

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) <i>Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2</i>			Milk	Milk	Milk
Vegetables, fruits, or portions of both (¼ cup) ^{2, 3, 4}			Orange juice	Orange juice	Apple 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	CLOSED – 4th of July	Cheerios (WGR)	Corn flakes (RTE)	Pancake (enriched)
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
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	CLOSED – 4th of July	Meatballs in sauce	Fish square	Breaded Chicken
Vegetables (½ cup) ^{2, 3}			Broccoli	Diced carrots	Peas & carrots
Fruits (½ cup) ^{2, 4, 15}			Peaches	Fruit cocktail	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}			Bun (enriched)	Wheat bread (WGR)	Breading on chicken (WGR) Pasta salad (WGR)
Other foods (<i>Do not credit</i>) ¹⁰				Mashed 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
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 (¾ cup)	CLOSED	CLOSED – 4th of July		Sliced cheese	
3. Vegetables (½ cup) ^{2, 3}					
4. Fruits (½ cup) ^{2, 4}		Peaches ½ c	Applesauce ½ c	Apple-grape juice	Orange slices ½ c
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				Ritz crackers	

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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 juice	Orange slices	Applesauce	Orange juice	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}	Life Cereal (WGR)	Cheerios cereal (WGR)	French Toast Sticks (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)	Macaroni & Cheese (low fat cheddar cheese)	Cheese ravioli in sauce	Grilled chicken in Pasta salad	Breaded Fish square	Eng Muffin cheese pizza (mozzarella ch)
Vegetables (½ cup) ^{2, 3}	Peas & carrots	Green beans	Corn	Carrots	Broccoli
Fruits (½ cup) ^{2, 4, 15}	Fruit cocktail	Pears	Pineapple	Fruit cocktail	Diced 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 ready-to-eat (RTE) breakfast cereal (¼ cup) ^{7, 9}	Elbow Pasta (WGR)	Wheat bread (WGR)	Wheat bread & butter (WGR) Penne (WGR)	(WGR) breading	English muffin (WGR)
Other foods (<i>Do not credit</i>) ¹⁰				Scalloped 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
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 (¾ cup)			Yogurt (low fat)	Cheese slice	
3.Vegetables (½ cup) ^{2, 3}					
4.Fruits (½ cup) ^{2, 4}			Peaches	Apple juice	Watermelon 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}	Oat bran muffin (enriched)	Fruit cocktail			
Other foods (<i>Do not credit</i>) ¹⁰				Ritz crackers	

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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	Milk
Vegetables, fruits, or portions of both (¼ cup) ^{2, 3, 4}	Orange slices	Orange juice	Pineapple orange juice	Banana	Banana or 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}	French Toast sticks (WGR)	Cheerios (WGR)	Rice Chex Cereal (WGR)	Enriched Oat bran muffin)	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	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 Ravioli in sauce	Grilled Cheese on wheat	Cheese Lasagna Roll up with sauce	Breaded chicken patty	Sliced chicken strips)
Vegetables (½ cup) ^{2, 3}	Broccoli	Peas & Carrotsn	Green beans	Corn	Garden salad
Fruits (½ cup) ^{2, 4, 15}	Pears	Peaches	Pineapple	Pears	Fruit cocktail
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}	Whole Wheat Pasta (WGR)	Wheat bread (WGR)	Lasagna noodles (WGR)	Bread crumbs (WGR) Rice Pilaf	Roll (WGR)
Other foods (Do not credit) ¹⁰		Tomato soup			
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 (¼ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) ¹³ or yogurt or soy yogurt ¹⁴ (¾ cup)	yogurt			Yogurt (low fat)	
3.Vegetables (½ cup) ^{2, 3}					
4.Fruits (½ cup) ^{2, 4}	strawberries		Fruit cocktail	Peaches	Apple or orange
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 Blueberry Muffin			
Other foods (Do not credit) ¹⁰					

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Breakfast¹	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	Milk
Vegetables, fruits, or portions of both (¼ cup) ^{2, 3, 4}	Applesauce	Orange juice	Pineapple orange juice	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}	French toast sticks (WGR)	Cheerios (WGR)	Life cereal (WGR)	Waffle (enriched)	Pancake (WGR)
Other foods (Do not credit) ¹⁰					
Lunch¹	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	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)	Beef patty slider	Egg & Cheese on Eng muffin	Breaded chicken patty (WGR)	Meatballs with sauce Slice of cheese	Cheese Ravioli in sauce
Vegetables (½ cup) ^{2, 3}	Green salad	Broccoli	Corn	Green beans	Peas & Carrots
Fruits (½ cup) ^{2, 4, 15}	Peaches	Fruit cocktail	Applesauce	Pears	Diced 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 ready-to-eat (RTE) breakfast cereal (¼ cup) ^{7, 9}	Bun (enriched)	English Muffin (WGR)	Bread topping (WGR)	Wheat roll (WGR)	Bread & butter (WGR)
Other foods (Do not credit) ¹⁰	Macaroni Salad (WGR)	Seasoned potatoes	Mashed 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 (¾ cup)		Yogurt	Cheese slices		
3.Vegetables (½ cup) ^{2, 3}					
4.Fruits (½ cup) ^{2, 4}	Fruit cocktail	strawberries	Apple slices	Watermelon 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}					Enriched Blueberry Muffin
Other foods (Do not credit) ¹⁰			Ritz crackers		

Child and Adult Care Food Program (CACFP) Menu Form 7 --Breakfast, Lunch and Snack for Ages 1-2 Site: Burlington Week of:

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Breakfast 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>					
Vegetables, fruits, or portions of both (¼ cup) ^{2, 3, 4}					
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}					
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>					
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)					
Vegetables (½ cup) ^{2, 3}					
Fruits (½ cup) ^{2, 4, 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 ready-to-eat (RTE) breakfast cereal (¼ cup) ^{7, 9}					
Other foods (<i>Do not credit</i>) ¹⁰					
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>					
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 (¼ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) ¹³ or yogurt or soy yogurt ¹⁴ (¾ cup)					
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					

