***A Kid’s World***

**CACFP Weekly Menu April 6-10, 2020**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** | 1%/Whole Milk | 1%/Whole Milk | *1%/Whole Milk* | 1%/Whole Milk | 1%/Whole Milk |
| **Fruit/Vegetable** | **1/4 cup** | **1/2 cup** | **1/2 cup** | **1/2 cup** | Strawberries | Blueberries | Pears | Mango | Banana |
| **Grain/Meat+** | **1/2ozeq** | **1/2 oz eq** | **1 oz eq** | **2 oz eq** | Breakfast Pizza | Sausage & Waffles | Turkey & Pancakes | Oatmeal | Grits |
| **LUNCH & SUPPER** | **Milk** | **1/2 cup** | **3/4 cup** | **1 cup** | **1 cup--** | 1%/Whole Milk | 1%/Whole Milk | 1%/Whole Milk | 1%/Whole Milk | 1%/Whole Milk |
| **Vegetable** | **1/8 cup** | **1/4 cup** | **1/2 cup** | **1/2 cup** | Black Beans | California Blend Vegetables | Peas & Carrots | Corn on the cob | Pinto Beans |
| **Fruit\*** | **1/8 cup** | **1/4 cup** | **1/4 cup** | **1/2 cup** | Oranges | Strawberries | Applesauce | Apples |  Pineapple |
| **Grain** | **1/2 oz eq** | **1/2 oz eq** | **1 oz eq** | **2 oz eq** | WG Tortilla |  WG Rice | WG Noodles | WG Breading | WG Breading |
| **Meat/Meat Alternate** | **1 oz** | **1 1/2 oz** | **2 oz** | **2 oz** | Bean and Cheese Wrap | Santa Fe Chicken | Spaghetti w/ Meat Sauce | Chicken Nugget | Popcorn Shrimp |
| **SNACK** | **Milk** | **1/2 cup** | **1/2 cup** | **1 cup** | **1 cup** | Juice | Water  | Water | Water | Juice |
| **Fruit** | **1/2 cup** | **1/2 cup** | **3/4 cup** | **3/4 cup** |  |  |  |  |  |
| **Vegetable** | **1/2 cup** | **1/2 cup** | **3/4 cup** | **1/2 cup** |  |  | Marinara |  |  |
| **Grain** | **1/2ozeq** | **1/2 oz eq** | **1 oz eq** | **1 oz eq** | Trail Mix | Graham Crackers | WG Breadsticks | WG Breading | Rice Cakes |
| **Meat/Meat Alternate** | **1/2 oz** | **1/2 oz** | **1 oz** | **1 oz** |  |  |  | Mozzarella Sticks |  |

+Meatandmeatalternatesmaybeservedinplaceoftheentiregrainscomponentatbreakfastamaximumofthreetimesperweek.\*Thefruitcomponentatlunchmaybesubstitutedbyanadditionalvegetable.

--Aservingofmilkisnotrequiredatsuppermealsforadults. oz eq = ounceequivalents

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**CACFP is an indicator of quality childcare.**

# Age 1 serve whole milk

**Ages2-18serve1%orfat-free**

**Atleastonemealingredientperday mustbewholegrain-rich.**

**One8oz.glassofwaterperyearof ageuntil8yearsold.**

**8yrsold+**│**6-88oz.glassesperday.**



This institution is an equal opportunity employer.

