

Breakfast ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Vegetables, fruits, or portions of both (½ cup) ^{2, 3, 4}	Orange juice	Applesauce	Orange Juice	Peaches	Orange juice
Grains ^{5, 6} <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (⅓ cup) ^{7, 9}	Cheerios (WGR)	Pancake (WGR)	Life Cereal (WGR)	Waffles (enriched)	Oat bran muffin (enriched)
Other foods (<i>Do not credit</i>) ¹⁰					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternates ¹¹ Meat, poultry, or fish (1 ½ ounces) or tofu, soy product, or alternate protein products (APP) ¹² (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas (¾ cup) or peanut butter (3 tablespoons) or nuts and seeds (¾ ounce = 50%) ¹³ or yogurt or soy yogurt ¹⁴ (¾ cup)	Cheese Ravioli in sauce	Hamburg Sliders with cheese on bun	Baked Macaroni & cheese (low fat cheddar)	Breaded Chicken	Meatballs in gravy
Vegetables (¼ cup) ^{2, 3}	Peas & carrots	carrots	Broccoli	Mixed vegetables	Green beans
Fruits (¼ cup) ^{2, 4, 15}	Peaches	Fruit cocktail	Peaches	Pears	Pineapple
Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) ^{7, 9}	Corn bread sq (enriched)	Bun (enriched)	Shells(WGR)	Brown Rice (WGR)	Brown Rice (WGR)
Other foods (<i>Do not credit</i>) ¹⁰		Oven French fries			
Snack (AM or PM) ^{1, 16} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
1. Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk		1% Milk	1% Milk
2. Meat/Meat Alternates ¹¹ Meat, poultry, or fish (½ ounce) or tofu, soy product, or APP ¹² (½ ounce) or cheese (½ ounce) or cottage cheese (⅓ cup) or egg (½ large) or cooked dry beans and peas (¼ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) ¹³ or yogurt or soy yogurt ¹⁴ (¼ cup)	Cheese slice		Low fat yogurt		
3. Vegetables (½ cup) ^{2, 3}					
4. Fruits (½ cup) ^{2, 4}			Pineapple tidbits	strawberries	Apple slices
5. Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) ^{7, 9}	Ritz crackers (enriched)	Trail mix (mix of cereal & raisins) (enriched)			
Other foods (<i>Do not credit</i>) ¹⁰					

Menu subject to change due to inventory

Breakfast ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>		1% Milk	1% Milk	1% Milk	1% Milk
Vegetables, fruits, or portions of both (½ cup) ^{2, 3, 4}		Orange juice	Orange juice	Applesauce	Banana
Grains ^{5, 6} <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (½ cup) ^{7, 9}	Closed – Columbus Day	French Toast sticks (WGR)	Cheerios (WGR)	Pancake (WGR)	Life Cereal (WGR)
Other foods (<i>Do not credit</i>) ¹⁰					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>		1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternates ¹¹ Meat, poultry, or fish (1 ½ ounces) or tofu, soy product, or alternate protein products (APP) ¹² (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas (¾ cup) or peanut butter (3 tablespoons) or nuts and seeds (¾ ounce = 50%) ¹³ or yogurt or soy yogurt ¹⁴ (¾ cup)	Closed – Columbus Day	Meatballs & sauce	Breaded fish square	Grilled cheese Sandwich (1.5 oz cheese)	Cheese lasagna (WGR)
Vegetables (¼ cup) ^{2, 3}		Broccoli	Corn	Carrots	Garden Salad
Fruits (¼ cup) ^{2, 4, 15}		Fruit cocktail	Peaches	Pears	Peaches
Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (½ cup) ^{7, 9}		Penne (WGR)		bread (enriched)	Noodle (WGR)
Other foods (<i>Do not credit</i>) ¹⁰			Mashed potatoes	Chicken noodle soup	
Snack (AM or PM) ^{1, 16} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
6. Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>		1% Milk		1% Milk	
7. Meat/Meat Alternates ¹¹ Meat, poultry, or fish (½ ounce) or tofu, soy product, or APP ¹² (½ ounce) or cheese (½ ounce) or cottage cheese (⅙ cup) or egg (½ large) or cooked dry beans and peas (¼ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) ¹³ or yogurt or soy yogurt ¹⁴ (¼ cup)	Closed – Columbus Day		Low fat Yogurt		
8. Vegetables (½ cup) ^{2, 3}					
9. Fruits (½ cup) ^{2, 4}			Pineapple	Applesauce	Apple juice
10. Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (½ cup) ^{7, 9}		Graham crackers (enriched)			Wheat thin crackers
Other foods (<i>Do not credit</i>) ¹⁰					

