3.4 cup 1.cup Fat Free Milk Fat Free Milk  1/2.cup 1/2 cup Peaches Mandarin Orange  1/2.oz eq <sup>1,2</sup> 1.oz eq <sup>1,2</sup> Mini Wheats Cherrios  1/2.oz eq <sup>1,2</sup> 1.oz eq <sup>2,2</sup> Mini Wheats Cherrios  1.1/2.oz eq <sup>2</sup> 1.oz eq <sup>2</sup> Peaches Beans Carrots  1/4 cup 1/2 cup Green Beans Carrots  1/2 cup 1.oz eq <sup>2</sup> 1.oz eq <sup>2</sup> WG. Wrap WG. Buns  1/2 cup 3/4 cup	CACFP WEEKLY MENU	LY MENU	Center:		HS,EHS,	Month: November 6-10	er 6-10		
1/2 cup   3/4 cup   1/2 cup   Peaches   Mandarin Orange   Grains/Meat   1/2 oz eq <sup>1,2</sup>   1/2 oz eq <sup>1,2</sup>   1 oz eq <sup>1,2</sup>   1 oz eq <sup>1,2</sup>   Mini Wheats   Cherrios   Milk   Meat/   Meat Alternates   1 oz   1/4 cup   1/2 cup   Eat Free Milk   Fat Free Milk   Meat/   Meat/   1/8 cup   1/4 cup   1/2 cup   Eat Free Milk   Fat Free Milk   Fat Free Milk   Meat/   Meat/	VEAL	COMPONENT	AGES	AGES	AGES				
Milk         1/2 cup         3/4 cup         1 cup         Fat Free Milk         Mandarin Orange           Milk         1/2 cup         3/4 cup         1 cup         Fat Free Milk         Cherrios           Meat/         1/2 cup         1/4 cup         1/2 cup         Fat Free Milk         Fat Free Milk           Vegetable         1/8 cup         1/4 cup         1/2 cup         Beef Wraps         BBQ Chicken           Milk         1/2 cup         1/2 cup         1/2 cup         Green Beans         Carrots           Milk         1/2 cup         1/2 cup         1 cup         Apple Slices         Pineapple           Meat V         1/2 cup         1/2 cup         1 cup         WG. Wrap         WG. Buns           Vegetable         1/2 cup         1/2 cup         1 cup         Peanut Butter           Vegetable         1/2 cup         1/2 cup         3/4 cup         Peanut Butter			1.2	3-5	6-18	MONDAY	TUESDAY	WEDNESDAY	AY .
Fruit/Vegetable         1/4 cup         1/2 cup         1/2 cup         Peaches         Mandarin Orange           Grains/Meat         1/2 oz eq <sup>1/2</sup> 1/2 oz eq <sup>1/2</sup> 1 oz eq <sup>1/2</sup> 1 oz eq <sup>1/2</sup> Mini Wheats         Cherrios           Milk         1/2 cup         3/4 cup         1 cup         Fat Free Milk         Fat Free Milk         Fat Free Milk           Meat Alternates         1/8 cup         1/4 cup         1/2 cup         Beef Wraps         BBQ Chicken           Fruit         1/2 cup         1/2 cup         1/2 cup         Apple Slices         Pineapple           Milk         1/2 cup         1/2 cup         1 cup         WG. Wrap         WG. Buns           Meat Alternates         1/2 cup         1/2 cup         1 cup         Peanut Butter           Meat Alternates         1/2 cup         1/2 cup         1 cup         Peanut Butter           Meat Alternates         1/2 cup         1/2 cup         1 cup         Peanut Butter		N #:11.	172.cup	3/4 cup	1 cup	Fat Free Milk	Fat Free Milk	Fat Free Milk	ik
Grains/Meat         1/2 oz eq <sup>1/2</sup> 1/2 oz eq <sup>1/2</sup> 1/2 oz eq <sup>1/2</sup> Mini Wheats         Cherrios           Milk         1/2 cup         3/4 cup         1/cup         Fat Free Milk         Fat Free Milk           Meat Alternates         1 oz         1/4 cup         1/2 cup         Beef Wraps         BBQ Chicken           Vegetable         1/8 cup         1/4 cup         1/2 cup         Green Beans         Carrots           Fruit         1/2 cup         1/2 cup         1/2 cup         Apple Slices         Pineapple           Milk         1/2 cup         1/2 cup         1 cup         WG. Wrap         WG. Buns           Meat / Meat Alternates         1/2 cup         1/2 cup         1 cup         Peanut Butter           Vegetable         1/2 cup         1/2 cup         1/2 cup         1 oz         Peanut Butter           Vegetable         1/2 cup         1/2 cup         3/4 cup         100% Juice Box	Breakfast	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Peaches	Mandarin Orange	Pears	
