

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 ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (½ cup) Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2		Milk	Milk	Milk	Milk
Vegetables, fruits, or portions of both (¼ cup) ^{2, 3, 4}		Orange juice	Apple sauce	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 breakfast cereal (¼ cup) ^{7, 9}	Closed – New Year's Day	Cheerios (WGR)	Oatmeal (WGR)	Rice Chex Cereal (WGR)	French toast (WGR))
Other foods (Do not credit) ¹⁰					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (½ cup) Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2		Milk	Milk	Milk	Milk
Meat/Meat Alternates ¹¹ Meat, poultry, or fish (1 ounce) or tofu, soy product, or alternate protein products (APP) ¹² (1 ounce) or cheese (1 ounce) or cottage cheese (¼ cup) or egg (½ large) or cooked dry beans and peas (¼ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce = 50%) ¹³ or yogurt or soy yogurt ¹⁴ (½ cup)	Closed – New Year's Day	Meatballs in sauce	Breaded chicken patty	Hamburg Slider with cheese on bun (enriched)	Breaded Fish square
Vegetables (½ cup) ^{2, 3}		Diced carrots	Broccoli	Green beans	Salad
Fruits (½ cup) ^{2, 4, 15}		Peaches	Pears	Peaches	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 ready-to-eat (RTE) breakfast cereal (¼ cup) ^{7, 9}		Penne (WGR)	Brown Rice (WGR)	Bun (enriched) Pasta salad (WGR)	Breading on Fish (WGR) Brown rice (WGR)
Other foods (Do not credit) ¹⁰		Corn bread sq. (enriched)			
Snack (AM or PM) ^{1, 16} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
1. Milk (½ cup) Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2		Milk		Milk	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 (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 (1/4 cup)	Closed – New Year's Day		Low fat yogurt		
3. Vegetables (½ cup) ^{2, 3}					
4. Fruits (½ cup) ^{2, 4}			Strawberries	Applesauce	Orange 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 (¼ cup) ^{7, 9}		Graham crackers (enriched)			
Other foods (Do not credit) ¹⁰					

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Milk (½ cup) <i>Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2</i>	Milk	Milk	Milk	Milk	Milk
Vegetables, fruits, or portions of both (¼ cup) ^{2, 3, 4}	Orange slices	Orange slices	Strawberries	Applesauce	strawberries
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 breakfast cereal (¼ cup) ^{7, 9}	Cheerios (WGR)	Life cereal (WGR)	Pancakes (WGR)	Oatmeal (WGR) with cinnamon	French toast (WGR) or pancake (WGR)
Other foods (<i>Do not credit</i>) ¹⁰					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (½ cup) <i>Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2</i>	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternates ¹¹ Meat, poultry, or fish (1 ounce) or tofu, soy product, or alternate protein products (APP) ¹² (1 ounce) or cheese (1 ounce) or cottage cheese (¼ cup) or egg (½ large) or cooked dry beans and peas (¼ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce = 50%) ¹³ or yogurt or soy yogurt ¹⁴ (½ cup)	Cheese Lasagna	Chicken(1oz) Stir Fry	Egg & cheese Sandwich	Meatballs in sauce	Breaded Chicken patty
Vegetables (⅓ cup) ^{2, 3}	Broccoli	Stir fry veg mix	Peas & carrots	Green beans	Broccoli
Fruits (⅓ cup) ^{2, 4, 15}	Pears	Pineapple	Peaches	Pears	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 ready-to-eat (RTE) breakfast cereal (¼ cup) ^{7, 9}	Lasagna Noodles (WGR) Bread & butter (enriched)	Brown rice (WGR)	English muffin (enriched)	Ziti (WGR)	Rice Pilaf (enriched)
Other foods (<i>Do not credit</i>) ¹⁰			Seasoned potatoes		
Snack (AM or PM) ^{1, 16} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
1.Milk (½ cup) <i>Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2</i>	Milk	Milk		Milk	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 (⅓ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) ¹³ or yogurt or soy yogurt ¹⁴ (1/4 cup)			Yogurt		
3.Vegetables (½ cup) ^{2, 3}					
4.Fruits (½ cup) ^{2, 4}		Apple slices	Peaches		Orange 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 (¼ cup) ^{7, 9}	Blueberry muffin (enriched)			Graham crackers (enriched)	
Other foods (<i>Do not credit</i>) ¹⁰					

