	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	Applesauce	Banana	Graham Cracker	WGR Baked Pretzel	Graham Cracker
	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Grains/Breads/ Cooked cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1 slice 1/2 cup 1/2 cup	WGR Cinnamon Cracker	Apple Sweet Potato Cracker	Yogurt	Cream Cheese	Sunflower Butter
Meat or meat alternate	1/2 oz.	1/2 oz.	1 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