

CACFP WEEKLY MENU				Center: Main EHS		Month: Dec. 30, 2024-Jan. 3, 2025			
MEAL	COMPONENT	AGES	AGES	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk	1-2	3-5	6-18	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 Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}				Frosted Flakes	Cocoa Puffs
	Milk	1/2 cup	3/4 cup	1 cup				Fat Free Milk	Fat Free Milk
	Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz				Cheeseburgers	Chicken Wrap
Lunch	Vegetable	1/8 cup	1/4 cup	1/2 cup				Corn	Seasoned Fries
	Fruit	1/8 cup	1/4 cup	1/4 cup				Banana	Cantaloupe
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²				WG Bun	WG, Bread
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					Peaches
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²				Tiger Bites	Peaches

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:	Month:				
				HS, EHS	January 6-10, 2025				
MEAL	COMPONENT	AGES	AGES	AGES					
		1-2	3-5	6-18					
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
	Grains/Meat	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Peaches	Mandarin Oranges	Pears	Mixed Fruit	Applesauce
	Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Mini Wheats	Trix	Cheerios	Cocoa Puffs	Cinnamon Chex
	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/Alternates	1 oz	1 1/2 oz	2 oz					
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Ravioli	Chicken Patty	Turkey Wrap	Fish Sticks	Chicken Alfredo
	Fruit	1/8 cup	1/4 cup	1/4 cup	Green Beans	Corn	Celery Sticks	Carrots	Broccoli
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Apples	Pineapple	Oranges	Banana	Melon
	Milk	1/2 cup	1/2 cup	1 cup	WG Pasta	WG Bun	WG Wrap	WG Breading	WG Pasta
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		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:	January 13-17, 2025				
MEAL	COMPONENT	AGES	AGES	AGES	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17		
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}	Apple Jacks	Toast Crunch	Kix	Mini Wheats	Cocoa Puffs		
	Meat Alternates	1/2 cup	3/4 cup	1 cup	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk		
	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 Alternates	1 oz	1 1/2 oz	2 oz	Cheese Breadstick	Sloppy Joes	Chicken Tenders	Beef Wrap	Chicken Salad		
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Vegetable Soup	Green Beans	Corn	California Blend	Celery		
	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 Breading	WG Bun	WG Breading	WG Wrap	WG Croissant		
	Milk	1/2 cup	1/2 cup	1 cup							
Snack**	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	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	Pretzels		

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CACFP WEEKLY MENU

Center: HS, EHS

Month: January 20-24, 2025

MEAL	COMPONENT	AGES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-2	3-5	6-18					
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Office Closed	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	MILK Day	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}		Trix	Kix	Cocoa Puffs	Mini Wheats
	Meat Alternates	1/2 cup	3/4 cup	1 cup		Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
	Meat Alternates	1 oz	1 1/2 oz	2 oz		Chicken Wrap	PBJ/Cheese Stick	Cheeseburg. Mac	BBQ Sandwich
Lunch	Vegetable	1/8 cup	1/4 cup	1/2 cup		Carrots	Celery Sticks	Broccoli	Green Beans
	Fruit	1/8 cup	1/4 cup	1/4 cup		Pineapple	Oranges	Banana	Melon
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		WG Wrap	WG Bread	WG Pasta	WG Bun
	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	100% Juice	Peaches
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		Pretzels	Cheez-Its	Sun Chips	Simply Chex

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** Select 2 of the 5 components for snack.

CACFP WEEKLY MENU				Center: Main EHS		Month: January 27-31, 2025			
MEAL	COMPONENT	AGES	AGES	AGES	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
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}	Toast Crunch	Cheerios	Cocoa Puffs	Frosted Flakes	Cocoa Puffs
	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	Beef Pasta	Grilled Cheese	Turkey Sandwich	Chicken Teriyaki	Chili Mac
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Corn	Vegetable Soup	Celery Sticks	California Blend	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 Pasta	WG Bread	WG Bread	WG Rice	WG Pasta
	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	100% Juice	Mandarin Oranges		Peaches
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Goldfish	Simply Chex	Teddy Grahams	Pretzels	Lemon Blueberry

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