



BREAKFAST		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Grain / Grain Alternative	1/2 c. Yogurt w/ 1/8 c. WG Granola	1 Biscuit w/ Jelly	Ham and Egg Casserole	WG Belvita Bar	1 Pancake w/ Syrup
	Fruit / Vegetable	1/2 c. Fresh Fruit	1/2 c. Pears	1/4 c. Spinach 1/4 c. Fruit	1/2 c. Applesauce	1/2c. Blueberries
	Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk
LUNCH	<b>1 of each component</b>	Boulettes	Chicken & Rice	Burritos	Pizza	Macaroni & Cheese
	Grain / Grain Alt	1 Roll	1/4 c WG Brown Rice	Tortilla	Crust	WG Macaroni
	Meat / Meat Alternative	1.5 oz Meatballs	1.5 oz Breaded Chicken	Beans & Cheese	Cheese / Pepperoni	Cheese
	Vegetable	1/4 c. Mashed Sweet Potato	1/4 c. Mixed Vegetables	1/4 c. Corn	1/4 c. Green Salad	1/4 c. Broccoli & Cauliflower
	Fruit / Vegetable	1/4 c. Mandarin Orange	1/4 c. Pineapple	1/4 c. Pears	1/4 c. Mixed Fruit	1/4 c. Peaches
	Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk
PM SNACK	Grain / Grain Alternative	Goldfish	Pretzels	WG Animal Crackers	Cheez-its	1 Graham Cracker
	Meat / Meat Alternative		1 String Cheese			
	Fruit / Vegetable	Apple Juice		Orange Slices	Apple Juice	Apple Slices

**ALL SERVINGS LISTED ARE THE MINIMUM CACFP MEAL PATTERNS AND PORTION SIZES,  
ADDITIONAL SERVINGS AVAILABLE**

**1-2 YR 4OZ WHOLE MILK / 3-5 YR 6OZ 1% MILK**

**6-12 YR 8OZ 1% REGULAR OR CHOCOLATE MILK**

**SUBSTITUTIONS WILL BE MADE AS NECESSARY AND POSTED**

**WATER IS AVAILABLE ALL DAY**

**REVISED 9/9/2021**





BREAKFAST		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Grain / Grain Alternative	WG Toast w/ Jelly	WG Cheerios	Sausage & Eggs	1 Blueberry Muffin	1 Waffle w/ syrup
	Fruit / Vegetable	Fresh Fruit	Raisins	Fresh Fruit	Cinnamon Applesauce	Blueberries
	Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk
LUNCH	<b>1 of each component</b>	Chicken Taquitos	Sloppy Joe Pita	Grilled Cheese Sandwich	Penne Casserole	Hamburgers
	Grain / Grain Alt	Tortilla	Bun	WG Bread	WG Pasta	Bun
	Meat / Meat Alternative	Chicken	Ground Beef	Cheese	Ground beef	Ground beef
	Vegetable	1/4 c. Black Beans	1/4 c. Sweet Potato Fries	1/4 c. Green Bean	1/4 c. Zucchini	1/4 c. Tomato & Cucumber Salad
	Fruit / Vegetable	1/4 c. Pineapple	1 Pickle Spears	1/4 c. Peaches	1/4 c. Green Salad	1/4 c. Tater Tots
	Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk
PM SNACK	Grain / Grain Alternative	WG Granola	Ritz Crackers	Goldfish		WG Belvita snack
	Meat / Meat Alternative	Yogurt		String Cheese	Turkey roll	
	Fruit / Vegetable		Fresh Fruit		Baby Carrots & Apple Juice	Orange Slices

