

Breakfast <sup>1</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Milk</b> (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>		1% Milk	1% Milk	1% Milk	1% Milk
<b>Vegetables, fruits, or portions of both</b> (½ cup) <sup>2, 3, 4</sup>		Applesauce	Orange juice	Orange Slices	Strawberries
<b>Grains</b> <sup>5, 6</sup> <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (½ cup) <sup>7, 9</sup>	<b>CLOSED – Memorial Day</b>	French toast sticks (WGR)	Cheerios (WGR)	Corn Flakes Cereal (RTE)	Pancake (enriched)
Other foods ( <i>Do not credit</i> ) <sup>10</sup>					
Lunch <sup>1</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Milk</b> (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>		1% Milk	1% Milk	1% Milk	1% Milk
<b>Meat/Meat Alternates</b> <sup>11</sup> Meat, poultry, or fish (1 ½ ounces) <b>or</b> tofu, soy product, or alternate protein products (APP) <sup>12</sup> (1 ½ ounces) <b>or</b> cheese (1 ½ ounces) <b>or</b> cottage cheese (¾ cup) <b>or</b> egg (¾ large) <b>or</b> cooked dry beans and peas (¾ cup) <b>or</b> peanut butter (3 tablespoons) <b>or</b> nuts and seeds (¾ ounce = 50%) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (¾ cup)	<b>CLOSED – Memorial Day</b>	Grilled chicken with gravy	Meatballs in sauce	Fish square	Breaded Chicken)
<b>Vegetables</b> (¼ cup) <sup>2, 3</sup>		Green beans	Green Salad	Diced carrots	Peas & Carrots
<b>Fruits</b> (¼ cup) <sup>2, 4, 15</sup>		Fruit cocktail	Peaches	Fruit cocktail	Pineapple
<b>Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal (½ cup) <sup>7, 9</sup>		Corn bread square (enriched)	Penne Pasta (WGR)	Wheat bread (WGR)	Breading on Chicken (WGR) Rice Pilaf
Other foods ( <i>Do not credit</i> ) <sup>10</sup>		Mashed potatoes		Seasoned potatoes	
Snack (AM or PM) <sup>1, 16</sup> <b>Select 2 of 5</b>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1. Milk</b> (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>			1% Milk		1% Milk
<b>2. Meat/Meat Alternates</b> <sup>11</sup> Meat, poultry, or fish (½ ounce) <b>or</b> tofu, soy product, or APP <sup>12</sup> (½ ounce) <b>or</b> cheese (½ ounce) <b>or</b> cottage cheese (¼ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas (½ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (¼ cup)	<b>CLOSED – Memorial Day</b>	Low fat Yogurt		Low fat cheese stick	
<b>3. Vegetables</b> (½ cup) <sup>2, 3</sup>					
<b>4. Fruits</b> (½ cup) <sup>2, 4</sup>		Peaches ½ c	Applesauce ½ c	Apple-grape juice	Orange slices ½ c
<b>5. Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal (½ cup) <sup>7, 9</sup>					
Other foods ( <i>Do not credit</i> ) <sup>10</sup>					

