

Child and Adult Care Food Program (CACFP) Menu Form: Breakfast, Lunch, and Snack for Ages 3-5

12/31- 1/4/19

This form includes the new CACFP meal pattern requirements of the *USDA final rule*, effective October 1, 2017, through September 30, 2019. See menu planning notes on page 2.

Breakfast ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk , unflavored low-fat (1%) or unflavored fat-free (¾ cup)			1% Milk	1 % Milk	1% Milk
Vegetables, fruits, or portions of both (½ cup) ^{2, 3, 4}	Closed -	Closed – New Years Day	Orange juice	Applesauce	Orange slices
Grains ^{5, 6, 7, 8, 9} <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 ¹⁰ , cereal grain ¹¹ , or pasta (¼ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal ^{10, 12} (⅓ cup)			Life Cereal (WGR)	Oatmeal w. apples & cinnamon (WGR)	Waffle (enriched)
Other foods (<i>Do not credit</i>) ¹³					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk , unflavored low-fat (1%) or unflavored fat-free (¾ cup)			1% Milk	1% Milk	1% Milk
Meat/Meat Alternates ¹⁴ Meat, poultry, or fish (1 ½ ounces) or tofu, soy product, or alternate protein products (APP) ¹⁵ (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas ¹⁶ (¾ cup) or peanut butter (2 tablespoons) or nuts and seeds (¾ ounce = 50%) ¹⁷ or yogurt or soy yogurt ¹⁸ (¾ cup)	Closed	Closed – New Years Day	Breaded Chicken	Grilled Cheese Sandwich	Baked Macaroni & Cheese (low fat cheddar)
Grains ^{5, 6, 7, 8} <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 ¹⁰ , cereal grain ¹¹ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal ^{10, 12} (⅓ cup)			Brown Rice (WGR)	bread (enriched)	Shells (WGR)
Vegetables (¼ cup) ^{2, 3}			Green beans	Carrots	Broccoli
Fruits (¼ cup) ^{3, 4, 19}			Applesauce	Apricots	Peaches
Other foods (<i>Do not credit</i>) ¹³				Tomato Soup	
Snack (AM or PM) ^{1, 20} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
1. Milk , unflavored low-fat (1%) or unflavored fat-free (¾ cup)			1% Milk	1% Milk	1% Milk
2. Meat/Meat Alternates ¹⁴ Meat, poultry, or fish (½ ounce) or tofu, soy product, or APP ¹⁵ (½ ounce) or cheese (½ ounce) or cottage cheese (½ cup) or egg (½ large) or cooked dry beans and peas ¹⁶ (½ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) ¹⁷ or yogurt or soy yogurt ¹⁸ (¼ cup)	Closed	Closed – New Years Day			
3. Vegetables (½ cup) ^{2, 3}					
4. Fruits (½ cup) ^{3, 4}				Pears	
5. Grains ^{5, 6, 7, 8} <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 ¹⁰ , cereal grain ¹¹ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal ^{10, 12} (⅓ cup)			Blueberry Muffin (enriched)		Graham crackers (enriched)
Other foods (<i>Do not credit</i>) ¹³					

Child and Adult Care Food Program (CACFP) Menu Form: **Breakfast, Lunch, and Snack for Ages 3-5**

1/719 -1/11/19

Breakfast ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk , unflavored low-fat (1%) or unflavored fat-free (¾ cup)	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Vegetables, fruits, or portions of both (½ cup) ^{2, 3, 4}	Orange juice	Apple slices	Orange juice	Banana	Orange slices
Grains ^{5, 6, 7, 8, 9} <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 ¹⁰ , cereal grain ¹¹ , or pasta (¼ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal ^{10, 12} (½ cup)	Life Cereal (WGR)	French toast sticks (WGR)	Cheerios (WGR)	Oat bran muffin (enriched)	Waffles (enriched)
Other foods (<i>Do not credit</i>) ¹³					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk , unflavored low-fat (1%) or unflavored fat-free (¾ cup)	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternates ¹⁴ Meat, poultry, or fish (1 ½ ounces) or tofu, soy product, or alternate protein products (APP) ¹⁵ (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas ¹⁶ (¾ cup) or peanut butter (2 tablespoons) or nuts and seeds (¾ ounce = 50%) ¹⁷ or yogurt or soy yogurt ¹⁸ (¾ cup)	Egg & Cheese on English muffin	Grilled Chicken – stir fry	Meatballs & sauce	Breaded fish square	Cheese lasagna
Grains ^{5, 6, 7, 8} <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 ¹⁰ , cereal grain ¹¹ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal ^{10, 12} (½ cup)	English muffin (enriched)	Brown Rice	Penne (WGR)	Brown Rice (WGR)	Lasagna noodle (WGR) Bread & butter (enriched)
Vegetables (¼ cup) ^{2, 3}	Broccoli	Oriental vegetables	Green beans	Garden salad	Broccoli
Fruits (¼ cup) ^{3, 4, 19}	Pineapple	Peaches	Fruit cocktail	Pineapple	Apricots
Other foods (<i>Do not credit</i>) ¹³	Seasoned potatoes				
Snack (AM or PM) ^{1, 20} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
1. Milk , unflavored low-fat (1%) or unflavored fat-free (¾ cup)		1% Milk	1% Milk	1 % Milk	
2. Meat/Meat Alternates ¹⁴ Meat, poultry, or fish (½ ounce) or tofu, soy product, or APP ¹⁵ (½ ounce) or cheese (½ ounce) or cottage cheese (½ cup) or egg (½ large) or cooked dry beans and peas ¹⁶ (½ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) ¹⁷ or yogurt or soy yogurt ¹⁸ (¼ cup)	Low fat Yogurt				
3. Vegetables (½ cup) ^{2, 3}					
4. Fruits (½ cup) ^{3, 4}	Peaches	Mixed fruit		Applesauce	Apple juice
5. Grains ^{5, 6, 7, 8} <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 ¹⁰ , cereal grain ¹¹ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal ^{10, 12} (½ cup)			Graham crackers (WGR)		Wheat thins (WGR)
Other foods (<i>Do not credit</i>) ¹³					

