

CACFP Weekly Menu March 27-31, 2023

| MEAL | COMPONENT | AGE S 1-2 | AGE S 3-5 | AGE S 6-18 | ADULT S | 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 | | Tangerine | Strawberries | Apples | Mangos | WG Cereal |
| | Grain/Meat | 1/2oz eq | 1/2 oz eq | 1 oz eq | 2 oz eq | WG Cinnamon Toast | Grits | WG Bagels | WG Oatmeal | Oranges |
| 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, Carrots, Green Peas, Potatoes | Mushrooms, Bellpeppers, Onions, Tomatoes | Green Beans, Onions | Lettuce, Tomatoes, Onions | Broccoli, Carrots, Cauliflower |
| | Fruit* | 1/8 cup | 1/4 cup | 1/4 cup | 1/2 cup | Pineapple | Pears | Cantaloupe | Banana | Mixed Fruit |
| | Grain | 1/2 oz eq | 1/2 oz eq | 1 oz eq | 2 oz eq | WG Cracker | WG Noodle | WG Bun | WG Tortilla Chip | WG Breading |
| | Meat/Meat Alternate | 1 oz | 1 1/2 oz | 2 oz | 2 oz | Lentil (Lentil Stew) | Mozzarella Cheese | Turkey Burger | Ground Turkey | Chicken |
| SNACK | Beverage | 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 | | Mixed Fruit | Applesauce | Honey Dew | Blueberries |
| | 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 | WG Graham Cracker | | WG Cracker | WG Chex Mix | |
| | Meat/Meat Alternate | 1/2 oz | 1/2 oz | 1 oz | 1 oz | WOW Butter | Yogurt (Smoothie) | | | Yogurt |

*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



At least one meal ingredient per day must be whole grain-rich.