<b>Milk</b> (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
<b>Vegetables, fruits, or portions of both</b> (½ cup) <sup>2, 3, 4</sup>	Orange Juice	Orange slices	Applesauce	Diced peaches	Orange juice
<b>Grains</b> <sup>5, 6</sup> <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (⅓ cup) <sup>7, 9</sup>	Life Cereal (WGR)	Cheerios cereal (WGR)	French Toast sticks (WGR)	Oatmeal (WGR)	Life Cereal (WGR)
Other foods ( <i>Do not credit</i> ) <sup>10</sup>					
<b>Lunch</b> <sup>1</sup>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b> (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1 % Milk
<b>Meat/Meat Alternates</b> <sup>11</sup> Meat, poultry, or fish (1 ½ ounces) <b>or</b> tofu, soy product, or alternate protein products (APP) <sup>12</sup> (1 ½ ounces) <b>or</b> cheese (1 ½ ounces) <b>or</b> cottage cheese (¾ cup) <b>or</b> egg (¾ large) <b>or</b> cooked dry beans and peas (¾ cup) <b>or</b> peanut butter (3 tablespoons) <b>or</b> nuts and seeds (¾ ounce = 50%) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (¾ cup)	Macaroni & Cheese (low fat cheddar cheese)	Cheese Ravioli (4-5) <b>In sauce</b>	Meatballs in gravy	Breaded fish square	Egg & Cheese Mc Muffin
<b>Vegetables</b> (¼ cup) <sup>2, 3</sup>	Peas & Carrots	Green beans	Corn	Carrots	Broccoli
<b>Fruits</b> (¼ cup) <sup>2, 4, 15</sup>	Fruit cocktail	Pears	Pineapple	Fruit cocktail	Peaches
<b>Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) <sup>7, 9</sup>	Penne Pasta (WGR)	Wheat bread & butter (WGR)	Wheat bread & butter (WGR)	Breading WGR	English Muffin (WGR)
Other foods ( <i>Do not credit</i> ) <sup>10</sup>			Mashed potatoes	Scalloped potatoes	
<b>Snack (AM or PM)</b> <sup>1, 16</sup> <b>Select 2 of 5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>6. Milk</b> (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk			1% Milk
<b>7. Meat/Meat Alternates</b> <sup>11</sup> Meat, poultry, or fish (½ ounce) <b>or</b> tofu, soy product, or APP <sup>12</sup> (½ ounce) <b>or</b> cheese (½ ounce) <b>or</b> cottage cheese (¼ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas (½ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (¼ cup)			Yogurt (low fat)	Cheese slices	
<b>8. Vegetables</b> (½ cup) <sup>2, 3</sup>					
<b>9. Fruits</b> (½ cup) <sup>2, 4</sup>		Peaches	Strawberries or peaches	Apple juice	
<b>10. Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) <sup>7, 9</sup>	Enriched Oat bran Muffin				Trail mix (various cereals ( RTE& WGR
Other foods ( <i>Do not credit</i> ) <sup>10</sup>				Ritz crackers	

*This form includes the new CACFP meal pattern requirements of the USDA final rule, effective October 1, 2017 through September 30, 2019. See Page 2 for important menu planning notes. Menu subject to change*