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Milk (½ cup) Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2		Milk	Milk	Milk	Milk
Vegetables, fruits, or portions of both (¼ cup) ^{2, 3, 4}		Orange juice	Applesauce	Applesauce	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 breakfast cereal (¼ cup) ^{7, 9}	CLOSED – Martin Luther King Day	Cheerios (WGR)	Pancake (WGR)	Oatmeal (WGR))	Life Cereal (WGR)
Other foods (Do not credit) ¹⁰					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (½ cup) Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2		Milk	Milk	Milk	Milk
Meat/Meat Alternates ¹¹ Meat, poultry, or fish (1 ounce) or tofu, soy product, or alternate protein products (APP) ¹² (1 ounce) or cheese (1 ounce) or cottage cheese (¼ cup) or egg (½ large) or cooked dry beans and peas (¼ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce = 50%) ¹³ or yogurt or soy yogurt ¹⁴ (½ cup)	CLOSED – Martin Luther King Day	Breaded fish	Cut up beef hot dogs Baked beans	Macaroni & Cheese (low fat cheddar cheese)	Breaded chicken patty
Vegetables (½ cup) ^{2, 3}		Corn	Green beans	Carrots	Broccoli
Fruits (½ cup) ^{2, 4, 15}		Peaches	Pineapple	Pears	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 ready-to-eat (RTE) breakfast cereal (¼ cup) ^{7, 9}		Bread & butter (enriched)	Bread & butter (enriched)	Elbow macaroni (WGR)	Brown Rice (WGR)
Other foods (Do not credit) ¹⁰		Scalloped potatoes			
Snack (AM or PM) ^{1, 16} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
1.Milk (½ cup) Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2		Milk		Milk	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 (½ 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 (1/4 cup)	CLOSED – Martin Luther King Day		Yogurt		
3.Vegetables (½ cup) ^{2, 3}					
4.Fruits (½ cup) ^{2, 4}			Pineapple	Peaches	
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 (¼ cup) ^{7, 9}		Enriched Bran Muffin			Wheat thins crackers (WGR)
Other foods (Do not credit) ¹⁰					

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Milk (½ cup) <i>Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2</i>	Milk	Milk	Milk	Milk	Milk
Vegetables, fruits, or portions of both (¼ cup) ^{2, 3, 4}	Applesauce	Applesauce	Orange juice	Strawberries	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 breakfast cereal (¼ cup) ^{7, 9}	French Toast (WGR) or Pancakes (WGR)	Oatmeal with cinnamon (WGR)	Cheerios (WGR)	Waffle (enriched)	Life cereal (WGR)
Other foods (<i>Do not credit</i>) ¹⁰					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (½ cup) <i>Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2</i>	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternates ¹¹ Meat, poultry, or fish (1 ounce) or tofu, soy product, or alternate protein products (APP) ¹² (1 ounce) or cheese (1 ounce) or cottage cheese (¼ cup) or egg (½ large) or cooked dry beans and peas (¼ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce = 50%) ¹³ or yogurt or soy yogurt ¹⁴ (½ cup)	Meatballs in sauce	Hamburger slider with cheese on bun (enriched)	Cheese Lasagna	Chicken (1 oz) Stir fry	Egg & Cheese Sandwich
Vegetables (½ cup) ^{2, 3}	Green beans	Carrots	Broccoli	Stir fry veggie mix	Peas & carrots
Fruits (½ cup) ^{2, 4, 15}	Pears	Peaches	Pears	Pineapple	Peaches
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Other foods (<i>Do not credit</i>) ¹⁰					Seasoned potatoes
Snack (AM or PM) ^{1, 16} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
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3.Vegetables (½ cup) ^{2, 3}					
4.Fruits (½ cup) ^{2, 4}		Mixed fruit		Apple juice	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 (¼ cup) ^{7, 9}	Blueberry muffin (enriched)		Graham crackers (enriched)		
Other foods (<i>Do not credit</i>) ¹⁰				Ritz crackers	

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Vegetables, fruits, or portions of both (¼ cup) ^{2, 3, 4}					
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Other foods (<i>Do not credit</i>) ¹⁰					
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Vegetables (⅓ cup) ^{2, 3}					
Fruits (⅓ cup) ^{2, 4, 15}					
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Other foods (<i>Do not credit</i>) ¹⁰					
Snack (AM or PM) ^{1, 16} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
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3.Vegetables (½ cup) ^{2, 3}					
4.Fruit (½ cup) ^{2, 4}					
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 (¼ cup) ^{7, 9}					
Other foods (<i>Do not credit</i>) ¹⁰					

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