

A Kid's World

CACFP Weekly Menu May 3-7, 2021

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	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Mango	Blueberries	Strawberries	Peaches	Banana
	Grain/Meat ⁺	1/2oz eq	1/2 oz eq	1 oz eq	2 oz eq	Cheese Grits	English Muffin	Cheese Eggs	Muffins	WG Cereal
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup ^{**}	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Corn, Tomatoes, Green Beans	Roasted Okra	Lima Beans	Green Beans	Garden Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Pineapple	Pears	Cantaloupe	Apple	Oranges
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Saltines	WG Roll	Brown Rice	WG Pasta	WG Crust
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Kidney Beans	Tilapia	Lemon Pepper Chicken	Spaghetti Bake	Pizza
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	Water			Water	
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup		100% Fruit Juice	100% Fruit Juice		100% Fruit Juice
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grain	1/2oz eq	1/2 oz eq	1 oz eq	1 oz eq	Ritz	Belvita	Pasta Salad	WG Tortilla Chips	Goldfish
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Cheese			Cheese sauce	

⁺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. ^{**}Aserving 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.