Milk         1/2 cup         3/4 cup         1 cup         Fat Free Milk         Mach Free Milk         Milk         1/2 cup         1/2 cup         Beef Wraps         BBQ Chicken           Vegetable         1/8 cup         1/4 cup         1/2 cup         Green Beans         Carrots           Fruit         1/2 cup         1/2 cup         1/4 cup         Apple Slices         Pineapple           Milk         1/2 cup         1/2 cup         1 cup         Apple Slices         Pineapple           Meat/         1/2 cup         1/2 cup         1 cup         1 cup         WG. Wrap         WG. Buns           Meat/         1/2 cup         1/2 cup         1 cup         Peanut Butter         100% Juice Box           ***         Vegetable         1/2 cup         1/2 cup         3/4 cup         100% Juice Box		Grains/Meat	1/2 oz eg <sup>1,2</sup>	1/2 oz eq <sup>1,2</sup>	I oz eg <sup>1,2</sup>	Mini Wheats	Cherrios	Rice Krispies	ies
Meat / Meat / Meat / Meat Alternates         1 oz         1 1/2 oz         2 oz         Beef Wraps         BBQ Chicken           Vegetable         1/8 cup         1/4 cup         1/2 cup         1/2 cup         1/2 cup         Carrots           Fruit         1/2 cup         1/2 cup         1/2 cup         1/2 cup         1/2 cup         1/2 cup         Pineapple           Milk         1/2 cup         1/2 cup         1 cup         1 cup         WG. Wrap         WG. Buns           Meat Alternates         1/2 cup         1/2 cup         1 cup         Peanut Butter           Fruit         1/2 cup         1/2 cup         3/4 cup         Peanut Butter           Fruit         1/2 cup         1/2 cup         3/4 cup         100% Juice Box		Will.	3 3 5	3/A cup	1 cup	Fat Free Milk	Fat Free Milk	Fat Free Milk	Milk
Wegetable         1/8 cup         1/4 cup         1/2 cup         Green Beans         Carrots           Fruit         1/8 cup         1/4 cup         1/4 cup         1/4 cup         Apple Slices         Pineapple           Grain         1/2 oz eq²         1/2 oz eq²         1 oz eq²         WG. Wrap         WG. Buns           Milk         1/2 cup         1/2 cup         1 cup         WG. Wrap         WG. Buns           Meat/         1/2 cup         1/2 cup         1 cup         Peanut Butter           Vegetable         1/2 cup         1/2 cup         3/4 cup         Peanut Butter           Fruit         1/2 cup         1/2 cup         3/4 cup         Cincomo Goldfish		Meat/		11007	2 07	Beef Wraps	BBQ Chicken	Cheese	Cheese Breadsticks
Fruit         1/8 cup         1/4 cup         1/4 cup         Apple Slices         Pineapple           Grain         1/2 oz eq²         1/2 oz eq²         1 oz eq²         1 oz eq²         WG. Wrap         WG. Buns           Milk         1/2 cup         1/2 cup         1 cup         1 cup         WG. Wrap         WG. Buns           Meat Alternates         1/2 oz         1/2 oz         1 oz         Peanut Butter           Vegetable         1/2 cup         1/2 cup         3/4 cup         Peanut Butter           Fruit         1/2 cup         1/2 cup         3/4 cup         100% Juice Box	Lunch	Meat Alternates		1/4 cm	1/2 cub	Green Beans	Carrots	Mixed \	Mixed Vegetables
Grain         1/2 oz eq²         1/2 oz eq²         1/2 oz eq²         1/2 oz eq²         10z eq²         WG. Wrap         WG. Buns           Milk         1/2 cup         1/2 cup         1 cup         1 cup         WG. Buns           Meat / Meat Alternates         1/2 oz         1/2 oz         1 oz         Peanut Butter           Vegetable         1/2 cup         1/2 cup         3/4 cup         Peanut Butter           Fruit         1/2 cup         1/2 cup         3/4 cup         100% Juice Box		Vegetable Vegetable	4	1/4 cm	1/4 cup	Apple Slices	Pineapple	Orange Slices	Slices
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         Peanut Butter           Fruit         1/2 cup         1/2 cup         3/4 cup         100% Juice Box		a nuic	1/2.02 eq.2	1/2 oz eq²	l oz eg²	WG. Wrap	WG. Buns	WG.Bread	ad
Meat / Meat / Meat Alternates         1/2 oz         1/2 oz         1 oz         Peanut Butter           Vegetable         1/2 cup         1/2 cup         3/4 cup         Peanut Butter           Fruit         1/2 cup         1/2 cup         3/4 cup         100% Juice Box		Milk	1/2 cup	1/2 cup	1 cup				
Vegetable         1/2 cup         1/2 cup         3/4 cup           Fruit         1/2 cup         1/2 cup         3/4 cup		Meat/	17 27	1/2 02	107	Peanut Butter			# !
1/2 cup 1/2 cup 3/4 cup 100% Juice Box	Snack**	Medi Vicelliance		1 3 7 8	3/4 cup				
Cinamon Coldfish		chita Aegerapie	1/2 cuo	1/2 cup	3/4 cup		100% Juice Box	Applesauce	sauce
	-			1/5 > 602	1 07 602	Drot76 c	Cinnamon Goldfish	Tiger Bites	ites

