

## CACFP Menu for Children (5-Day)

Site/Center Name: <b>Kids &amp; Giggles</b>									
Type	Component				Date:	Date:	Date:	Date:	Date:
		1&2 yrs	3-5 yrs	6-12 yrs	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	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	BANANAS	GRAPES	MIXED FRUIT	PEACHES	ORANGES
	Grains/Breads	1/2 slice	1/2 slice	1 slice	CHEERIOS	PANCAKES	WHOLE GRAIN ENGLISH MUFFIN	OATMEAL	WHOLE GRAIN TOAST
	Dry cereal	1/4 cup or 1/3 oz.	1/3 cup or 1/2 oz.	3/4 cup or 1 oz.					
<b>Lunch</b>	Meat or meat alternate	1 oz.	1-1/2 oz.	2 oz.	<b>CHICKEN STRIPS</b>	<b>HAMBURGER W/CHEESE</b>	<b>CHEESE PIZZA</b> CHEESE	<b>ROLY POLY ROLL-UP</b> TURKEY	<b>CHEESY CHICKEN QUESADILLAS</b> CHICKEN
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	MACARONI & CHEESE	WHOLE GRAIN BUN	PIZZA CRUST	WHOLE GRAIN TORTILLA	WHOLE GRAIN TORTILLA
	Fruit and/or vegetable and/or juice (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	BANANS	WATERMELON	PEARS	CLEMENTINES	APPLES
					CORN	SALAD PEAS FOR BABIES	PEAS	CUCUMBER TOMATO	REFRIED BEANS CORN ONION DICED TOMATOES
	Milk, fluid	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
<b>Snack (select 2)</b>	Milk, fluid	1/2 cup	3/4 cup	1 cup	WATER	WATER	MILK	WATER	WATER
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	BANANA		JELLY		SALSA
	Grains/Breads Dry cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	CHEEZ ITS	PRETZELS	WHOLE GRAIN BREAD	GRANOLA	CORN CHIPS
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.		STRING CHEESE	PEANUT BUTTER	YOGURT	

For more information on additional food components and amounts, please refer to CACFP Child Care Meal Pattern Chart in "What's in a Meal?"  
This institution is an equal opportunity provider.