



FOOD MENU A

Week: ____

Month: ____

USDA CACFP Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Fluid Milk	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)
Fruit and/or Vegetable	Bananas	Oranges	Apples	Pineapples Cubes	Bananas
Bread or Cereal	Oatmeal	Cheerios Cereal	Oatmeal	Pancakes (Whole Grains)	Bread (Whole Wheat)
LUNCH					
Meat or Alternate	Chicken Nuggets	Cheese (Grilled)	Chicken Strips	Ham	Cheese
Fruit and/or Vegetable	Apples	Apple Sauce	Oranges	Apples	Oranges
	Black Beans	Broccoli	Mix-Veggies (green beans, peas, carrots, corn)	Tomato Sauce	Mix-Veggies (green beans, peas, carrots, corn)
Bread or Alternate	Rice	Bread (Whole Wheat)	Rice	Pasta	Cheese Pizza
Fluid Milk	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)
AFTERNOON SNACK <i>(serve any 2 of the following foods);</i>					
Fluid Milk		Fluid Milk (1% for 2+ years) (whole for < 2 years)	Yoplait Yogurt (low fat)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	
Fruit and/or Vegetable	100% Orange Juice	Bananas	100% Apple Juice		Oranges
Bread or Alternate	Cheez-It Crackers			Corn Flakes Cereal	Honey Maid Graham Crackers
Meat or Alternate					

January 2025

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FOOD MENU B

Week: ____

Month: ____

USDA CACFP Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Fluid Milk	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)
Fruit and/or Vegetable	Bananas	Apples	Oranges	Apples	Bananas
Bread or Cereal	Oatmeal	Rice Krispies Cereal	Oatmeal	Bread (Whole Wheat)	Pancakes (Whole Grains)
LUNCH					
Meat or Alternate	Eggs	Ground Beef	Ham	Cheese	Cheese
Fruit and/or Vegetable	Apples	Bananas	Oranges	Oranges	100% Fruit Juice
	Mix-Veggies (green beans, peas, carrots, corn)	Tomato Sauce	Black Beans	Broccoli	Sweet Peas
Bread or Alternate	Rice	Pasta	Rice	Macaroni-Cheese	Cheese Pizza
Fluid Milk	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)
AFTERNOON SNACK <i>(serve any 2 of the following foods);</i>					
Fluid Milk	Fluid Milk (1% for 2+ years) (whole for < 2 years)		Yoplait Yogurt (low Fat)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	
Fruit and/or Vegetable		Oranges			Watermelon
Bread or Alternate	Cheerios Cereal	Wheat Thins Crackers	Saltine Crackers	Kix Cereal	Animal Crackers
Meat or Alternate					

January 2025



FOOD MENU C

Week: ____

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USDA CACFP Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Fluid Milk	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)
Fruit and/or Vegetable	Bananas	Strawberries	Apples	Pineapples Cubes	Bananas
Bread or Cereal	Oatmeal	Cheerios Cereal	Pancakes (Whole Grains)	Bread (Whole Wheat)	Oatmeal
LUNCH					
Meat or Alternate	Chicken Strips	Ground Chicken	Chicken Strips	Ham	Cheese/ Ground Beef
Fruit and/or Vegetable	Apples	Watermelon	Oranges	Apples	Oranges
	Black Beans	Tomato Sauce/ Lettuce	Mix-Veggies (green beans, peas, carrots, corn)	Tomato Sauce	Tomatoes Sauce/ Lettuce
Bread or Alternate	Rice (Moro)	Corn Tortillas	Noddles (soup)	Pasta	Tortilla (Whole Grains)
Fluid Milk	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	Fluid Milk (1% for 2+ years) (whole for < 2 years)
AFTERNOON SNACK <i>(serve any 2 of the following foods);</i>					
Fluid Milk		Fluid Milk (1% for 2+ years) (whole for < 2 years)	Yoplait Yogurt (low fat)	Fluid Milk (1% for 2+ years) (whole for < 2 years)	
Fruit and/or Vegetable	100% Orange Juice	Bananas	100% Apple Juice		Bananas
Bread or Alternate	Ritz Crackers			Corn Flakes Cereal	Animals Crackers
Meat or Alternate					

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