

A Kid's World

CACFP Weekly Menu November 16 -20, 2020

MEAL	COMPONENT	AGE S 1-2	AGE S 3-5	AGE S 6-18	ADULT S	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	Applesauce	Mango	Banana	Pear	Melon
	Grain/Meat+	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Muffin	Oatmeal	WG Cheerios	WG Biscuit and sausage	Cheese Omelet
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	Zucchini and Squash	Sweet Peas	Carrot sticks	Green beans	Mexican Corn
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Strawberries	Apple	Orange slices	Peaches	Blueberries
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Pasta	WG Noodles	WG Bread	Corn bread Dressing	WG tortilla
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Veggie Crumble Casserole	Turkey Alfredo	Peanut butter and Jelly sandwich	Turkey and Ham	Cheese quesadilla
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	Pears	
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup					Tomato and cucumber Salad
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	WG Cracker	Chex Mix	WG Muffin	Graham Cracker Apple Cobbler	WG Bread Sticks
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	String Cheese				

unch may be substituted by an additional vegetable.
 -A serving of milk is not required at supper meals for adults.
 ounce equivalents

oz eq =





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 8-ounce serving of whole grain-rich cereal per day

CACFP is an indicator of quality childcare.

CREDITABLE

This position is a special opportunity employer.