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Breakfast ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk , unflavored low-fat (1%) or unflavored fat-free (¾ cup)	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Vegetables, fruits, or portions of both (½ cup) ^{2,3,4}	Orange slices	Applesauce	Orange juice	Orange juice	Applesauce
Grains ^{5,6,7,8,9} <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 ¹⁰ , cereal grain ¹¹ , or pasta (¼ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal ^{10,12} (⅓ cup)	Life Cereal (WGR)	Oatmeal with cinnamon (WGR)	French toast sticks (WGR)	Cheerios (WGR)	Pancakes (WGR)
Other foods (<i>Do not credit</i>) ¹³					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk , unflavored low-fat (1%) or unflavored fat-free (¾ cup)	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternates ¹⁴ Meat, poultry, or fish (1 ½ ounces) or tofu, soy product, or alternate protein products (APP) ¹⁵ (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas ¹⁶ (¾ cup) or peanut butter (2 tablespoons) or nuts and seeds (¾ ounce = 50%) ¹⁷ or yogurt or soy yogurt ¹⁸ (¾ cup)	Chicken Alfredo over pasta	Breaded fish sq.	Vegetarian Chili/shredded cheese	Grilled cheese sandwich	Meatballs & pasta
Grains ^{5,6,7,8} <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 ¹⁰ , cereal grain ¹¹ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal ^{10,12} (⅓ cup)	Egg noodles (enriched) Corn bread (enriched)	Wheat bread & butter	Nacho chips (enriched)	Wheat bread (WGR)	Pasta (WGR)
Vegetables (¼ cup) ^{2,3}	Green beans	Corn	Broccoli	Peas & carrots	Green beans
Fruits (¼ cup) ^{3,4,19}	Peaches	Apricots	Pineapple	Mixed fruit	Peaches
Other foods (<i>Do not credit</i>) ¹³		Scalloped potatoes		Chicken noodle soup	
Snack (AM or PM) ^{1,20} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
1. Milk , unflavored low-fat (1%) or unflavored fat-free (¾ cup)			1% Milk		1% Milk
2. Meat/Meat Alternates ¹⁴ Meat, poultry, or fish (½ ounce) or tofu, soy product, or APP ¹⁵ (½ ounce) or cheese (½ ounce) or cottage cheese (⅓ cup) or egg (½ large) or cooked dry beans and peas ¹⁶ (⅓ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) ¹⁷ or yogurt or soy yogurt ¹⁸ (¼ cup)	Low fat yogurt			Low fat yogurt	
3. Vegetables (½ cup) ^{2,3}					
4. Fruits (½ cup) ^{3,4}	Pineapple	Apple juice	Fruit – apple or oranges	Strawberries	
5. Grains ^{5,6,7,8} <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 ¹⁰ , cereal grain ¹¹ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal ^{10,12} (⅓ cup)		Wheat thin crackers (WGR)			Graham crackers (WGR)
Other foods (<i>Do not credit</i>) ¹³					

Child and Adult Care Food Program (CACFP) Menu Form: Breakfast, Lunch, and Snack for Ages 3-5 Site:
Week of : 1/21-1/25/2019

 This form includes the new CACFP meal pattern requirements of the USDA *final rule*, effective October 1, 2017 through September 30, 2019. See menu planning notes on page 2.

