

A Kid's World

CACFP Weekly Menu August 2-6, 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	Blueberry	Cantaloupe	Oranges	Strawberries	Fruit Salad
	Grain/Meat+	1/2oz eq	1/2 oz eq	1 oz eq	2 oz eq	Oatmeal	WG Cheese Toast	Fruit Muffin	WG Waffles	WG French Toast sticks
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	Kidney Beans	Black beans /Corn	Roasted Okra	Garlicky Green Beans	Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Pears	Oranges	Strawberries	Watermelon	Peaches
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Corn Bread	WG Tortilla	WG Brown Rice	WG Roll	Crust
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Cowboy Chili	Turkey Tacos	Baked Chicken	Baked fish	Pizza
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% Juice				Cucumbers
	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	Belvita	WG Tortilla Chips	Graham Crackers	WG Crackers	
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Bean Dip	Yogurt	Wow Butter	Sweet Pea Hummus

*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

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



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