Breakfast <sup>1</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Milk</b> (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
<b>Vegetables, fruits, or portions of both</b> (½ cup) <sup>2, 3, 4</sup>	Orange slices ½ c	Orange juice	Orange juice	Banana	Banana
<b>Grains</b> <sup>5, 6</sup> <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (½ cup) <sup>7, 9</sup>	French Toast Sticks (WGR)	Cheerios (WGR)	Rice Chex Cereal (WGR)	Enriched Oat bran muffin	Life Cereal (WGR)
Other foods ( <i>Do not credit</i> ) <sup>10</sup>					
Lunch <sup>1</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Milk</b> (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
<b>Meat/Meat Alternates</b> <sup>11</sup> Meat, poultry, or fish (1 ½ ounces) <b>or</b> tofu, soy product, or alternate protein products (APP) <sup>12</sup> (1 ½ ounces) <b>or</b> cheese (1 ½ ounces) <b>or</b> cottage cheese (¾ cup) <b>or</b> egg (¾ large) <b>or</b> cooked dry beans and peas (¾ cup) <b>or</b> peanut butter (3 tablespoons) <b>or</b> nuts and seeds (¾ ounce = 50%) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (¾ cup)	Grilled Chicken & Alfredo sauce	Breaded chicken patty	Cheese Lasagna with sauce	Fish square	Macaroni & Cheese (low fat cheddar cheese)
<b>Vegetables</b> (¼ cup) <sup>2, 3</sup>	Broccoli	Peas & Carrots	Green beans	Salad	Peas & Carrots
<b>Fruits</b> (¼ cup) <sup>2, 4, 15</sup>	Pears	Peaches	Pineapple	Pears	Fruit cocktail
<b>Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal (½ cup) <sup>7, 9</sup>	Penne Pasta (WGR)	Bread topping (WGR) Rice Pilaf (enriched)	Lasagna noodles (WGR)	Bread topping (WGR) On fish Brown rice (WGR)	Elbow macaroni (WGR)
Other foods ( <i>Do not credit</i> ) <sup>10</sup>					
Snack (AM or PM) <sup>1, 16</sup> <b>Select 2 of 5</b>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>11. Milk</b> (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>		1% Milk	1% Milk		1% Milk
<b>12. Meat/Meat Alternates</b> <sup>11</sup> Meat, poultry, or fish (½ ounce) <b>or</b> tofu, soy product, or APP <sup>12</sup> (½ ounce) <b>or</b> cheese (½ ounce) <b>or</b> cottage cheese (¼ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas (½ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (¼ cup)	Low fat yogurt			Low fat yogurt	
<b>13. Vegetables</b> (½ cup) <sup>2, 3</sup>					
<b>14. Fruits</b> (½ cup) <sup>2, 4</sup>	Diced peaches		Fruit cocktail	Pineapple	Apple or orange
<b>15. Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal (½ cup) <sup>7, 9</sup>		Enriched Blueberry Muffin			
Other foods ( <i>Do not credit</i> ) <sup>10</sup>					

Breakfast <sup>1</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Milk</b> (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
<b>Vegetables, fruits, or portions of both</b> (½ cup) <sup>2, 3, 4</sup>	Applesauce	Orange juice	Orange juice	Orange slices	Strawberries
<b>Grains</b> <sup>5, 6</sup> <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (½ cup) <sup>7, 9</sup>	French Toast Sticks (WGR)	Cheerios (WGR)	Life Cereal (WGR)	Waffle (enriched)	Pancake (WGR)
Other foods ( <i>Do not credit</i> ) <sup>10</sup>					
Lunch <sup>1</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Milk</b> (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1 % Milk	1% Milk	1% Milk	1% Milk	1% Milk
<b>Meat/Meat Alternates</b> <sup>11</sup> Meat, poultry, or fish (1 ½ ounces) <b>or</b> tofu, soy product, or alternate protein products (APP) <sup>12</sup> (1 ½ ounces) <b>or</b> cheese (1 ½ ounces) <b>or</b> cottage cheese (¾ cup) <b>or</b> egg (¾ large) <b>or</b> cooked dry beans and peas (¾ cup) <b>or</b> peanut butter (3 tablespoons) <b>or</b> nuts and seeds (¾ ounce = 50%) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (¾ cup)	Chicken & beef meatballs with sauce	Egg & Cheese on English Muffin	Breaded chicken patty	Meatballs & sauce Slice of cheese	Grilled chicken with Alfredo sauce
<b>Vegetables</b> (¼ cup) <sup>2, 3</sup>	Green Salad	Broccoli	Corn	Green beans	Peas & carrots
<b>Fruits</b> (¼ cup) <sup>2, 4, 15</sup>	Peaches	Fruit cocktail	Applesauce	Pears	Diced peaches
<b>Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal (½ cup) <sup>7, 9</sup>	Penne Pasta (WGR)	Eng. Muffin (WGR)	Bread topping (WGR)	Wheat roll (WGR)	Penne (WGR)
Other foods ( <i>Do not credit</i> ) <sup>10</sup>		Seasoned potatoes	Mashed potatoes		
Snack (AM or PM) <sup>1, 16</sup> <b>Select 2 of 5</b>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>16. Milk</b> (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk			1% Milk	1% Milk
<b>17. Meat/Meat Alternates</b> <sup>11</sup> Meat, poultry, or fish (½ ounce) <b>or</b> tofu, soy product, or APP <sup>12</sup> (½ ounce) <b>or</b> cheese (½ ounce) <b>or</b> cottage cheese (¼ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas (½ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (¼ cup)		Low fat yogurt	Cheese stick 1%		
<b>18. Vegetables</b> (½ cup) <sup>2, 3</sup>					
<b>19. Fruits</b> (½ cup) <sup>2, 4</sup>	Fruit cocktail	Strawberries	Apple	Applesauce	
<b>20. Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal (½ cup) <sup>7, 9</sup>					Enriched Blueberry muffin
Other foods ( <i>Do not credit</i> ) <sup>10</sup>					

