

# A Kid's World

## CACFP Weekly Menu August 31-Sept. 4, 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	Banana	Applesauce	Mango	Pineapple	Orange Slices
	Grain/Meat <sup>+</sup>	1/2oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Kix	Oatmeal	Biscuits w/ white Gravy	WG Bagel w/ cream cheese	WG Apple Muffin
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup <sup>**</sup>	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	Carrots, Corn, Onion, Peppers	Spinach	Broccoli/Tomato	Green Beans	Pasta Salad/ Baked Beans
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Strawberries	Peach	Watermelon	Apple	Mango/ Muscadine
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Saltines	WG Noodles	Popping Pasta/ WG Noodles	WG Noodles	WG Bun
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	3 Bean Chili	Spinach/Chicken Lasagna	Chicken	Mac & Cheese	Hamburger
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup		Water	Water	Water	Water
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	100% Fruit Juice				Watermelon
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup		Celery			
	Grain	1/2oz eq	1/2 oz eq	1 oz eq	1 oz eq	Trail Mix	Belvita	Raisin Toast	Ritz	
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz			Wow Butter	String Cheese	Yogurt

<sup>+</sup>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.

<sup>\*\*</sup>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+ | 6-8 8oz. glasses per day.



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