

A Kid's World

CACFP Weekly Menu Sept. 13-17, 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	Cinnamon Apples	Apple Slices	Banana
	Grain/Meat*	1/2oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Cheese Toast	Banana Muffin	WG Waffles	Biscuits w/ Gravy	Egg and 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	Tomato Soup	Garlicky Green Beans	Cucumber, Tomato Salad	Corn Succotash	Mixed Green Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Peaches	Blueberries	Strawberries	Cantaloupe	Mixed Berries
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Bread	WG Roll	WG Noodles	WG Brown Rice	WG Noodles
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Grilled Cheese	Tilapia	Chicken Alfredo	Baked Chicken	Spaghetti w/ Meat Sauce
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	Apple Slices	100% Fruit Juice		
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Zucchini Slices w/ Ranch				
	Grain	1/2oz eq	1/2 oz eq	1 oz eq	1 oz eq			Rice Cakes	Soft Pretzel	WG Breading on Cheese Sticks
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Wow Butter		Cheese Sauce	Mozzarella Cheese 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+ | 6-8 8oz. glasses per day.



This institution is an equal opportunity employer.