

# A Kid's World

## CACFP Weekly Menu: Jan. 14-18 2019

MEAL	COMPONENT	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	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Applesauce	Peaches	Oranges	Peaches	Pineapple
	Grain/Meat <sup>+</sup>	1/2oz eq	1/2 oz eq	1 oz eq	2 oz eq	WW French toast sticks	WW Cheese Toast	WG cereal	Oatmeal	Breakfast burrito
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup <sup>**</sup>	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Corn	Broccoli	Sweet peas	Blackeye Peas	Mashed Potatoes
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Peaches	Oranges	Pears	Pineapples	Mixed fruit
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WW Crust	Alfredo noodles	WW bread	WW bun	Breading on Chicken nuggets
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Cheese Pizza	Chicken Alfredo	Salisbury Steaks	BBQ rib patties	Chicken nuggets
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup			Water		Water
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	100% Fruit Juice	100% Fruit juice		100% Fruit juice	
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grain	1/2oz eq	1/2 oz eq	1 oz eq	1 oz eq	Belly Bears	Goldfish	Wheat Chex	Animal Crackers	WW Bagel
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz			Yogurt		Cream Cheese

\*Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. \*The fruit component at lunch may be substituted by an additional vegetable.

\*\*A serving of milk is not required at supper meals for adults.

oz eq = ounce equivalents



Age 1 serve whole milk  
Ages 2-18 serve 1% or fat-free



At least one meal ingredient per day  
must be whole grain-rich.



One 8oz. glass of water per year of  
age until 8 years old.  
8 yrs old+ | 6-8oz. glasses per day.



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