Menu subject to change!

Breakfast ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Vegetables, fruits, or portions of both (½ cup) ^{2, 3, 4}	Orange slices	Applesauce	Apple slices	Orange juice	Orange slices
Grains ^{5, 6} <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (½ cup) ^{7, 9}	Life Cereal WGR)	Oatmeal (WGR)	Corn Muffin (enriched)	Rice Chex (WGR)	Cheerios (WGR)
Other foods (<i>Do not credit</i>) ¹⁰					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternates ¹¹ Meat, poultry, or fish (1 ½ ounces) or tofu, soy product, or alternate protein products (APP) ¹² (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas (¾ cup) or peanut butter (3 tablespoons) or nuts and seeds (¾ ounce = 50%) ¹³ or yogurt or soy yogurt ¹⁴ (¾ cup)	Baked Macaroni & cheese (low fat cheddar)	Breaded fish sq.	Breaded Chicken patty	Pasta & Meatballs in sauce	Egg & Cheese on Eng. Muffin
Vegetables (¼ cup) ^{2, 3}	Broccoli	Corn	Mixed vegetables	Broccoli	Green beans
Fruits (¼ cup) ^{2, 4, 15}	Peaches	Apricots	Pineapple	Pears	Pineapple
Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (½ cup) ^{7, 9}	Shells(WGR)	Breading on fish (WGR) Bread & butter (enriched)	Brown rice (WGR) Breading on Chicken (WGR)	Pasta (WGR)	English muffin (enriched)
Other foods (<i>Do not credit</i>) ¹⁰		Mashed potatoes			Seasoned potatoes
Snack (AM or PM) ^{1, 16} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
11. Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk			1% Milk
12. Meat/Meat Alternates ¹¹ Meat, poultry, or fish (½ ounce) or tofu, soy product, or APP ¹² (½ ounce) or cheese (½ ounce) or cottage cheese (⅙ cup) or egg (½ large) or cooked dry beans and peas (¼ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) ¹³ or yogurt or soy yogurt ¹⁴ (¼ cup)				Low fat yogurt	
13. Vegetables (½ cup) ^{2, 3}					
14. Fruits (½ cup) ^{2, 4}		Apple	Apple juice	Peaches	Applesauce
15. Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (½ cup) ^{7, 9}	Graham crackers (enriched)		Wheat thin crackers		
Other foods (<i>Do not credit</i>) ¹⁰					

Menu subject to change!