Breakfast <sup>1</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
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<b>Milk</b> (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1 % Milk
<b>Vegetables, fruits, or portions of both</b> (½ cup) <sup>2,3,4</sup>	Pineapple – orange juice	Orange juice	Applesauce	Banana	Orange slices
<b>Grains</b> <sup>5,6</sup> <i>Indicate “WGR” next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (⅓ cup) <sup>7,9</sup>	Cheerios (WGR)	Pancake (enriched)	Waffle (Enriched)	Life Cereal (WGR)	Rice Chex Cereal (WGR)
Other foods ( <i>Do not credit</i> ) <sup>10</sup>					
<b>Lunch</b> <sup>1</sup>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b> (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
<b>Meat/Meat Alternates</b> <sup>11</sup> Meat, poultry, or fish (1 ½ ounces) <b>or</b> tofu, soy product, or alternate protein products (APP) <sup>12</sup> (1 ½ ounces) <b>or</b> cheese (1 ½ ounces) <b>or</b> cottage cheese (¾ cup) <b>or</b> egg (¾ large) <b>or</b> cooked dry beans and peas (¾ cup) <b>or</b> peanut butter (3 tablespoons) <b>or</b> nuts and seeds (¾ ounce = 50%) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (¾ cup)	Meatballs & gravy	Cheese pizza	Breaded Chicken	Macaroni & Cheese (low fat cheddar cheese)	Fish Sticks
<b>Vegetables</b> (¼ cup) <sup>2,3</sup>	Peas & carrots	Broccoli	Corn	Green Salad	Green Salad
<b>Fruits</b> (¼ cup) <sup>2,4,15</sup>	Fruit cocktail	Watermelon	Pears	Peaches	Pineapple
<b>Grains</b> <sup>5</sup> <i>Indicate “WGR” next to WGR menu items</i> WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) <sup>7,9</sup>	Butter noodles (enriched) Wheat Wheat bread & butter	Eng. Muffin (WGR)	Brown rice (WGR)	Pasta (WGR)	Wheat bread (WGR)
Other foods ( <i>Do not credit</i> ) <sup>10</sup>					Seasoned potatoes
<b>Snack (AM or PM)</b> <sup>1,16</sup> <b>Select 2 of 5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>21. Milk</b> (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk		1% Milk	
<b>22. Meat/Meat Alternates</b> <sup>11</sup> Meat, poultry, or fish (½ ounce) <b>or</b> tofu, soy product, or APP <sup>12</sup> (½ ounce) <b>or</b> cheese (½ ounce) <b>or</b> cottage cheese (⅓ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas (½ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (¼ cup)			Cheese sticks		Yogurt (low fat)
<b>23. Vegetables</b> (½ cup) <sup>2,3</sup>					
<b>24. Fruits</b> (½ cup) <sup>2,4</sup>	Apple	Orange slices ½ c	Apple juice	Applesauce ½ c	Banana
<b>25. Grains</b> <sup>5</sup> <i>Indicate “WGR” next to WGR menu items</i> WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) <sup>7,9</sup>					
Other foods ( <i>Do not credit</i> ) <sup>10</sup>			Ritz crackers		

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