

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

12/30 – 1/2/20

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 ($\frac{3}{4}$ cup)				1% Milk	1% Milk
Vegetables, fruits, or portions of both ($\frac{1}{2}$ cup) ^{2, 3, 4}				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 ($\frac{1}{2}$ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin ($\frac{1}{2}$ serving) or WGR, enriched, or fortified cooked breakfast cereal ¹⁰ , cereal grain ¹¹ , or pasta ($\frac{1}{4}$ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal ^{10, 12} ($\frac{1}{3}$ cup)			Closed New Year's Day	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 ($\frac{3}{4}$ cup)				% Milk	% Milk
Meat/Meat Alternates ¹⁴ Meat, poultry, or fish (1 $\frac{1}{2}$ ounces) or tofu, soy product, or alternate protein products (APP) ¹⁵ (1 $\frac{1}{2}$ ounces) or cheese (1 $\frac{1}{2}$ ounces) or cottage cheese ($\frac{3}{8}$ cup) or egg ($\frac{3}{4}$ large) or cooked dry beans and peas ¹⁶ ($\frac{3}{8}$ cup) or peanut butter (2 tablespoons) or nuts and seeds ($\frac{3}{4}$ ounce = 50%) ¹⁷ or yogurt or soy yogurt ¹⁸ ($\frac{3}{4}$ cup)			Closed New Year's Day	Meatballs & gravy	Breaded fish square
Grains ^{5, 6, 7, 8} <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread ($\frac{1}{2}$ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin ($\frac{1}{2}$ serving) or WGR, enriched, or fortified cooked breakfast cereal ¹⁰ , cereal grain ¹¹ , or pasta ($\frac{1}{4}$ cup) or WGR, enriched, or fortified RTE breakfast cereal ^{10, 12} ($\frac{1}{3}$ cup)				Brown Rice (WGR)	Corn bread or bread & butter (enriched)
Vegetables ($\frac{1}{4}$ cup) ^{2, 3}				Green beans	Peas & carrots
Fruits ($\frac{1}{4}$ cup) ^{3, 4, 19}				Apricots	Pears
Other foods (<i>Do not credit</i>) ¹³					Scalloped 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 ($\frac{3}{4}$ cup)				1% Milk	1% Milk
2. Meat/Meat Alternates ¹⁴ Meat, poultry, or fish ($\frac{1}{2}$ ounce) or tofu, soy product, or APP ¹⁵ ($\frac{1}{2}$ ounce) or cheese ($\frac{1}{2}$ ounce) or cottage cheese ($\frac{1}{8}$ cup) or egg ($\frac{1}{2}$ large) or cooked dry beans and peas ¹⁶ ($\frac{1}{8}$ cup) or peanut butter (1 tablespoon) or nuts and seeds ($\frac{1}{2}$ ounce) ¹⁷ or yogurt or soy yogurt ¹⁸ ($\frac{1}{4}$ cup)			Closed New Year's Day	Cheese slice	
3. Vegetables ($\frac{1}{2}$ cup) ^{2, 3}					
4. Fruits ($\frac{1}{2}$ cup) ^{3, 4}					Mixed fruit
5. Grains ^{5, 6, 7, 8} <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread ($\frac{1}{2}$ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin ($\frac{1}{2}$ serving) or WGR, enriched, or fortified cooked breakfast cereal ¹⁰ , cereal grain ¹¹ , or pasta ($\frac{1}{4}$ cup) or WGR, enriched, or fortified RTE breakfast cereal ^{10, 12} ($\frac{1}{3}$ cup)				Ritz 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**

1/6 – 1/10/2020

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	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} (⅓ cup)	Life Cereal (WGR)	Pancakes (WGR)	Cheerios (WGR)	Rice Chex Cereal (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)	Macaroni & Cheese	Breaded chicken	Cheese Ravioli & sauce	Breaded fish square	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)	Pasta (WGR))	Brown Rice (WGR)	Bread & butter (enriched))	Brown Rice (WGR)	Pasta (WGR) Bread & butter (enriched)
Vegetables (¼ cup) ^{2, 3}	Broccoli	Corn	Green beans	Garden salad	Salad
Fruits (¼ cup) ^{3, 4, 19}	Pears	Peaches	Mixed fruit	Pineapple	Applesauce
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)	Low fat Yogurt				
3. Vegetables (½ cup) ^{2, 3}					
4. Fruits (½ cup) ^{3, 4}	Strawberries	Apple		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} (⅓ 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.	Cheese Lasagna	Cut up hot dogs Baked Beans	Meatballs & gravy
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)	Wheat bread & butter	Corn bread (enriched)	Bread & butter (enriched)	Brown Rice (WGR)
Vegetables (¼ cup) ^{2, 3}	Broccoli	Corn	Green beans	Carrots	Green beans
Fruits (¼ cup) ^{3, 4, 19}	Peaches	Apricots	Pineapple	Pears	Peaches
Other foods (<i>Do not credit</i>) ¹³		Scalloped 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
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 : 1/20 – 1/24/2020

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
Vegetables, fruits, or portions of both (½ cup) ^{2, 3, 4}		Orange juice	Orange slices	Banana	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)	Closed – Martin Luther King Day	Life Cereal (WGR)	French toast sticks (WGR)	Cheerios (WGR)	Pancake (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 – Martin Luther King Day	Cheese Ravioli& sauce	Breaded Chicken	Hamburger Sliders w. cheese	Eng. Muffin cheese pizza Meatball
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)		Bread & butter (enriched))	Bread & butter (enriched)	Bun (enriched)	Eng muffin (enriched)
Vegetables (¼ cup) ^{2, 3}		Green beans	Corn	Garden salad	Broccoli
Fruits (¼ cup) ^{3, 4, 19}		Applesauce	Mixed fruit	Pineapple	Peaches
Other foods (<i>Do not credit</i>) ¹³			Scalloped potatoes	Oven french fried	
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)	Closed – Martin Luther King Day			Low fat yogurt	
3. Vegetables (½ cup) ^{2, 3}					
4. Fruits (½ cup) ^{3, 4}		Apple slices		Strawberries or banana	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} (⅓ cup)			Graham crackers (WGR)		Wheat thin crackers (WGR)
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	Apple slices	Orange slices	Applesauce	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)	Life Cereal (WGR)	Waffles (enriched)	Cheerios (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)	Breaded fish square	Cut up hot dogs Baked Beans	Macaroni & Cheese	Meatballs & gravy	Cheese Lasagna (WGR).
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)	Bread & butter (enriched)	Bread & butter (enriched)	Pasta (WGR)	Brown rice (WGR)	Corn bread (enriched)
Vegetables (¼ cup) ^{2, 3}	Peas & carrots	Corn	Broccoli	Green beans	Peas & carrots
Fruits (¼ cup) ^{3, 4, 19}	Applesauce	Pears	Peaches	Apricots	Pears
Other foods (<i>Do not credit</i>) ¹³	Oven 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	Cheese sticks	
3. Vegetables (½ cup) ^{2, 3}					
4. Fruits (½ cup) ^{3, 4}			Apple slices	Apple juice	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)	Blueberry Muffin (enriched)	Graham crackers (WGR)			
Other foods (<i>Do not credit</i>) ¹³					

