

CACFP WEEKLY MENU		Center: Main EHS					Month: Aug. 26-30, 2024				
MEAL	COMPONENT	AGES	AGES	AGES	AGES	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	
Breakfast	Milk	1-2	3-5	6-18	1 cup	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	
	Fruit/Vegetable	1/2 cup	3/4 cup	1 cup	1/2 cup	Peaches	Mandarin Oranges	Pears	Mixed Fruit	Applesauce	
	Grains/Meat Alternates	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Cinnamon Chex	Rice Krispies	Toast Crunch	Cheerios	Mini Wheats	
	Milk	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	1 oz eq ^{1,2}	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	2 oz	Turkey Wrap	Beef Pasta	Chicken Tenders	Cheeseburger Mac	Chicken Noodle	
Lunch	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Celery	Green Beans	Mixed Vegetables	Broccoli	Carrots	
	Fruit	1/8 cup	1/4 cup	1/4 cup	1/4 cup	Apple Slices	Pineapple	Orange Wedges	Banana	Cantaloupe	
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	1 oz eq ²	WG. Wrap	WG. Pasta	WG. Breading	WG. Pasta	WG. Noodles	
	Milk	1/2 cup	1/2 cup	1 cup	1 cup						
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz	1 oz			Peanut Butter			
Snack**	Vegetable	1/2 cup	1/2 cup	3/4 cup	3/4 cup						
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	100% Juice	Applesauce		Peaches	Mandarin Oranges	
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	1 oz eq ²	Animal Crackers	Tiger Bites	Cheez-Its	Cinnamon Fish	Pretzels	

This institution is an equal opportunity provider.

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

² oz eq = ounce equivalents

** Select 2 of the 5 components for snack.

CACFP WEEKLY MENU		Center: HS.EHS.					Month: September 2-6, 2024				
MEAL	COMPONENT	AGES	AGES	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	Milk	1-2	3-5	6-18	Labor Day	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk		
Breakfast	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Office Closed	Mandarin Oranges	Pears	Mixed Fruit	Applesauce		
	Grains/Meat Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}		Mini Wheats	Cinn Toast Crunch	Special K cereal Cinnamon Chex	Blueberry Chex		
	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		Cheeseburger	Ravioli	Chicken Gravy	Fish Sticks		
	Vegetable	1/8 cup	1/4 cup	1/2 cup		Green Beans	Corn	Mashed Potatoes	California Blend		
	Fruit	1/8 cup	1/4 cup	1/4 cup		Pineapple	Orange Slices	Banana	Cantaloupe		
Snack**	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		WG Bun	WG Pasta	WG Bun	WG Breading		
	Milk	1/2 cup	1/2 cup	1 cup				Yogurt			
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz							
Snack**	Vegetable	1/2 cup	1/2 cup	3/4 cup							
	Fruit	1/2 cup	1/2 cup	3/4 cup		Applesauce	100% Juice	Peaches	Mandarin Oranges		
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		Scooby Snack	Cheez-Its	B&L Crackers	Goldfish		

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** Select 2 of the 5 components for snack.

CACFP WEEKLY MENU		Center: HS-EHS					Month: September 9-13, 2024				
MEAL	COMPONENT	AGES	AGES	AGES	AGES	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	
Breakfast	Milk	1/2 cup	3/4 cup	1 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	1/2 cup	Peaches	Mandarin Oranges	Pears	Mixed Fruit	Applesauce	
	Grains/Meat Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	1 oz eq ^{1,2}	Mini Wheats	Toast Crunch Cereal	Cinnamon Chex	Honey Bunches Cer	Cheerios	
	Milk	1/2 cup	3/4 cup	1 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	2 oz	Chicken Wraps	Beef Pasta	Cheese Breadsticks	Tuna Fish	Chicken Teriyaki	
Lunch	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Celery Sticks	Carrots	Green Beans	Potato Wedge	California Blend	
	Fruit	1/8 cup	1/4 cup	1/4 cup	1/4 cup	Apple Slices	Pineapple	Orange Wedges	Banana	Watermelon	
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	1 oz eq ²	WG. Wrap	WG. Pasta	WG. Breading	WG. Buns	WG. Rice	
	Milk	1/2 cup	1/2 cup	1 cup	1 cup						
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz	1 oz		Peanut Butter				
Snack**	Vegetable	1/2 cup	1/2 cup	3/4 cup	3/4 cup						
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	100% Fruit Juice		Applesauce	Peaches	Mandarin Orange	
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	1 oz eq ²	Pretzels	Animal Crackers	D&J Crackers	Cheez IT Crackers	Tiger Bites	

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CACFP WEEKLY MENU		Center: Main EHS			Month: September 16-20, 2024				
MEAL	COMPONENT	AGES	AGES	AGES	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Breakfast	Milk	1-2	3-5	6-18	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
	Fruit/Vegetable	1/2 cup	3/4 cup	1 cup	Peaches	Mandarin Oranges	Pears	Mixed Fruit	Applesauce
	Grains/Meat Alternates	1/4 cup	1/2 cup	1/2 cup	Rice Krispies	Mini Blue Wheats	Cheerios	Cinnamon Chex	Toast Crunch
		1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
		1/2 cup	3/4 cup	1 cup	Chicken Patty	Cheeseburger Mac	Grilled Cheese	Beef Wraps	Chicken Soup
Lunch	Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz	Sweet Corn	Mixed Vegetables	Vegetable Soup	Celery Sticks	Carrots
		1/8 cup	1/4 cup	1/2 cup	Apple Slices	Pineapple	Oranges	Banana	Cantaloupe
	Vegetable	1/8 cup	1/4 cup	1/2 cup	WG. Bun	WG. Pasta	WG Bread	WG. Wraps	WG. Noodles
	Fruit	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²					
	Grain	1/2 cup	1/2 cup	1 cup	Peanut Butter				
Snack**	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	Applesauce	Applesauce	100% Juice	Peaches	Mandarin Oranges
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Pretzels	Scooby snacks	Sun Chips	Tiger Bites	Nilla Crackers

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CACFP WEEKLY MENU		Center: HS. EHS.					Month: September 23-27, 2024				
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27		
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			
	Grains/Meat Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Toast Crunch	Rice Krispies	Cheerios Cereal	Mini Wheats	Honey Cheerios		
	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	PB. San./Cheese	Chicken Tenders	Turkey Wrap	Cheese Pizza	Egg Salad		
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Sweet Potato Fries	Green Beans	Broccoli	Celery Sticks	California Blend		
	Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Slices	Pineapple	Orange Wedges	Banana	Watermelon		
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	WG. Bread	WG. Breading	WG. Wrap	WG. Crust	WG. Bun		
Snack**	Milk	1/2 cup	1/2 cup	1 cup							
	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	Applesauce	100% Juice	Peaches	Mandarin Oranges		
Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Scooby Snack	Pretzels	Goldfish Cheddar	Tiger Bites	Cheez-It Crackers			

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