

CACFP WEEKLY MENU		Center:			HS/EHS:		Month: December 2-6, 2024		
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Staff In-Service	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup		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}		Trix	Special K	Blueberry Chex	MG 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		Chicken Gravy	Beef Wrap	Cheese Pizza	Cheeseburgers
	Vegetable	1/8 cup	1/4 cup	1/2 cup		Mashed Potatoes	Broccoli	Celery Sticks	Corn
	Fruit	1/8 cup	1/4 cup	1/4 cup		Pineapple	Orange Slices	Banana	Melon
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		WG Dinner Roll	WG Wrap	WG Crust	WG Bun
	Milk	1/2 cup	1/2 cup	1 cup				Yogurt	
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	100% Juice	Peaches
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		B-L Crackers	Ritz Bits	Simply Chex-St.	Teddy Grahams

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.

This institution is an equal opportunity provider.

CACFP WEEKLY MENU				Center: HS.EHS		Month: December 9-13, 2024			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
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 ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Cinnamon Chex	Cheerios	Cocoa Puffs	Rice Krispies	Mini Wheats
	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/Alternates	1 oz	1 1/2 oz	2 oz	Turkey Wrap	BBQ Sandwich	Rvoli	Chicken Alfredo	Cheese Breadsticks
Lunch	Vegetable	1/8 cup	1/4 cup	1/2 cup	Celery Sticks	California Blend	Green Beans	Broccoli	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Apples	Pineapple	Oranges	Banana	Melon
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	WG Wrap	WG Bun	WG Pasta	WG Pasta	WG Breading
	Milk	1/2 cup	1/2 cup	1 cup					
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz		Peanut Butter			
Snack**	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	Pears		Applesauce	Peaches	Mand. Oranges
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Tiger Bites	Pretzels	Animal Crackers	Cheez-Its	Simply Chex-Ch.

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CACFP WEEKLY MENU		Center:	Main EHS			Month:	December 16-20, 2024			
MEAL	COMPONENT	AGES	AGES	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Breakfast	Milk	1-2	3-5	6-18	11/16	1/17	1/18	1/19	1/20	
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Peaches	Mandarin Oranges	Pears	Mixed Fruit	Applesauce	
	Grains/Meat	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Rice Chex	Toast Crunch	Frosted Flakes	Trix	Blueberry Chex	
	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/	1 oz	1 1/2 oz	2 oz	Chili Mac	Fish Sticks	Chicken Wrap	Egg Salad Sandwich	PBJ/Cheese Stick	
Lunch	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans	Mixed Vegetables	Broccoli	Celery Sticks	Seasoned Fries	
	Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Slices	Pineapple	Oranges	Banana	Melon	
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	WG Corn Bread	WG Breading	WG Wrap	WG Bun	WG Bread	
	Milk	1/2 cup	1/2 cup	1 cup						
	Meat/	1/2 oz	1/2 oz	1 oz		Peanut Butter				
Snack**	Vegetable	1/2 cup	1/2 cup	3/4 cup						
	Fruit	1/2 cup	1/2 cup	3/4 cup	Applesauce		100% Juice	Mand. Oranges	Pears	
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Nilla Wafers	Scooby Snacks	Goldfish	Simply Chex-St.	D&J Crackers	

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CACFP WEEKLY MENU				Center: HS. EHS.		Month: December 23-27				
MEAL	COMPONENT	AGES	AGES	AGES	AGES	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Breakfast	Milk	1/2 cup	3/4 cup	1 cup		No Classes	Office Closed	Office Closed	No Classes	No Classes
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup			Christmas Eve	Christmas Day		
	Grains/Meat	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}						
	Alternates	1/2 cup	3/4 cup	1 cup						
	Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz						
Lunch	Vegetable	1/8 cup	1/4 cup	1/2 cup						
	Fruit	1/8 cup	1/4 cup	1/4 cup						
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²						
	Milk	1/2 cup	1/2 cup	1 cup						
	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						
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²						

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** Select 2 of the 5 components for snack.

CACFP WEEKLY MENU		Center: Main EHS			Month: Dec. 30, 2024-Jan. 3, 2025				
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	No Classes	No Classes	Office Closed	Fat Free Milk	Fat Free Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup			New Years Day	Mixed Fruit	Applesauce
	Grains/Meat							Frosted Flakes	Cocoa Puffs
	Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}				Fat Free Milk	Fat Free Milk
	Milk	1/2 cup	3/4 cup	1 cup				Cheeseburgers	Chicken Wrap
Lunch	Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz				Corn	Seasoned Fries
	Vegetable	1/8 cup	1/4 cup	1/2 cup				Banana	Cantaloupe
	Fruit	1/8 cup	1/4 cup	1/4 cup				W/G Bun	W.G. Bread
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²				Peanut Butter	
	Milk	1/2 cup	1/2 cup	1 cup					
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					Peaches
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²				Tiger Bites	Peaches

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