

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

| Site/Center Name: The Child Garden |  |                                 |                                 |                               | Week Three  |  |   |                      |                    |
|------------------------------------|--|---------------------------------|---------------------------------|-------------------------------|---|--|---|----------------------|--------------------|
| Type                               | Component                                  | Minimum Serving                 |                                 |                               | Date:   | Date:  | Date:   | Date:                | Date:              |
| <b>Breakfast</b>                   |  | <b>1 &amp; 2 years</b>          | <b>3 - 5 years</b>              | <b>6 - 12 years</b>           | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>                                    | <b>Thursday</b>      | <b>Friday</b>      |
|                                    | 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                       | Applesauce  | Strawberry   | Blueberry   | Banana               | Mango              |
|                                    | Grains/Breads Cooked Cereal, and/or pasta  | 1/2 slice<br>1/4 cup<br>1/4 cup | 1/2 slice<br>1/3 cup<br>1/4 cup | 1 slice<br>1/2 cup<br>1/2 cup | WGR Chex Cereal                                       | WGR English Muffin W/Cream Cheese<br><br>Hard Boiled Egg | WGR Cheerios Cereal                                 | WGR Blueberry Waffle | Kix Cereal         |
| <b>Lunch or Supper</b>             | Meat or meat alternate                     | 1 oz.                           | 1 1/2 oz.                       | 2 oz.                         | Cheese Stick<br><br>(HM)Sunflower butter and jelly on | (HM) BBQ Chicken   | Cheese Stick<br><br>(HM) Sunflower Butter and Jelly | (HM)Ham and Cheese   | (HM) Chicken Salad |
|                                    | Grains/Breads Cooked cereal, and or pasta  | 1/2 slice<br>1/4 cup<br>1/4 cup | 1/2 slice<br>1/4 cup<br>1/4 cup | 1 slice<br>1/2 cup<br>1/2 cup | WGR bread   | WGR Bun  | WGR Tortilla  | WGR Bread            | WGR Tortilla       |
|                                    | Vegetable                                  | 1/8 cup                         | 1/4 cup                         | 1/2 cup                       | Cucumber W/Dip  | Broccoli   | Carrot  | Green Bean           | Corn               |
|                                    | Fruit                                      | 1/8 cup                         | 1/4 cup                         | 1/4 cup                       | Apple   | Pear   | Pineapple   | Orange               | Blueberry          |
|                                    | 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%) |
| <b>Snack (select 2)</b>            | Milk, fluid                                | 1/2 cup                         | 1/2 cup                         | 1 cup                         | Water   | Water  | Water<br><br>Tomato Salsa                           | Water                | Water              |
|                                    | Vegetables                                 | 1/2 cup                         | 1/2 cup                         | 3/4 cup                       |   |  |   |                      |                    |
|                                    | Fruit                                      | 1/2 cup                         | 1/2 cup                         | 3/4 cup                       | Apple   |  |   |                      |                    |
|                                    | Grains/Breads/ Cooked cereal, and/or pasta | 1/2 slice<br>1/4 cup<br>1/4 cup | 1/2 slice<br>1/4 cup<br>1/4 cup | 1 slice<br>1/2 cup<br>1/2 cup | WGR Lemon Blueberry Bites                             | WGR Cinnamon Cracker                                     | WGR Corn Chip                                       | WGR Cheddar Cracker  | WGR Baked Pretzel  |
| Meat or meat alternate             | 1/2 oz.                                    | 1/2 oz.                         | 1 oz.                           | Yogurt                        |   |  | Yogurt  | 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