



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	Oatmeal	Dry Cereal	Oatmeal	Whole Wheat Bread	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	Whole 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	100% Orange Juice	Bananas	100% Apple Juice		Bananas
Bread or Alternate	Cheez-It Crackers			Dry Cereal	Honey Maid Crackers
Meat or Alternate					

Oct 2022

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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	Oatmeal	Dry Cereal	Oatmeal	Whole Wheat Bread	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			Watermelon
Bread or Alternate	Cheez-it Crackers		Saltine Crackers	Dry Cereal	Animal Crackers
Meat or Alternate					

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