

A Kid's World

CACFP Weekly Menu January 18-22, 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	Oatmeal	Croissant & Jelly	Whole Grain Bagel & Cream Cheese	Whole Grain Muffins	Whole Grain Cheese Toast
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	Sweet Peas	Mexican Corn	Peas & Carrots	Collard Greens	Baked Beans
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Peaches	Diced Strawberries	Orange	Pineapple	Grapes/Bananas
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Whole Grain Elbow Macaroni	Whole Grain Tortilla	Rice	Cornbread	Whole Grain Bun
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Mac & Cheese	Beef Taco	Chicken Fried Rice	Pineapple & Ham	Grilled Chicken Sandwich
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			Salsa		
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	Raisin Toast	Belvita	Tortilla chips	Saltines	Goldfish
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Wow Butter			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
8 ounce**

CACFP is an indicator of quality childcare.

This institution is an equal opportunity employer.