 $<sup>^{1}</sup>$  Meat and meat alternates may be used to substitute the entire grains component a maxiumum of three times per week.

<sup>&</sup>lt;sup>2</sup> oz eq = ounce equivalents \*\* Select 2 of the 5 components for snack.

·····		Snack**				<u></u>	Lunch	- 4			Breakfast		MEAL	CACFP WEEKLY MENU
Grain	Fruit	Vegetable	Meat/ Meat Alternates	Milk	Grain	Fruit	Vegetable	Meat/ Meat Alternates	Milk	Grains/Meat Alternates	Fruit/Vegetable	Milk	COMPONENT	LY MENU
1/2.oz.eq <sup>2</sup>	1/2 cup	1/2 cup	1/2 oz	1/2 cup	1/2 oz eq²	1/8 cup	1/8 cup	1 02	1/2 cup	1/2 oz eq <sup>1,2</sup>	1/4 cup	1/2 cup	AGES	Center:  HS.EHS
1/2 oz eq²	1/2 cup	1/2 cup	1/2:02	1/2 cup	1/2 oz eq²	1/4 cup	1/4 cup	1 1/2 oz	3/4 cup	1/2 oz eq <sup>1,2</sup>	1/2 cup	3/4 cup	AGES	
1 oz eq²	3/4 cup	3/4 cup	1 oz	1 cup	1 oz eq²	1/4 cup	1/2 cup	2 02	1 cup	1 oz eq. 2	1/2 cup	1 cup	6-18 NGES	
Scooby Snack	Pears				WG.Wrap	Apples Slices	Carrots	Chicken Wrap	Fat Free Milk	Chex Cinnamon	Peaches	Fat Free Milk	MONDAY	Month:
Cinnamon Goldfish			Peanut Butter		WG.Bun	Pinneaple Bites	Mixed Vegatables	Cheese Burgers	Fat Free Milk	Rice Chex	Mandarin Oranges	Fat Free Milk	TUESDAY	November 13-17
Animal Crackers	Applesauce		Yogurts		WG. Crust	Orange Wedges	Sweet Corn	Pizza	Fat Free Milk	Rice Krispies	Pears	Fat Free Milk	WEDNESDAY	
Cheez-IT Crackers	100% Juice Box				WG.Dinner Roll	Bananans	California Blend	Chicken and Gravy	Fat Free Milk	Special K	Mixed Fruit	Fat Free Milk	THURSDAY	
Tiger Bites	Mandarin Orange				Wheat Pasta	Pears	Green Beans	Beef Stroganoff	Fat Free Milk	Toast Crunch	Applesauce	Fat Free Milk	FRIDAY	

<sup>&</sup>lt;sup>1</sup> Meat and meat alternates may be used to substitute the entire grains component a maxiumum of three times per week.

<sup>&</sup>lt;sup>2</sup> oz eq = ounce equivalents \*\* Select 2 of the 5 components for snack.

