

**\*Menu Subject to Change\***

**CACFP MENU PLANNER**

FACILITY NAME: Penny Lane

DATE:

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+
<b>BREAKFAST</b>																				
Milk	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz
Fruit/vegetable	Grapes (F)	¼ cup	½ cup	½ cup	Bananas (F)	¼ cup	½ cup	½ cup	Strawberries (F)	¼ cup	½ cup	½ cup	Applesauce	¼ cup	½ cup	½ cup	Tangelos(F)	¼ cup	½ cup	½ cup
Grain (or meat/meat alt 3/wk)	English Muffin (WG)	½	½	1	Pancakes (WG)	1	1	1	Rice Chex Cereal (WG)	½ cup	½ cup	1 cup	Bagel (WG) with cream cheese	½	½	1	Kix Cereal (WG)	¼ cup	¼ cup	1 ¼ c
<b>AM SNACK</b> (choose two):																				
Milk									Milk	4oz	6oz	8oz								
Fruit					Cherry Tomatoes (F)	½ cup	½ cup	¾ cup					Blueberries (F)	½ c	½ c	¾ c	Cucumbers (F)	½ cup	½ cup	¾ cup
Vegetable	Oyster Crackers	1/3 c	1/3 c	2/3 c																
Grain	Hormel	½ oz	½ oz	1 oz	Cheerios (WG)	½ cup	½ cup	1 cup	Animal Crackers	7	7	14	Chex Mix	½ cup	½ cup	1 cup	Cheez-it	12	12	24
Meat/meal alt.	Pepperoni Slices (MA) (PPS)																			
<b>LUNCH</b>																				
Milk	Milk	4oz	6oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4oz	6oz	8 oz	Milk	4oz	6 oz	8oz
Fruit	Peaches	1/8 c	¼ c	¼ c	Blueberries (F)	1/8 c	¼ cup	¼ cup	Pineapples	1/8 c	¼ cup	¼ cup	Cantaloupe (F)	1/8 c	¼ cup	¼ cup	Apples (F)	1/8 c	¼ cup	¼ cup
Vegetable	Green Beans	1/8 c	¼ cup	½ cup	Salad (F)	¼ cup	½ cup	1 cup	Corn	1/8 c	¼ cup	½ cup	Broccoli	1/8c	¼ cup	½ cup	Mixed Veggies	1/8 c	¼ cup	½ cup
Grain	Breaded Fish Sticks (CN)	½ oz	½ oz	1 oz	Spaghetti with ground beef sauce (HM) (WG)	¼ cup	¼ cup	1 cup	Bun (WG)	1	1	1	Macaroni & Cheese (HM) (PSS)	¼ cup	¼ cup	½ cup	Breaded Chicken Strips (CN) (WG)	½ oz	½ oz	1 oz
Meat/meal alt.		1 oz	1½ oz	2 oz		1 oz	1½ oz	2 oz	Sloppy Joe w/ ground beef (HM)	1 oz	1½ oz	2 oz	Bread Slice (WG)	1oz	1½oz.	2 oz		1 oz	1 ½ oz	2 oz
<b>PM SNACK</b> (choose two):																				
Milk													Milk	4oz	6oz	8oz	Milk	4 oz	6 oz	8oz
Fruit	Saltine Crackers	4	6	8	Salsa	½ cup	½ cup	¾ cup	Apples (F)	½ cup	½ cup	¾ cup								
Vegetable	Mozarella																			
Grain	Cheese Stick (MA)	½ oz	½ oz	1oz	Tortilla Chips	6	6	12	Rice Cakes (WG)	1	1	1	Life Cereal (WG)	½ cup	½ cup	1 cup	Pretzels	7	7	14
Meat/meal alt.																				

**\*Water is always available and offered throughout the day\***

Milk

1 year olds: Whole Milk  
2-5 year olds: 1%  
6 years +: 1%

Key

WG = whole grain or whole grain rich  
HM = homemade  
CN = child nutrition label

PSS = product service sheet

C= cup

F = fresh

MA = meat alternative