

CACFP WEEKLY MENU		Center:			Month: February 3-7, 2025				
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
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}	Cocoa Puffs	Cheerios	Trix	Toast Crunch	Kix
	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	Chicken Wrap	Fish Sticks	Beef Pasta	Chicken Tenders	Cheeseburgers
Lunch	Vegetable	1/8 cup	1/4 cup	1/2 cup	Mixed Vegetables	Green Beans	Corn	California Blend	Broccoli
	Fruit	1/8 cup	1/4 cup	1/4 cup	Apples	Pineapple	Orange Slices	Banana	Melon
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	WG Wrap	WG Breading	WG Pasta	WG Breading	WG Bun
	Milk	1/2 cup	1/2 cup	1 cup					
	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	100% Juice	Peaches
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Sun Chips	Scooby Snacks	Ritz Bits	Simply Chex	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: HSEHS		Month: February 10-14, 2025			
MEAL	COMPONENT	AGES	AGES	AGES	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
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	Mini Wheats	Cocoa Puffs	Cheerios	Trix
	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	Grilled Cheese	Chicken Alfredo	Sloppy Joes	Beef Wrap	Chicken Noodle
Lunch	Vegetable	1/8 cup	1/4 cup	1/2 cup	Vegetable Soup	Green Beans	Carrots	Corn	Celery/Carrots
	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 Bread	WG Pasta	WG Bun	WG Wrap	WG Pasta
	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	Applesauce		Peaches	100% Juice	Mand. Oranges
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Goldfish	Pretzels	Animal Crackers	Sun Chips	Simply Chex

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CACFP WEEKLY MENU		Center:	Main EHS			Month:	February 17-21, 2025				
MEAL	COMPONENT	AGES	AGES	AGES	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	No Classes	Mandarin Oranges	Pears	Mixed Fruit	Applesauce		
Lunch	Grains/Meat	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}		Toast Crunch	Cheerios	Apple Jacks	Cocoa Puffs		
	Milk	1/2 cup	3/4 cup	1 cup		Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk		
	Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz		Tuna Sandwich	Ravioli	Cheese Pizza	Chicken Gravy		
	Vegetable	1/8 cup	1/4 cup	1/2 cup		Celery	Corn	Green Beans	Mashed Potatoes		
	Fruit	1/8 cup	1/4 cup	1/4 cup		Pineapple	Oranges	Banana	Melon		
Snack***	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		WG Bun	WG Pasta	WG Crust	WG Roll		
	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			100% Juice	Mand. Oranges	Pears		
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		Scooby Snacks	Goldfish	Simply Chex	Pretzels		

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** Select 2 of the 5 components for snack.

CACFP WEEKLY MENU				Center: HS, EHS.		Month: February 24-28, 2025			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
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	Tropical Fruit	Applesauce
	Grains/Meat	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Apple Jacks	Mini Wheats	Cinnamon Chex	Cheerios	Trix
	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	BBQ Sandwich	Chili Mac	Turkey Wrap	Cheese Breadsticks	Chicken Salad
Lunch	Vegetable	1/8 cup	1/4 cup	1/2 cup	Corn	Carrots	Celery Sticks	Broccoli	Green Beans
	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 Bun	WG Pasta	WG Wrap	WG Breading	WG Croissant
	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	100% Juice	Peaches
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Lemon Blueberry	Pretzels	Cheez-Its	Sun Chips	Simply Chex

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