

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}		Applesauce	Orange juice	Orange juice	Applesauce
Grains ^{5, 6} Indicate "WGR" next to WGR menu items 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)	Cheerios (WGR)	Corn flakes (RTE)	Pancake (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)		Grilled Chicken with gravy	Meatballs in sauce	Fish square	Breaded Chicken
Vegetables (½ cup) ^{2, 3}		Green beans	Broccoli	Diced carrots	Peas & carrots
Fruits (½ cup) ^{2, 4, 15}		Fruit cocktail	Peaches	Fruit cocktail	Pineapple
Grains ⁵ Indicate "WGR" next to WGR menu items 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}		Brown Rice (WGR)	Penne (WGR)	Wheat bread (WGR)	Breading on chicken (WGR) Pasta salad (WGR)
Other foods (Do not credit) ¹⁰		Corn bread sq.	Seasoned 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
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)		Low fat yogurt		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 Indicate "WGR" next to WGR menu items 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 (Do not credit) ¹⁰				Ritz crackers	

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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	Milk
Vegetables, fruits, or portions of both (¼ cup) ^{2,3,4}	Orange juice	Orange slices	Applesauce	Diced 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 breakfast cereal (¼ cup) ^{7,9}	Life Cereal (WGR)	Cheerios cereal (WGR)	French Toast Sticks (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	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	Meatballs w. gravy	Breaded Fish	Egg & cheese on Eng Muffin
Vegetables (½ cup) ^{2,3}	Peas & carrots	Green beans	Corn	Carrots	Carrots
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)	(WGR) breading	English muffin (WGR)
Other foods (Do not credit) ¹⁰		Pasta salad	Mashed potatoes	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 (¾ cup)			Yogurt (low fat)	Cheese slice	
3.Vegetables (½ cup) ^{2,3}					
4.Fruits (½ cup) ^{2,4}			strawberries	Apple juice	
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)	peaches			Trail mix (various cereals (WGR & enriched)
Other foods (Do not credit) 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 slices	Orange juice	Applesauce	Banana	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 (<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)	Grilled chicken Alfredo	Breaded chicken Patty	Cheese Lasagna Roll up with sauce	Fish sticks or square	Macaroni & Cheese (cheddar cheese – reduced fat)
Vegetables (½ cup) ^{2, 3}	Broccoli	Peas & Carrotsn	Green beans	Salad	Peas & Carrots
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)	Bread topping (WGR) Rice Pilaf (enriched)	Lasagna noodles (WGR)	Bread crumbs on fish (WGR) Brown rice (WGR)	Elbow macaroni (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		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)	Low fat yogurt			Yogurt (low fat)	
3.Vegetables (½ cup) ^{2, 3}					
4.Fruits (½ cup) ^{2, 4}	Diced peaches		Fruit cocktail	Pineapple	Apple or orange or banana
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 (<i>Do not credit</i>) 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	Orange juice	Pineapple orange juice	Orange slices	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 (<i>Do not credit</i>) ¹⁰					
Lunch¹	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)	Chicken & beef meatballs with sauce	Egg & Cheese on Eng muffin	Breaded chicken patty (WGR)	Meatballs with sauce Slice of cheese	Grilled chicken & Alfredo sauce
Vegetables (½ cup) ^{2, 3}	Green beans	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}	Wheat bread & butter (WGR) Penne Pasta (WGR)	English Muffin (WGR)	Bread topping (WGR)	Wheat roll (WGR)	Penne (WGR)
Other foods (<i>Do not credit</i>) ¹⁰		Seasoned potatoes	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	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)		Low fat greek Yogurt	Cheese slices		
3.Vegetables (½ cup) ^{2, 3}					
4.Fruits (½ cup) ^{2, 4}	Fruit cocktail	Pineapple or strawberries	Apple slices	Applesauce	
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 (<i>Do not credit</i>) ¹⁰			Ritz crackers		

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Vegetables, fruits, or portions of both (¼ cup) ^{2, 3, 4}	Orange slices	Orange juice	Apple sauce	Banana slices	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}	Cheerios (WGR)	Pancake (WGR)	Oatmeal (WGR)	Life Cereal (WGR)	Rice Chex Cereal I (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 & gravy	Cheese pizza	Breaded Chicken	Macaroni & Cheese (low fat cheddar cheese)	Fish Sticks
Vegetables (½ cup) ^{2, 3}	Peas & carrots	Broccoli	Corn	Green Salad	Green Salad
Fruits (½ cup) ^{2, 4, 15}	Fruit cocktail	Watermelon	Pears	Peaches	Pineapple
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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
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)			Cheese slices		Yogurt (low fat)
3.Vegetables (½ cup) ^{2, 3}					
4.Fruit (½ cup) ^{2, 4}	Apple ½	Orange slices ½ c	Apple juice	Applesauce ½ c	Banana
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		