

CACFP WEEKLY MENU				Center:	Month:				
				Main EHS	October 1-4, 2024				
MEAL	COMPONENT	AGES	AGES	AGES	MONDAY 30	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Fact Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Peaches	Mandarin Oranges	Pears	Mixed Fruit	Applesauce
	Grains/Meat	1/2 oz eq <sup>1,2</sup>	1/2 oz eq <sup>1,2</sup>	1 oz eq <sup>1,2</sup>	Rice Krispies	Cheerios	Mintl Wheats	Cinnamon Chex	Rice Chex
	Alternates				Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
	Milk	1/2 cup	3/4 cup	1 cup					
Lunch	Meat/	1 oz	1 1/2 oz	2 oz	Ravioli	Chicken Gravy	PBJ San./Cheese	Fish Sticks	Grilled Cheese
	Meat Alternates								
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Corn	Mashed Potatoes	Potato Medley	California Blend	Vegetable Soup
	Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Slices	Pineapple	Orange Wedges	Banana	Cantaloupe
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>	WG, Pasta	WG, Dinner Roll	WG, Bread	WG, Bread	WG, Bread
Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat/	1/2 oz	1/2 oz	1 oz	Peanut Butter				
	Meat Alternates								
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup		100% Juice	Applesauce	Peaches	Mandarin Oranges
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>	Scooby Snack	Tiger Bites	Sun Chip	Animal Crackers	Simply Chex-St.

This institution is an equal opportunity provider.

<sup>1</sup> Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.

<sup>2</sup> oz eq = ounce equivalents

\*\* Select 2 of the 5 components for snack.

CACFP WEEKLY MENU		Center:		HS.EHS.		Month: October 7-11, 2024			
MEAL	COMPONENT	AGES	AGES	AGES	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Staff In-Service
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Peaches	Mandarin Oranges	Pears	Mixed Fruit	
	Grains/Meat								
	Alternates	1/2 oz eq <sup>1,2</sup>	1/2 oz eq <sup>1,2</sup>	1 oz eq <sup>1,2</sup>	Blueberry Chex	Special K	Trix	Multi-Cheerios	
	Milk	1/2 cup	3/4 cup	1 cup	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	
Lunch	Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz	BBQ Sandwich	Chili Mac	Ravioli	Turkey Wrap	
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Seasoned Fries	Corn	Broccoli	Celery Sticks	
	Fruit	1/8 cup	1/4 cup	1/4 cup	Apples	Pineapple	Orange Slices	Banana	
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>	WG Bun	WG Corn Bread	WG Pasta	WG Wrap	
	Milk	1/2 cup	1/2 cup	1 cup				Yogurt	
Snack**	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz	Peanutbutter				
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup		Applesauce	100% Juice	Peaches	
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>	Cheez-Its	Simply Chex-Ch.	D&J Crackers	Nilla Wafers	

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CACFP WEEKLY MENU				Center: HS,EHS		Month: October 14-18, 2024			
MEAL	COMPONENT	AGES	AGES	AGES	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Peaches	Mandarin Oranges	Pears	Mixed Fruit	Applesauce
	Grains/Meat	1/2 oz eq <sup>1,2</sup>	1/2 oz eq <sup>1,2</sup>	1 oz eq <sup>1,2</sup>	Cinnamon Toast	Rice Krispies	Cocoa Puffs	Corn Flakes	Mini Wheats
	Alternates								
	Milk	1/2 cup	3/4 cup	1 cup	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
Lunch	Meat/ Meat Alternates	1 oz	1 1/2 oz	2 oz	Chicken Tenders	Cheeseburger Mac	Tuna Sandwich	Chicken Teriyaki	Beef Wrap
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Carrots	Green Beans	Celery	California Blend	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Apples	Pineapple	Orange Wedges	Banana	Watermelon
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>	WG Breading	WG Pasta	WG Bun	WG Rice	WG Wrap
	Milk	1/2 cup	1/2 cup	1 cup		Yogurt			
Snack**	Meat/ Meat Alternates	1/2 oz	1/2 oz	1 oz				Peanutbutter	
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Fruit Juice	Applesauce	Peaches		Mandarin Orange
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>	Ritz Bits	B&L Crackers	Goldfish	Pretzels	Simply Chex-St.

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\*\* Select 2 of the 5 components for snack.

CACFP WEEKLY MENU			Center: Main EHS			Month: October 21-25, 2024				
MEAL	COMPONENT	AGES	AGES	AGES	AGES	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
Breakfast	Milk	1/2 cup	3/4 cup	1 cup		Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	United Way Day
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup		Peaches	Mandarin Oranges	Pears	Mixed Fruit	
	Grains/Meat	1/2 oz eq <sup>1,2</sup>	1/2 oz eq <sup>1,2</sup>	1 oz eq <sup>1,2</sup>		Cheerios	Trix	Cinnamon Chex	Frosted Flakes	
	Alternates									
	Milk	1/2 cup	3/4 cup	1 cup		Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	
Lunch	Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz		Chicken Alfredo	Cheese Pizza	Egg Salad Sand.	Chicken Wrap	
	Vegetable	1/8 cup	1/4 cup	1/2 cup		Broccoli	Green Beans	Celery	Corn	
	Fruit	1/8 cup	1/4 cup	1/4 cup		Apple Slices	Pineapple	Oranges	Banana	
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>		WG Pasta	WG Crust	WG Bun	WG Wrap	
	Milk	1/2 cup	1/2 cup	1 cup						
Snack**	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz		Peanut Butter				
	Vegetable	1/2 cup	1/2 cup	3/4 cup						
	Fruit	1/2 cup	1/2 cup	3/4 cup			Applesauce	Peaches	100% Juice	
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>		Tiger Botes	Cheer-Its	Nilla Wafers	Sun Chips	

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\*\* Select 2 of the 5 components for snack.

CACFP WEEKLY MENU

Center: HS, EHS

Month: October 28-November 1, 2024

MEAL	COMPONENT	AGES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-2	3-5	6-18					
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Peaches	Mandarin Oranges	Pears	Mixed Fruit	Applesauce
	Grains/Meat	1/2 oz eq <sup>1,2</sup>	1/2 oz eq <sup>1,2</sup>	1 oz eq <sup>1,2</sup>	Special K	Blueberry Chex	Mult-Cheerios	Cocoa Puffs	Cinnamon Toast
	Alternates	1/2 cup	3/4 cup	1 cup	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
	Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz	Chicken Noodle	Cheese Breadsticks	Chicken Patty	Beef Pasta	Fish Sticks
Lunch	Vegetable	1/8 cup	1/4 cup	1/2 cup	Mixed Vegetable	Broccoli	Carrots	Green Beans	Celery
	Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Slices	Pineapple	Orange Wedges	WG Pasta	Watermelon
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>	WG Pasta	WG Breading	WG Bun	WG Crust	WG Breading
	Milk	1/2 cup	1/2 cup	1 cup					
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz			Peanutbutter		
Snack**	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Juice	Applesauce		Peaches	Mandarin Oranges
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>	Simply Chex-St.	Ritz Bits	B&L Crackers	Goldfish	Sun Chips

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