

Week 1 Menu

Dates

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1% or Whole Milk (WG) Cheerios Cereal Mandarin oranges	1% or Whole Milk (WG) Pancakes Blueberries	1% or Whole Milk Chocolate Chip Muffin Pears	1% or Whole Milk English Muffins Fruit Jam Pineapple	1% or Whole Milk (WG) French Toast Grapes
AM Snack	Grape Juice Cheez its	Apple Slices Goldfish Crackers	Apple Juice Ritz Crackers	Orange Wedges Pretzels	Cheese Sticks Saltines
Lunch	1% or Whole Milk Chicken Noodle Soup Green Salad Strawberries	1% or Whole Milk Beef Tacos Lettuce/Tomato Fruit Cocktail	1% or Whole Milk Apricot Chicken Rice Broccoli Carrots	1% or Whole Milk Sloppy Joes Pickles Apple Sauce	1% or Whole Milk Tuna Fish Sandwhich Cucumbers Mandarin Oranges
PM Snack	1% or Whole Milk Bananas	Cottage Cheese Peaches	Yogurt (WG) Granola	Cheese Sticks (WG) Wheat Thins	1% or Whole Milk Chips/Salsa

Use the CACFP Meal Pattern to Determine Serving Sizes

Week 2 Menu

Dates

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1% or Whole Milk (WG) Life cereal Bananas	1% or Whole Milk Bagels & Cream Cheese Blueberries	1% or Whole Milk (WG) Waffles Pears	1% or Whole Milk (WG) Cinnamon Toast Mandarin Oranges	1% or Whole Milk (WG) Oatmeal Peaches
AM Snack	Goldfish Apple Juice	Grape Juice (WG) Wheat Thins	Mandarin Oranges Chex Mix	Ritz Carrots	Wheat Thins Cheese Cubes
Lunch	1% or Whole Milk Grilled Cheese Sandwich Tomato Soup Apples	1% or Whole Milk Chili Cornbread Peas Fruit Cocktail	1% or Whole Milk Bean and Cheese Burrito Corn Applesauce	1% or Whole Milk Teryaki Chicken Rice Pineapple Green Beans	1% or Whole Milk Beef Nachos Lettuce/Tomato Pears
PM Snack	Pretzels Grapes	Saltines Orange Slices	1% or Whole Milk Muffins	Cheese Sticks Club Crackers	Yogurt Strawberries

Use the CACFP Meal Pattern to Determine Serving Sizes

Week 3 Menu

Dates

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1% or Whole Milk (WG) Cheerios Cereal Bananas	1% or Whole Milk English Muffin Fruit Cocktail Fruit Jam	1% or Whole Milk (WG) Pancakes Strawberries	1% or Whole Milk Blueberry Muffins Grapes	1% or Whole Milk (WG) French Toast Pears
AM Snack	Cheezits Apple Juice	(WG) Wheat Thins 1% or Whole Milk	Cottage Cheese Ritz	Yogurt (WG) Granola	Carrots Cheese cubes
Lunch	1% or Whole Milk Beef Lasagna Corn Fruit Cocktail	1% or Whole Milk Chicken Alfredo Salad Broccoli Rolls	1% or Whole Milk Apricot Chicken Rice California Blend Broccoli & Cauliflower Mandarin Oranges	1% or Whole Milk Pizza Spinach Salad Pineapple	1% or Whole Milk BBQ Pork Sandwich Mashed Patatoes Applesauce
PM Snack	Cheese Sticks Club Crackers	Yogurt Blueberries	Pretzels Apples	GoldFish Grape Juice	Oranges Chex Mix

Use the CACFP Meal Pattern to Determine Serving Sizes

Week 4 Menu

Dates

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1% or Whole Milk (WG) Life Cereal Bananas	1% or Whole Milk (WG) Waffles Strawberries	1% or Whole Milk Blueberry Muffins Apple Sauce	1% or Whole Milk Bagels Cream Cheese Mandarin Oranges	1% or Whole Milk (WG) Oatmeal Blueberries
AM Snack	Apples Pretzels	Cheezits Apple Juice	Peaches Goldfish	1% or Whole Milk Chex Mix	Broccoli Cheese Cubes
Lunch	1% or Whole Milk Spaghetti Beef Meatballs Green Beans Fruit Cocktail	1% or Whole Milk Chicken Salad Sandwich Grapes Corn	1% or Whole Milk Grilled Chicken Wrap Squash Snap Peas	1% or Whole Milk Macaroni and Cheese Peas & Carrots Pineapple	1% or Whole Milk Cheeseburger French Fries Cole Slaw
PM Snack	Grape Juice Saltines	Ritz Orange Slices	(WG) Granola Yogurt	(WG) Wheat Thins Cheese Sticks	1% or Whole Milk Chips/Salsa

Use the CACFP Meal Pattern to Determine Serving Sizes