

CACFP MENU PLANNER

FACILITY NAME: Penny Lane

DATE: Week #3

	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+
BREAKFAST	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	Oranges (F)	¼ cup	½ cup	½ cup	Apples (F)	¼ cup	½ cup	½ cup	Bananas (F)	¼ cup	½ cup	½ cup	Orange Juice	¼ cup	½ cup	½ cup	Blueberries(F)	¼ cup	½ cup	½ cup
Grain (or meat/meat alt 3/wk)	Honey Kix (WG)	½ cup	½ cup	1 cup	Blueberry Bagel (WG)	½	½	1	Rice Cake (WG)	1	1	1	Biscuit	½	½	1	Honey Bunches of Oats w/ Almonds (WG)	½ cup	½ cup	1 cup
AM SNACK (choose two):																				
Milk					Carrot Sticks (F)	¼ cup	½ cup	¾ cup	Snap Peas (F)	½ c	½ c	¾ c	Grapes (F)	½ cup	½ cup	¾ cup	Milk	4 oz	6 oz	8 oz
Fruit					Pretzels	7	7	14	Cheerios (WG)	½ cup	½ cup	1 cup	Chex Mix	½ cup	½ cup	1 cup	Triscuits (WG)	4	4	8
Vegetable	Club Crackers	4	4	8																
Grain	Mozzarella																			
Meat/meal alt.	Cheese Sticks (MA)	½ oz	½ oz	1 oz																
LUNCH																				
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	Pineapples	1/8 c.	¼ c	¼ c	Blueberries (F)	1/8 c.	¼ cup	¼ cup	Tangelos (F)	1/8 c.	¼ cup	¼ cup	Bananas (F)	¼ cup	¼ cup	¼ cup	Peaches	1/8 c	¼ cup	¼ cup
Vegetable	Cucumbers (F)	1/8 c.	¼ c	½ cup	Green Beans	1/8 c.	¼ cup	½ cup	Mashed Potatoes	1/8 c.	¼ cup	½ cup	Corn	1/8 c.	½ cup	½ cup	Tomatoes (HM)	¼ cup	¼ cup	½ c
Grain	Bun (WG)	½	1	1	Macaroni & Cheese (WG)	¼ c	¼ c	½ c	Breaded Tyson Chicken Nuggets (CN)	½ oz	½ oz	1 oz	Bread Slice (WG)	½ slice	½ slice	1 slice	&Macaroni	¼ cup	¼ cup	½ c
Meat/meal alt.	Ham & Cheese Sandwich (PSS)	1 oz	1½ oz.	2 oz	(HM) (PSS)	1 oz	1½ oz	2 oz					Beef & Noodles (HM)	¼ cup	¼ cup	½ cup	Breaded Fish Sticks (CN)	1/2oz	1/2oz	1 oz
PM SNACK (choose two):																				
Milk	Milk	4oz	6 oz	8 oz	Cherry Tomatoes (F)	½ cup	½ cup	¾ cup	Strawberries (F)	½ cup	½ cup	¾ cup	Apples (F)	½ cup	½ cup	¾ cup	Milk	4 oz	6 oz	8oz
Fruit					Saltines	4	4	8	Graham Crackers	1	1	2	Peanut Butter (MA)	1 tbsp	1 tbsp	2 tbsp	Chex Mix	½ cup	½ cup	1 cup
Vegetable																				
Grain	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

Menu Subject to Change

This institution is an equal opportunity provider.

Effective: October 2017

