

CACFP Menu for Children (5-Day)

Site/Center Name: Kids & Giggles									
Type	Component				Date:	Date:	Date:	Date:	Date:
		1&2 yrs	3-5 yrs	6-12 yrs	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, fluid	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Juice, fruit or vegetable	1/4 cup	1/2 cup	1/2 cup	MANDARIN ORANGES	APPLES	PEARS	BANANAS	PEACHES
	Grains/Breads	1/2 slice	1/2 slice	1 slice	WHOLE GRAIN WAFFLES	KIX	PEANUT BUTTER WHOLE WHEAT ROLL-UP	WHOLE WHEAT BAGEL	BREAKFAST CASSEROLE
	Dry cereal	1/4 cup or or 1/3 oz.	1/3 cup or 1/2 oz.	3/4 cup or 1 oz.					
Lunch	Meat or meat alternate	1 oz.	1-1/2 oz.	2 oz.	SLOPPY JOES	TASTY TAQUITOS CHICKEN	CHEESY SPAGHETTI BAKE BEEF	CHICKEN SALAD	GRILLED HAM & CHEESE HAM & CHEESE
	Grains/Breads	1/2 slice	1/2 slice	1 slice	WHOLE GRAIN BUN	WHOLE GRAIN TORTILLA	WHOLE GRAIN SPAGHETTI	WHOLE GRAIN PITA	WHOLE WHEAT BREAD
	Pasta/Noodles	1/4 cup	1/4 cup	1/2 cup					
	Fruit and/or vegetable and/or juice (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	APPLES TATOR TOTS	MIXED FRUIT SALSA CORN DICED TOMATOES BLACK BEANS	BANANAS GREEN BEANS	GRAPES SALAD GREEN BEANS FOR BABIES	CLEMENTINES PEAS
	Milk, fluid	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
Snack (select 2)	Milk, fluid	1/2 cup	3/4 cup	1 cup	MILK	WATER	WATER	WATER	WATER
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup		CELERY	BANANAS	CUCUMBER	
	Grains/Breads	1/2 slice	1/2 slice	1 slice	GOLDFISH		GRAHAM CRACKERS	WHEAT THINS	RITZ
	Dry cereal	1/4 cup	1/3 cup	3/4 cup					
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.		PEANUT BUTTER			CHEESE CUBES