

CACFP WEEKLY MENU		Center:			HS EHS				
		Month:			November 6-10				
MEAL	COMPONENT	AGES	AGES	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	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 Orange	Pears	Mixed Fruit	Applesauce
	Grains/Meat Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Mini Wheats	Cherrios	Rice Krispies	Corn Flakes	Special K
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/Meat Alternates	1 oz	1 1/2 oz	2 oz	Beef Wraps	BBQ Chicken	Cheese Breadsticks	Chicken Alfredo	Chilli
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans	Carrots	Mixed Vegetables	California Blend	Corn
	Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Slices	Pineapple	Orange Slices	Banana	Pear Slices
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	WG. Wrap	WG. Buns	WG. Bread	WG. Pasta	WG. Corn Bread
	Milk	1/2 cup	1/2 cup	1 cup					
Snack**	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz	Peanut Butter				Yogurts
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup		100% Juice Box	Applesauce	Mandarin Oranges	Mixed Fruit
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Pretzels	Cinnamon Goldfish	Tiger Bites	Animal Crackers	Cheddar Goldfish

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: November 13-17			
MEAL	COMPONENT	AGES	AGES	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	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	Mixed Fruit	Applesauce
	Grains/Meat Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Cheex Cinnamon	Rice Cheex	Rice Krispies	Special K	Toast Crunch
	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/Meat Alternates	1 oz	1 1/2 oz	2 oz	Chicken Wrap	Cheese Burgers	Pizza	Chicken and Gravy	Beef Stroganoff
Lunch	Vegetable	1/8 cup	1/4 cup	1/2 cup	Carrots	Mixed Vegetables	Sweet Corn	California Blend	Green Beans
	Fruit	1/8 cup	1/4 cup	1/4 cup	Apples Slices	Pineapple Bites	Orange Wedges	Bananas	Pears
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	W/G.Wrap	W/G.Bun	W/G. Crust	W/G.Dinner Roll	Wheat Pasta
	Milk	1/2 cup	1/2 cup	1 cup					
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz		Peanut Butter	Yogurts		
Snack**	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	Pears		Applesauce	100% Juice Box	Mandarin Orange
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Scooby Snack	Cinnamon Goldfish	Animal Crackers	Cheez-IT Crackers	Tiger Bites

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 ** Select 2 of the 5 components for snack.

CACFP WEEKLY MENU		Center: Main EHS			November 20-24				
MEAL	COMPONENT	AGES	AGES	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk	1-2	3-5	6-18	Fat Free Milk	Fat Free Milk	Staff In Service	Thanksgiving Office	Closed
	Fruit/Vegetable								
	Grains/Meat Alternates								
	Milk								
	Meat/Meat Alternates								
Lunch	Vegetable								
	Fruit								
	Grain								
	Milk								
	Meat/Meat Alternates								
Snack**	Vegetable								
	Fruit								
	Grain								
	Milk								
	Meat/Meat Alternates								

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CACFP WEEKLY MENU				Month: November 27-December 1					
Center: HS, EHS,									
MEAL	COMPONENT	AGES	AGES	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-2	3-5	6-18					
Breakfast	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	Mixed Fruit	Applesauce
	Grains/Meat Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Rice Chex	Rice Krispies	Cheerios Cereal	Mini Wheats	Corn Flakes
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/ Alternates	1 oz	1 1/2 oz	2 oz	Chicken Patty	Fish Sticks	PJ San. Cheese Stick	Chicken Teriyaki	Sloppy Joes
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Corn	Green Beans	Potato Wedges	California Blend	Mixed Vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Apples	Pineapple	Orange Wedges	Banana	Pear Slices
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	WG. Buns	WG. Breading	WG. Bread	WG. Brown Rice	WG. Bun
Snack**	Milk	1/2 cup	1/2 cup	1 cup				Yogurt	
	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		Applesauce	100% Juice	Peaches	Mandarin Oranges
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Cheez It Cracker	Pretzels	Goldfish Cheddar	Tiger Bites	Animal Crackers

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