

# A Kid's World

## CACFP Weekly Menu June 14-18, 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	Banana	Oranges	Strawberries	Mixed Berry	Mango
	Grain/Meat+	1/2oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Cereal	Biscuits and Gravy	Egg /Cheese Omelet	WG toast and sausage	Breakfast Burrito
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	Green Peas	Broccoli	Tomato Soup	Stewed Chick Pea	Mixed Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Apple Slices	Oranges	Cantaloupe	Mixed Berry	Fruit Salad
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Roll	WG Rice	WG Bread	Brown Rice	WG Chips
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Minestrone	Currey Chicken	Turkey & Cheese	Ginger Chicken Meatballs	Beef Nachos
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	Berries		Apple		100% Fruit Juice
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup				Tomato Sauce	
	Grain	1/2oz eq	1/2 oz eq	1 oz eq	1 oz eq	Graham Crackers	Crackers	Wheat Crackers		WG Muffin
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Yogurt	Hummus	Wow Butter	Cheese	

\*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 18 years old.  
 8yrs old+ | 6-8 8oz. glasses per day.

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This institution is an equal opportunity employer.

National CACFP Association