



FOOD MENU A

Week: ____

Month: ____

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USDA CACFP Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Fluid Milk	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)
Fruit and/or Vegetable	Bananas	Oranges	Bananas	Apples	Bananas
Bread or Cereal	Eggo Waffles	Oatmeal/Farina (WG)	Corn Flakes/Cheerios (WG)	Wheat Bread (WG)	Oatmeal/Farina (WG)
LUNCH					
Meat or Alternate	Chicken Strips	Cheese (Grilled)	Egg	Ground Beef	Cheese Pizza (with extra cheese)
Fruit and/or Vegetable	Oranges	Apple Sauce	Oranges	Bananas	Oranges
	Lettuce + Tomatoes Salad	Broccoli	Green Beans+ Carrots	Mixed-Veggies	Corn
Bread or Alternate	Rice (enriched)	Wheat Bread (WG)	Rice (enriched)	Pasta (enriched spaghetti)	Cheese Pizza (with extra cheese)
Fluid Milk	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)
AFTERNOON SNACK <i>(serve any 2 of the following foods);</i>					
Fluid Milk		6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	Yogurt	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	
Fruit and/or Vegetable	Apples	Bananas	100% Apple Juice	Oranges	Apples
Bread or Alternate	Saltines (WG)				Honey Maid Grahams (WG)
Meat or Alternate					