Breakfast ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Vegetables, fruits, or portions of both (½ cup) ^{2, 3, 4}	Orange juice	Applesauce	Orange juice	Applesauce	Orange juice
Grains ^{5, 6} <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (⅓ cup) ^{7, 9}	Cheerios (WGR)	Oatmeal (WGR)	Life Cereal (WGR)	Pancake (WGR)	Rice Chex Cereal (enriched)
Other foods (<i>Do not credit</i>) ¹⁰					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternates ¹¹ Meat, poultry, or fish (1 ½ ounces) or tofu, soy product, or alternate protein products (APP) ¹² (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas (¾ cup) or peanut butter (3 tablespoons) or nuts and seeds (¾ ounce = 50%) ¹³ or yogurt or soy yogurt ¹⁴ (¾ cup)	Grilled Chicken with Alfredo sauce	Hamburger slider w. cheese on bun	Meatballs & sauce	Chicken stir fry	Grilled Cheese Sandwich (1.5 oz American cheese)
Vegetables (¼ cup) ^{2, 3}	Broccoli	Corn	Green beans	Oriental vegetables	Mixed vegetables
Fruits (¼ cup) ^{2, 4, 15}	Peaches	Pineapple	Pears	Apricots	Mixed fruit
Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) ^{7, 9}	Penne (WGR)	Bun (enriched)	Corn bread (enriched) Pasta (WGR)	Bread & butter (enriched)	Wheat Bread (WGR)
Other foods (<i>Do not credit</i>) ¹⁰		Oven French fries			Tomato Soup
Snack (AM or PM) ^{1, 16} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
16. Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk			1% Milk
17. Meat/Meat Alternates ¹¹ Meat, poultry, or fish (½ ounce) or tofu, soy product, or APP ¹² (½ ounce) or cheese (½ ounce) or cottage cheese (¼ cup) or egg (½ large) or cooked dry beans and peas (½ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) ¹³ or yogurt or soy yogurt ¹⁴ (¼ cup)			Vanilla yogurt		
18. Vegetables (½ cup) ^{2, 3}					
19. Fruits (½ cup) ^{2, 4}		Orange slices	Pineapple chunks	Apple juice	Apple or orange slices
20. Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) ^{7, 9}	Oat bran muffin (enriched)			Graham crackers	
Other foods (<i>Do not credit</i>) ¹⁰					

Menu subject to change!

Child and Adult Care Food Program (CACFP) – Menu From 1—Breakfast, Lunch and Snack for Ages 3-5

Site: Bristol Preschool

Week 10/29/18 – 11/2/18

Breakfast ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Vegetables, fruits, or portions of both (½ cup) ^{2, 3, 4}	Orange juice	Orange juice	Applesauce	Banana	Orange juice
Grains ^{5, 6} <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (⅓ cup) ^{7, 9}	French Toast sticks (WGR)	Blueberry Muffin (enriched)	Oatmeal (WGR)	Life Cereal (WGR)	Cheerios (WGR)
Other foods (<i>Do not credit</i>) ¹⁰					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternates ¹¹ Meat, poultry, or fish (1 ½ ounces) or tofu, soy product, or alternate protein products (APP) ¹² (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas (¾ cup) or peanut butter (3 tablespoons) or nuts and seeds (¾ ounce = 50%) ¹³ or yogurt or soy yogurt ¹⁴ (¾ cup)	Egg & Cheese on Eng. Muffin	Cheese lasagna (WGR)	Breaded fish sq.	Baked Macaroni & cheese (low fat cheddar)	Breaded Chicken
Vegetables (¼ cup) ^{2, 3}	Green beans	Mixed vegetables	Corn	Broccoli	Garden salad
Fruits (¼ cup) ^{2, 4, 15}	Pineapple	Peaches	Pineapple	Peaches	Apricots
Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) ^{7, 9}	English muffin (enriched)	Noodle (WGR)	Breading on fish (WGR) Bread & butter (enriched)	Shells(WGR)	Brown Rice (WGR) Bread & butter (enriched)
Other foods (<i>Do not credit</i>) ¹⁰	Seasoned potatoes		Mashed potatoes	Corn bread sq. (enriched)	
Snack (AM or PM) ^{1, 16} <i>Select 2 of 5</i>	Monday	Tuesday	Wednesday	Thursday	Friday
21. Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>		1% Milk	1% Milk	1% Milk	
22. Meat/Meat Alternates ¹¹ Meat, poultry, or fish (½ ounce) or tofu, soy product, or APP ¹² (½ ounce) or cheese (½ ounce) or cottage cheese (⅓ cup) or egg (½ large) or cooked dry beans and peas (½ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) ¹³ or yogurt or soy yogurt ¹⁴ (¼ cup)	Low fat Yogurt				Cheese stick
23. Vegetables (½ cup) ^{2, 3}					
24. Fruits (½ cup) ^{2, 4}	Strawberries	Applesauce			Apple slices
25. Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) ^{7, 9}			Graham crackers (enriched)	Oat bran muffin (enriched)	
Other foods (<i>Do not credit</i>) ¹⁰					