

A Kid's World

CACFP Weekly Menu September 28-October 2, 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	Grape Fruit	Apple	Pineapple	Apple	Pear
	Grain/Meat ⁺	1/2oz eq	1/2 oz eq	1 oz eq	2 oz eq	Cheese Grits	Oatmeal	WG Bagel w/Jelly	WG sausage biscuit	WG Kix
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	Carrots	Mexican Corn	Scallop Potatoes	Green Beans	Baked Beans
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Blueberry	Mango	Orange	Pear	Mango
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Elbow Noodles	WG Tortilla	WG Rolls	WG Rice	WG Bun
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Mac and Cheese	Chicken Fajita	Meatloaf	Cajun chicken	Hamburger
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	Water			Water	Water
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup		100% Fruit Juice	100% Fruit Juice		
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup					Avocado
	Grain	1/2oz eq	1/2 oz eq	1 oz eq	1 oz eq	Wheat Crackers	Chez- its	Cheese Rice Cakes	WG Breading	Ritz
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Lemon Garlic Hummus			Mozzarella Stick	String 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+ | 6-8 8oz. glasses per day.



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