CACFP WEEKLY MENU	LY MENU	Center:	Main EHS		November 20-24	20-24			
MEAL	COMPONENT	AGES	AGES	AGES ·					
		12	3.5	81.3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
一般は、日本の日本の日本の日本の日本の日本の日本の日本の日本の日本の日本の日本の日本の日	N. 6-11.		3/4 cup	1 200	Fat Free Milk	Fat Free Milk	Staff In Service	Thanksgiving Office	Closed
	Excit (Magatable	A A	1/2 cup	1/2 cup	Peaches	Mandarin Oranges			
3	Grains/Meat		•						
	Alternates	1/2 oz eq "	1/2 oz eq	T oz eq	Cinnamon Chex	Cheerios			
	Milk	1/2 cup	3/4 cup	1 cup	Fat Free Milk	Fat Free Milk			
	Meat/ Meat Alternates	102	1 1/2 oz	2 02	Turk-Cheese Wrap	Beef Pasta			
Lunch	Vegetable	1/8 cup	1/4 cup	1/2 cup	Sweet Potatoes	Mixed Vegetables			
	Fruit	dn5.8/T	1/4 cup	1/4 cup	Apple Slices	Pineapple			
	Grain	1/2 oz eq²	1/2 oz eq²	1 oz eq²	WG. Wrap	WG. Pasta			
	Milk	1/2 cup	1/2 cup	1 cup					
	Meat/	1/2 02	1/2 02	ΙΊοΖ					
Snack**	Vegetable	177 CUB	1/2 cup	3/4 cup					
	Fri sit	1/2 cup	1/2 cup	3/4 cup	Pears	Applesauce			
	5	1/2 oz eg 2	1/2 oz eg²	1 oz eq <sup>2</sup>	Scooby Snack	Animal Crackers			
	GIGIII	1/1 01 04		The second of the second	C 00000 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1				

 $<sup>^{</sup>m 1}$  Meat and meat alternates may be used to substitute the entire grains component a maxiumum of three times per week.

<sup>&</sup>lt;sup>2</sup> oz eq = ounce equivalents \*\* Select 2 of the 5 components for snack.

		Snack**					Lunch	100			Breakfast F	7	MEAL	CACEP WEEKLY MENU
	Fruit	Vegetable	Meat/ Meat Alternates	Milk	Grain	Fruit	Vegetable	Meat/ Meat Alternates	Milk	Grains/Meat Alternates	Fruit/Vegetable	Milk	COMPONENT	YMENU
<b>.</b>	1/2 cup	1/2 cup	1/2 02	1/2 cup	1/2 oz eq²	1/8 cup	1/8 cup	Loz	1/2 cup	1/2 oz eq <sup>1,2</sup>	1/4 cup	1/2 cup	AGES	Center: HS, EHS,
2	1/2 cup	1/2 cup	1/2 oz	1/2 cup	1/2 oz eq²	1/4 cup	1/4 cup	11/2 oz	3/4 cup	1/2 oz eq <sup>1,2</sup>	1/2 cup	3/4 cup	AGES 3-5	
• • • • • • • • • • • • • • • • • • •	3/4 cup	3/4 cup	1 oz	1 cup	1 oz eq²	1/4 cup	1/2 cup	2 02	1 cup	1 oz eg <sup>1,2</sup>	1/2 cup	1 cup	AGES	
			Peanut Butter		WG.Buns	Apples	Corn	Chicken Patty	Fat Free Milk	Rice Chex	Peaches	Fat Fee Milk	MONDAY	Month: Novembe
	Applesauce				WG. Breading	Pineapple	Green Beans	Fish Sticks	Fat Free Milk	Rice Krispies	Mandarin Oranges	Fat Free Milk	TUESPAY	Month: November 27: December 1
2	100% Juice				WG. Bread	Orange Wedges	Potato Wedges	PJ.San.Cheese Stick	Fat Free Milk	Cheerios Cereal	Pears	Fat Free Milk	WEDNESDAY	
7	Peaches		Yogurt		WG. Brown Rice	Banana	California Blend	Chicken Teryaki	Fat Free Milk	Mini Wheats	Mixed Fruit	Fat Free Milk	THURSDAY	
Animal Crackers	Mandarin Oranges				WG. Bun	Pear Slices	Mixed Vegetables	Sloppy Joes	Fat Free Milk	Corn Flakes	Applesauce	Fat Free Milk	FRIDAY	

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<sup>&</sup>lt;sup>2</sup> oz eq = ounce equivalents \*\* Select 2 of the 5 components for snack.