

## CACFP MENU PLANNER

FACILITY NAME: Penny Lane

DATE: Week #2

|                                  | 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                | 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                  | Apples (F)          | ¼ cup | ½ cup | ½ cup  | Blueberries (F)    | ¼ cup  | ½ cup  | ½ cup  | Banana (F)                | ¼ cup   | ½ cup   | ½ cup   | Strawberries (F)     | ¼ cup | ½ cup  | ½ cup | Mixed Fruit          | ¼ cup   | ½ cup   | ½ cup  |
| Grain (or meat/meat alt 3/wk)    | Yoplait Yogurt (MA) | 4 oz. | 6 oz. | 8 oz.  | Cheerios (WG)      | ½ c    | ½ c    | 1 c    | Waffle (WG)               | 1       | 1       | 2       | Rice Cakes (WG)      | 1     | 1      | 2     | Wheaties Cereal (WG) | ½ c     | ½ c     | 1 c    |
| <b>AM SNACK</b><br>(choose two): | Milk                | 4 oz  | 6 oz  | 8oz    |                    |        |        |        | Blueberries (F)           | ½ c     | ½ c     | ¾ c     | Bananas (F)          | ½ c   | ½ c    | ¾ c   | Cucumbers (F)        | ½ cup   | ½ cup   | ¾ cup  |
| Fruit                            | Pretzels            | 7     | 7     | 14     | Saltines           | 4      | 8      | 8      | Animal Crackers           | 7       | 7       | 14      | Cheerios (WG)        | ½ cup | ½ cup  | 1 cup | Rice Cakes (WG)      | 1       | 1       | 1      |
| Vegetable                        |                     |       |       |        | Peanut Butter (MA) | 1 tbsp | 1 tbsp | 2 tbsp |                           |         |         |         |                      |       |        |       |                      |         |         |        |
| Grain                            |                     |       |       |        |                    |        |        |        |                           |         |         |         |                      |       |        |       |                      |         |         |        |
| Meat/meal alt.                   |                     |       |       |        |                    |        |        |        |                           |         |         |         |                      |       |        |       |                      |         |         |        |
| <b>LUNCH</b>                     | 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                            | Oranges (F)         | 1/8 c | ¼ c   | ¼ c    | Peaches            | 1/8 c  | ¼ cup  | ¼ cup  | Pineapples                | 1/8 c   | ¼ cup   | ¼ cup   | Bananas (F)          | 1/8 c | ¼ c    | ¼ c   | Blueberries (F)      | 1/8 c   | ¼ cup   | ¼ cup  |
| Vegetable                        | Peas                | 1/8 c | ¼ cup | ½ cup  | Broccoli           | 1/8 c  | ¼ cup  | ½ cup  | Mashed                    | 1/8 c   | ¼ cup   | ½ cup   | Corn                 | 1/8c  | ¼ cup  | ½ cup | Salad (F)            | 1/4 c   | ½ cup   | 1 cup  |
| Grain                            | Breaded State       | ½ oz  | ½ oz  | 1oz    | Turkey Sandwich    | 1 oz   | 1 ½ oz | 2 oz   | Potatoes                  |         |         |         | Beef and Cheese      | 1oz   | 1.5 oz | 2 oz  | Club Crackers        | 4       | 4       | 8      |
| Meat/meal alt.                   | Fair Corn Dogs (CN) | 1 oz  | 2 oz  | 2.5 oz | on Bun (WG) (PSS)  | 1      | 1      | 1      | Bread (WG)                | ½ slice | ½ slice | 1 slice | Burrito on Tortilla  | 1     | 1      | 1     | Cottage Cheese (MA)  | 1oz     | 1½ oz   | 2oz    |
|                                  |                     |       |       |        |                    |        |        |        | Garlic Chicken (HM) (PSS) | 1 oz    | 1½ oz   | 2 oz    | Roll (WG) (HM) (PSS) |       |        |       |                      |         |         |        |
| <b>PM SNACK</b><br>(choose two): | Milk                | 4oz   | 6 oz  | 8 oz   |                    |        |        |        | Ham /Tortilla             | ½ oz    | ½ oz    | 1 oz    | Cucumbers(F)         | ½ cup | ½ cup  | ¾ cup | Milk                 | 4 oz    | 6 oz    | 8oz    |
| Fruit                            |                     |       |       |        | Club Crackers      | 4      | 8      | 8      | Roll-Up (WG) (PSS)        | 1       | 1       | 2       | Chex Mix             | ½ cup | ½ cup  | 1 cup | Cinnamon/Raisin      | ½ slice | ½ slice | 1slice |
| Vegetable                        |                     |       |       |        | Boiled Egg (MA)    | 1      | 1      | 1      |                           |         |         |         |                      |       |        |       | Bread (WG)           |         |         |        |
| Grain                            | Kix Cereal (WG)     | ¾ cup | ¾ cup | 1 ¼ c  |                    |        |        |        |                           |         |         |         |                      |       |        |       |                      |         |         |        |
| 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  
 MA = meat alternative  
 CN = child nutrition label

PSS = product service sheet

C=cup

F = fresh

MA = meat alternative

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

This institution is an equal opportunity provider.

Effective: October 2017

