

CACFP WEEKLY MENU			Center:		HS.EHS.		Month: May 5-9, 2025			
MEAL	COMPONENT	AGES	AGES	AGES	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk	1-2	1/2 cup	3-5	6-18	1 cup	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
	Fruit/Vegetable		1/4 cup	1/2 cup	1/2 cup	Peaches	Mandarin Oranges	Pears	Tropical Fruit	Papaya Mango
	Grains/Meat Alternates		1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Blueberry Chex	Mini Wheats	Trix	Toast Crunch	Cheerios
	Milk		1/2 cup	3/4 cup	1 cup	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
Lunch	Meat/		1 oz	1 1/2 oz	2 oz	Chicken Nugs	Beef Stroganoff	Chicken Fajita	Turkey Sandwich	Chili
	Meat Alternates		1/8 cup	1/4 cup	1/2 cup	Broccoli	Green Beans	Corn	Celery	Carrots
	Vegetable		1/8 cup	1/4 cup	1/4 cup	Apples	Pineapple	Orange Slices	Banana	Melon
	Fruit		1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	WG Breading	WG Pasta	WG Wrap	WG Bread	WG Corn Bread
Snack**	Milk		1/2 cup	1/2 cup	1 cup					
	Meat/		1/2 oz	1/2 oz	1 oz		Peanut Butter			
	Meat Alternates		1/2 cup	1/2 cup	3/4 cup					
	Vegetable		1/2 cup	1/2 cup	3/4 cup					
	Fruit		1/2 cup	1/2 cup	3/4 cup	Papaya Mango		Peaches	100% Juice	Pears
	Grain		1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Simply Chex	Scooby Snacks	Blueberry Lemon	Pretzels	Cheez-Its

This institution is an equal opportunity provider.

¹ Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.

² oz eq = ounce equivalents

** Select 2 of the 5 components for snack.

CACFP WEEKLY MENU			Center: HS.EHS		Month: May 12-16, 2025						
MEAL	COMPONENT	AGES	AGES	AGES	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Breakfast	Milk	1-2	1/2 cup	3-5	6-18	1 cup	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Peaches	Mandarin Oranges	Pears	Tropical Fruit	Papaya Mango	
	Grains/Meat Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Cinnamon Chex	Kix	Cocoa Puffs	Cheerios	Apple Jacks	
	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	
Lunch	Meat/	1 oz	1 1/2 oz	2 oz	2 oz	Cheese Breadstick	Chicken Alfredo	Beef Wrap	Fish Sticks	Cheeseburgers	
	Vegetable	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Vegetable Soup	California Blend	Corn	Carrots	Celery	
	Fruit	1/8 cup	1/4 cup	1/4 cup	1/4 cup	Apples	Pineapple	Oranges	Banana	Melon	
	Grain	1/2 oz eq ²	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	WG Bread	WG Pasta	WG Wrap	WG Breading	WG Bun	
Snack**	Milk	1/2 cup	1/2 cup	1 cup	1 cup						
	Meat/	1/2 oz	1/2 oz	1 oz	1 oz		Peanut Butter				
	Vegetable	1/2 cup	1/2 cup	3/4 cup	3/4 cup						
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Papaya Mango		Peaches	100% Juice	Mandarin Oranges	
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	1 oz eq ²	Bunny Crackers	Teddy Grahams	Animal Crackers	Sun Chips	Gold Fish	

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** Select 2 of the 5 components for snack.

CACFP WEEKLY MENU			Center:		Main EHS		Month: May 19-23, 2025				
MEAL	COMPONENT	AGES	AGES	AGES	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Breakfast		1-2	3-5	6-18							
	Milk	1/2 cup	3/4 cup	1 cup		Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup		Peaches	Mandarin Oranges	Pears	Tropical Fruit	Papaya Mango	
	Grains/Meat Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}		Cheerios	Blueberry Chex	Mini Wheats	Apple Jacks	Toast Crunch	
Lunch	Milk	1/2 cup	3/4 cup	1 cup		Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	
	Meat/	1 oz	1 1/2 oz	2 oz		BBQ Chicken	Ravioli	Turkey Wrap	Chicken Gravy	Grilled Cheese	
	Meat Alternates	1/8 cup	1/4 cup	1/2 cup		California Blend	Green Beans	Celery	Mashed Potatoes	Vegetable Soup	
		1/8 cup	1/4 cup	1/4 cup		Apples	Pineapple	Oranges	Banana	Melon	
Snack**	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		WG Bun	WG Pasta	WG Wrap	WG Roll	WG Bread	
	Milk	1/2 cup	1/2 cup	1 cup							
	Meat/	1/2 oz	1/2 oz	1 oz		Peanut Butter					
	Meat Alternates	1/2 cup	1/2 cup	3/4 cup							
	Fruit	1/2 cup	1/2 cup	3/4 cup			Tropical Fruit	Papaya Mango	100% Juice	Peaches	
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		Cheez-Its	Scooby Snacks	Pretzels	Ritz Bits	Animal Crackers	

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** Select 2 of the 5 components for snack.

CACFP WEEKLY MENU			Center: HS. EHS.		Month: Apr. 28-May 2, 2025					
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Office Closed	Fat Free Milk	Fat Free Milk	Fat Free Milk	Staff Day	
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Memorial Day	Mandarin Oranges	Pears	Tropical Fruit	No Classes	
	Grains/Meat Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}		Cocoa Puffs	Cinnamon Chex	Cheerios		
	Milk	1/2 cup	3/4 cup	1 cup		Fat Free Milk	Fat Free Milk	Fat Free Milk		
Lunch	Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz		Beef Pasta	PBJ/Cheese Stick	Cheeseburger Mac		
	Vegetable	1/8 cup	1/4 cup	1/2 cup		Green Beans	Celery	Carrots		
	Fruit	1/8 cup	1/4 cup	1/4 cup		Pineapple	Oranges	Banana		
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		WG Pasta	WG Bread	WG Pasta		
Snack**	Milk	1/2 cup	1/2 cup	1 cup						
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz				Peanut Butter		
	Vegetable	1/2 cup	1/2 cup	3/4 cup						
	Fruit	1/2 cup	1/2 cup	3/4 cup		100% Juice	Peaches			
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		Bunny Crackers	Blueberry Lemon	Teddy Grahams		

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