

**21-DAY CYCLE MENU**  
**Child and Adult Care Food Program**

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, ask our staff.

**Menu for the Week of \_\_\_\_\_**

<b>Breakfast</b> (Select all 3 components)	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
• Grains (or Meat/Meat Alternative – no more than 3x/week)					
• Vegetable or Fruit					
• Milk					

<b>Lunch</b> (Select all 5 components)	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
• Meat/Meat Alternative					
• Grains					
• Vegetable					
• Fruit					
• Milk					

<b>Snack</b> (Select 2 of these 5 components)	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
• Meat/Meat Alternative					
• Grains					
• Vegetable					
• Fruit					
• Milk					

**MENU NOTES:**

Milk served daily at breakfast and lunch

- Children 12-23 months of age served unflavored whole milk.
- Ages 2 and up served unflavored skim or 1% milk.

WGR = Whole Grain-Rich

This institution is an equal opportunity provider