

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

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	1/4 cup	1/2 cup	1/2 cup	Strawberry	Mango	Bananas	Applesauce	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	Rice Chex Cereal	WGR Biscuit Egg Patty	Crisp Rice Cereal	WGR English Muffin W/Sunflower Butter	Kix Cereal
Lunch or Supper	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	(HM) Ham and Cheese	(HM) Egg salad	(HM) Chicken and Cheese Quesadilla	(HM)Turkey and Cheese	(HM) Chicken Salad
	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 Tortilla	WGR Bread	WGR Tortilla	WGR Tortilla	WGR Bread
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Cucumber w/dip	Pickle	Carrot	Corn	Green bean
	Fruit	1/8 cup	1/4 cup	1/4 cup	Apple	Orange	Blueberry	Pear	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		Tomato Salsa			
	Fruit	1/2 cup	1/2 cup	3/4 cup	Blueberry				
	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	WGR Corn Chip	Cheddar Cracker	WGR Pretzel Twists	WGR Graham Cracker
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.			Yogurt	Cheese Stick	Cream Cheese

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