Breakfast ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk, unflavored low-fat (1%) or unflavored fat-free (¾ cup)		1% Milk	1% Milk	1% Milk	1%
Vegetables, fruits, or portions of both (½ cup) ^{2, 3, 4}		Orange slices	Orange juice	Applesauce	Orange or Apple slices
Grains ^{5, 6, 7, 8, 9} <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 ¹⁰ , cereal grain ¹¹ , or pasta (¼ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal ^{10, 12} (⅓ cup)	Closed – MLK day	Oat bran muffin (enriched)	Cheerios (WGR)	Oatmeal with apple chunks (WGR)	Life Cereal (WGR)
Other foods (<i>Do not credit</i>) ¹³					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk, unflavored low-fat (1%) or unflavored fat-free (¾ cup)		1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternates ¹⁴ Meat, poultry, or fish (1 ½ ounces) or tofu, soy product, or alternate protein products (APP) ¹⁵ (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas ¹⁶ (¾ cup) or peanut butter (2 tablespoons) or nuts and seeds (¾ ounce = 50%) ¹⁷ or yogurt or soy yogurt ¹⁸ (¾ cup)	Closed – MLK day	Baked Macaroni & Cheese (low fat cheddar)	Cut up hot dogs Baked Beans	Cheese Ravioli	Breaded fish sq.
Grains ^{5, 6, 7, 8} <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 ¹⁰ , cereal grain ¹¹ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal ^{10, 12} (⅓ cup)		Pasta (WGR)	Bread & butter (enriched)	Corn bread (enriched)	Brown rice
Vegetables (¼ cup) ^{2, 3}		Mixed vegetables	Carrots	Garden salad	Corn
Fruits (¼ cup) ^{3, 4, 19}		Peaches	Pears	Apricots	Mixed fruit
Other foods (<i>Do not credit</i>) ¹³					
Snack (AM or PM) ^{1, 20} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
1. Milk , unflavored low-fat (1%) or unflavored fat-free (¾ cup)		1% Milk	1 % Milk	1% Milk	
2. Meat/Meat Alternates ¹⁴ Meat, poultry, or fish (½ ounce) or tofu, soy product, or APP ¹⁵ (½ ounce) or cheese (½ ounce) or cottage cheese (½ cup) or egg (½ large) or cooked dry beans and peas ¹⁶ (½ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) ¹⁷ or yogurt or soy yogurt ¹⁸ (¼ cup)	Closed – MLK day				Cheese stick
3. Vegetables (½ cup) ^{2, 3}					
4. Fruits (½ cup) ^{3, 4}			Fruit	Banana	
5. Grains ^{5, 6, 7, 8} <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 ¹⁰ , cereal grain ¹¹ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal ^{10, 12} (⅓ cup)		Graham crackers (WGR)			Ritz crackers (enriched)
Other foods (<i>Do not credit</i>) ¹³					

This form includes the new CACFP meal pattern requirements of the USDA *final rule*, effective October 1, 2017 through September 30, 2019. See menu planning notes on page 2.

Breakfast ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk , unflavored low-fat (1%) or unflavored fat-free (¾ cup)	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, 7, 8, 9} <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 ¹⁰ , cereal grain ¹¹ , or pasta (¼ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal ^{10, 12} (⅓ cup)	Cheerios (WGR)	Waffles (enriched)	Life Cereal (WGR)	French Toast sticks (WGR)	Oatmeal w. apple pieces & cinnamon (WGR)
Other foods (<i>Do not credit</i>) ¹³					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk , unflavored low-fat (1%) or unflavored fat-free (¾ cup)	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternates ¹⁴ Meat, poultry, or fish (1 ½ ounces) or tofu, soy product, or alternate protein products (APP) ¹⁵ (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas ¹⁶ (¾ cup) or peanut butter (2 tablespoons) or nuts and seeds (¾ ounce = 50%) ¹⁷ or yogurt or soy yogurt ¹⁸ (¾ cup)	Mini Hamburg sliders w. cheese	Grilled Cheese sandwich	Cut up hot dogs Baked beans	Meatballs & gravy	Breaded fish sq.
Grains ^{5, 6, 7, 8} <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 ¹⁰ , cereal grain ¹¹ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal ^{10, 12} (⅓ cup)	Bun (enriched)	Wheat bread (WGR)	Bread & butter (enriched)	Brown rice (WGR)	Corn bread (enriched)
Vegetables (¼ cup) ^{2, 3}	Corn	Mixed vegetables	Broccoli	Green beans	Peas & carrots
Fruits (¼ cup) ^{3, 4, 19}	Applesauce	Peaches	Pineapple	Apricots	Pears
Other foods (<i>Do not credit</i>) ¹³	Oven French fries	Tomato soup			Scalloped potato
Snack (AM or PM) ^{1, 20} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
1. Milk , unflavored low-fat (1%) or unflavored fat-free (¾ cup)			1% Milk		1% Milk
2. Meat/Meat Alternates ¹⁴ Meat, poultry, or fish (½ ounce) or tofu, soy product, or APP ¹⁵ (½ ounce) or cheese (½ ounce) or cottage cheese (½ cup) or egg (½ large) or cooked dry beans and peas ¹⁶ (½ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) ¹⁷ or yogurt or soy yogurt ¹⁸ (¼ cup)	Low fat yogurt			Cheese slice	
3. Vegetables (½ cup) ^{2, 3}					
4. Fruits (½ cup) ^{3, 4}	Strawberries	Grape juice	Apple slices		Mixed fruit
5. Grains ^{5, 6, 7, 8} <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 ¹⁰ , cereal grain ¹¹ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal ^{10, 12} (⅓ cup)		What thin crackers (WGR)		Ritz crackers (enriched)	
Other foods (<i>Do not credit</i>) ¹³					

