

# A Kid's World

## CACFP Weekly Menu-October 12, 2020-October 16, 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	Mango	Pineapple	Apple	Blueberry	Banana
	Grain/Meat <sup>+</sup>	1/2oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Croissant w/Jelly	WG French Toast	WG Biscuit w/Gravy	WG Toast w/jelly	WG 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	Corn	Turnips	Green Beans	Peas and Carrots	Cucumber Tomato Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Peaches	Oranges	Watermelon	Apple Slice	Pears
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Tortilla	WG Noodles	WG Bun	WG Brown Rice	WG Crust
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Bean and Cheese Burrito	Spaghetti w/Ground Beef	Manwich w/Ground Turkey	Chicken Fried Rice	Pizza
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	Apple		100% Fruit Juice	Banana	100% Fruit Juice
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup		Sweet Potato			
	Grain	1/2oz eq	1/2 oz eq	1 oz eq	1 oz eq		Graham Cracker	Peter Pumpkin Squares	WG Tortilla	Rice Cakes Caramel
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Yogurt			Wow Butter	

<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

