

# A Kid's World

## CACFP Weekly Menu January 11-15, 2021

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	Oranges	Diced Strawberries	Peaches	Bananas
	Grain/Meat+	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Biscuits & Jelly	Whole Grain Cereal	Applesauce Pancakes	Bacon & Eggs	Cheese Grits
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	Minestrone Soup	Brussels Sprouts	Broccoli & Green Beans	Tomato Soup	Corn
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Apple Slices	Pear	Mixed Fruit	Oranges	Mango
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Whole Grain Roll	Whole Grain Pasta	Rice	Whole Grain Bread	Whole Grain Tortilla
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Northern Beans	Spaghetti with meat sauce	Honey Lime Chicken	Hot turkey & cheese	Asian Mango Chicken Wrap
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		Banana		
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	Chex Mix	Trail Mix	Banana bread	Graham Crackers	Chex Mix
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Yogurt		Yogurt	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**  
**age un**  
**8 yrs o**

CACFP is an indicator of quality childcare.

CREDITABLE

This position is a special opportunity employer.

