

CACFP MENU PLANNER

up

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+
BREAKFAST																				
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	Raisins	¼ cup	½ cup	½ cup	Banana (F)	¼ cup	½ cup	½ cup	Cranberries	¼ cup	½ cup	½ cup	Honeydew (F)	¼ cup	½ cup	½ cup	Apples(F)	¼ cup	½ cup	½ cup
Grain (or meat/meat alt 3/wk)	Corn Flakes	½ cup	½ cup	1 cup	Bagels (WG)	½	½	1	Brown Sugar Oatmeal Squares (WG)	½ cup	½ cup	1 cup	Biscuits	½	½	1	Waffles (WG)	1	1	2
AM SNACK (choose two):																				
Fruit	Raspberries (F)	½ cup	½ cup	¾ cup	Celery/Peppers (F)	¼ cup	½ cup	¾ cup	Cucumbers (F)	½ c	½ c	¾ c	Milk	4 oz	4 oz	8 oz	Cantaloupe (F)	½ cup	½ cup	¾ cup
Vegetable									Oyster Crackers	½ cup	½ cup	1 cup	Cheez-Its	12	12	24	Saltine Crackers (WG)	4	8	8
Grain	Graham Crackers	1	1	2	Peanut Butter (MA)	1 tbsp	1 tbsp	2 tbsp												
Meat/meal alt.																				
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	Peaches	1/8 c.	¼ cup	¼ cup	Apples (F)	1/8 c.	¼ cup	¼ cup	Fruit Cocktail	1/8 c.	¼ cup	¼ cup	Blueberries (F)	1/8 c.	¼ cup	¼ cup	Pineapples	1/8 c.	¼ cup	¼ cup
Vegetable	Carrot Sticks (F)	1/8 c.	¼ cup	½ cup	Fries	1/8 c.	¼ cup	½ cup	Green Beans	1/8 c.	¼ cup	½ cup	Mashed Potatoes	1/8 c.	¼ cup	½ cup	Salad (F)	1/4 c.	½ cup	1 cup
Grain	Breaded Tyson Chicken	½ oz	½ oz	1 oz	Bun (WG)	½	½	1	Cheesy Macaroni & Cheese (HM)	¼ c	¼ c	½ c	Bread Slice (WG)	½ slice	½ slice	1 slice	Breaded Fish Sticks (CN)	½ oz	½ oz	1 oz
Meat/meal alt.	Nuggets (CN)	1 oz	1½ oz.	2 oz	Sloppy Joe w/ Ground Beef (HM) (PSS)	1 oz	1½ oz.	2 oz		1 oz	1½ oz.	2 oz	Chicken & Noodles (HM)	1oz	1 1/2	2oz.		1oz	1 ½ oz.	2oz
PM SNACK (choose two):																				
Milk	Milk	4oz	6 oz	8 oz	Carrots Sticks (F)	½ cup	½ cup	¾ cup	Honeydew (F)	½ cup	½ cup	¾ cup	Cranberries	½ cup	½ cup	¾ cup	Club Crackers	4	4	8
Fruit									Ritz Crackers	4	4	8	Berry Berry Kix Cereal (WG)	¾ cup	¾ cup	1 ¼ c	Mozzarella Cheese Sticks (MA)	½ oz	½ oz	1oz
Vegetable					Chex Mix	½ cup	½ cup	1 cup												
Grain	Wheat Thins (WG)	4	4	8																
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