

A Kid's World

CACFP Weekly Menu July 19- July 23, 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	Oranges	Apple Slices	Peaches	Oranges	Peaches
	Grain/Meat+	1/2oz eq	1/2 oz eq	1 oz eq	2 oz eq	Cheese Toast	Peach Muffin	Waffles	Biscuit with Gravy	Egg & Cheese Omelet
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 & Peppers	Garlicy Green Beans	Salad/Tomato	Tomato Soup	Mixed Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Apple Slices	Peaches	Mango	Peaches	Fruit Salad
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq		WG Roll	WG Pasta	WG Bread	WG Noodles
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Corn & Edamame Succotash	Tilapia	Turkey Alfredo	Grilled Cheese	Spaghetti w/ Meat Sauce
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	Water	Water	Water	Water	Water
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup		Apple			
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Zucchini	Cucumber			Marinara
	Grain	1/2oz eq	1/2 oz eq	1 oz eq	1 oz eq			Rice Cake	Whole Grain Pretzel	
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz			Wow Butter	Cheese Sauce	Mozzarella Sticks

*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.
 **A serving of milk is not required at supper meals for adults.
 oz eq = ounce equivalents

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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+ | 6-8oz. glasses per day.



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