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	Grain / Grain Alternative	WG Oatmeal	1 Mini Bagel w/ Cream Cheese	WG Toast w/ Jelly	Egg and Cheese Muffin	2 French Toast Sticks w/ Syrup
	Fruit / Vegetable	1/2 c Fresh Fruit	1/2 c Pears	1/2 c Banana Slices	1/2 c Fresh Fruit	Strawberries
	Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk
LUNCH	<b>1 of each component</b>	Turkey Cheese Wrap	Fish Sticks	Cheese Quesadilla	Chicken Nuggets	Chicken Parmesan Pasta
	Grain / Grain Alt	Tortilla	Roll	Tortilla	White Rice	WG Pasta
	Meat / Meat Alternative	Turkey lunch meat/cheese	Fish sticks	Cheese	Chicken	Chicken
	Vegetable	1/4 c Peas & Carrots	1/4 c Green Beans	1/4 c Broccoli & Cauliflower	1/4 c Corn	1/4 c Mixed Vegetables
	Fruit / Vegetable	1/4 c Mixed Fruit	1/4 c Tropical Fruit	1/4 c Pears	1/4 c. Apple Slices	1/4 c Cinnamon Applesauce
	Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk
PM SNACK	Grain / Grain Alternative		1 WG Breadstick	Pretzels	WG Belvita Snack	Graham Crackers
	Meat / Meat Alternative	Salami & Cheese		Cheese		
	Fruit / Vegetable	Apple Juice	Fresh Fruit		Celery sticks	Orange Slices

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	Grain / Grain Alternative	Egg Casserole w/ Cheese	WG Oatmeal	English Muffin	Scrambled Eggs	Muffin
	Fruit / Vegetable	1/2 c Bell Peppers	1/2 c. Blueberries	1/2 c Fresh fruit	1/2 c. Applesauce	1/2 c. Fresh Fruit
	Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk
LUNCH	<b>1 of each component</b>	Turkey Chili	Orange Chicken Meal	Tuna Salad Sandwich	Grilled Ham & Cheese	Chicken Alfredo
	Grain / Grain Alt	Corn Bread	WG Brown Rice	WG Bread	WG Bread	Egg Noodle
	Meat / Meat Alternative	Turkey	Chicken	Tuna	Ham & Cheese	Chicken
	Vegetable	1/4 c. Celery / Bell Peppers	1/4 c. Peas & Carrots	1/4 c. Green salad w/ranch	1/4 c. Sweet Potato Fries	1/4 c. Ca Blend Vegetables
	Fruit / Vegetable	1 Pickel spear	1/4 c. Pears	1/4 c. Peaches	1/4 c. Green Beans	1/4 c. Fresh Fruit
	Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk
PM SNACK	Grain / Grain Alternative	WG Granola	Ritz Crackers	Cheez-it Crackers	WG Belvita Snack	WG Chex Mix
	Meat / Meat Alternative	Yogurt				
	Fruit / Vegetable	Fresh Fruit	Apples	Apple Juice	Juice	Fresh Fruit

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**REVISED 9/9/2021**



# MENU E

**5th week -**  
**used only when there are**  
**5 Mondays in a month**



BREAKFAST		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Grain / Grain Alternative	Yogurt w/ Granola	Egg & Chees Muffin	WG Toast	Bagel w/ Cream Cheese	WG Cereal
	Fruit / Vegetable	Fresh Fruit	Fresh Fruit	Banana Slices	Apples	Fresh Fruit
	Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk
LUNCH	1 of each component	Turkey Sandwich	Beef Ravioli	Tuna Casserole	Sloppy Joes	Tacos
	Grain / Grain Alt	WG Bread	WG Noodle	Egg Noodles	Bun	Tortilla
	Meat / Meat Alternative	Turkey Lunch Meat	Lean Ground beef	Tuna	Lean Ground Beef	Ground Turkey
	Vegetable	Green Beans	Mixed Vegetables	Peas & Carrots	Pickel spear	Refried Beans
	Fruit / Vegetable	Mandarin Oranges	Peaches	Fruit Cocktail	Pears	Pineapple
	Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk	Whole / 1% Milk
PM SNACK	Grain / Grain Alternative		Club Crackers	Pretzels		Ritz Crackers
	Meat / Meat Alternative	Hard Boiled Eggs	Cheese Slices	String Cheese	Salame	Turkey roll
	Fruit / Vegetable	Apple Slices	Apple Juice		Fresh Vegetable w Ranch	

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