

CELEBRATE NATIONAL



WEEK

March 17-23, 2019

SAMPLE MENU

		AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Dried Cranberries	Sliced Bananas	Potato Hash Browns	Strawberries	Applesauce
	Grain/Meat ¹	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Whole Grain-Rich Cereal	French Toast Sticks	Scrambled Eggs	Whole Grain-Rich Oatmeal	Pancakes
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup ³	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Green Beans	Broccoli	Chicken Tacos Lettuce, Tomato	Broccoli	Cheese Pizza Tomato Sauce
	Fruit ²	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Applesauce	Fruit Cocktail	Avocado Slices	Spaghetti Tomato Sauce	Cantaloupe
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	English Muffin	Whole Grain-Rich Dinner Roll	Chicken Tacos Taco Shell	Spaghetti Spaghetti Noodles	Cheese Pizza Whole Grain-Rich Pizza Crust
	Meat / Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Cheese Cubes	Baked Chicken Boneless Chicken	Chicken Tacos Boneless Chicken	Spaghetti Ground Turkey	Cheese Pizza Mozzarella Cheese
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Mandarins			Mixed Berries	Watermelon
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup		Carrot Sticks	Red & Green Bell Peppers Sliced		Jicama
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	Crackers		Whole Grain-Rich Pita Bread		
	Meat / Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Hummus		Yogurt	

USE LEFTOVER CHICKEN

¹ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. ² The fruit component at lunch may be substituted by an additional vegetable. ³ A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents



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