



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	Cantaloupe	Apples	Pineapples Cubes	Bananas
Bread or Cereal	Pancakes	Oatmeal/Farina	Dry Cereal	Toast	Oatmeal/Farina
LUNCH					
Meat or Alternate	Chicken Nuggets	Cheese (Grilled)	Egg	Meatballs	Cheese Pizza
Fruit and/or Vegetable	Apples	Apple Sauce	Oranges	Apples	Oranges
	Lettuce + Tomatoes Salad	Broccoli	Green Beans+ Carrots	Mixed-Veggies	Corn
Bread or Alternate	Rice	Wheat Bread	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)	Yogurt	Fluid Milk (1% for 2+ years) (whole for < 2 years)	
Fruit and/or Vegetable	Oranges	Bananas	100% Apple Juice	Apples	Bananas
Bread or Alternate	Various Crackers				Various Crackers
Meat or Alternate					

Oct 2021

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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	Cantaloupe	Oranges	Apples	Bananas
Bread or Cereal	Dry Cereal	Oatmeal/Farina	Pancakes	Toast	Oatmeal/Farina
LUNCH					
Meat or Alternate	Eggs	Ground Meat	Chicken Strips	Cheese	Cheese Pizza
Fruit and/or Vegetable	Apples	Bananas	Oranges	Oranges	100% Fruit Juice
	Mixed-Veggies	Cut Carrots	Lettuce + Tomatoes Salad	Broccoli	Corn
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)	Yogurt	Fluid Milk (1% for 2+ years) (whole for < 2 years)	
Fruit and/or Vegetable	Oranges	Bananas		Apples	Watermelon
Bread or Alternate	Various Crackers		Various Crackers		Various Crackers
Meat or Alternate					

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