

# FOOD MENU B

Week: \_\_

Month:

202

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