

CACFP WEEKLY MENU		Center: HS, EHS,			Month: September 4-8				
MEAL	COMPONENT	AGES	AGES	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk	1-2	3-5	6-18	Labor Day	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Office Closed	Mandarin Oranges	Pears	Mixed Fruit	Applesauce
Lunch	Grains/Meat Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}		Rice Krispies	Cheerios Cereal	Mini Wheats	Corn Flakes
	Milk	1/2 cup	3/4 cup	1 cup		Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
	Meat/Meat Alternates	1 oz	1-1/2 oz	2 oz		PJ& Cheese Stick	Grilled Cheese	Chicken Tenders	Beef Stroganoff
	Vegetable	1/8 cup	1/4 cup	1/2 cup		Potato Medley	Tomato Soup	Broccoli Florets	Sweet Corn
	Fruit	1/8 cup	1/4 cup	1/4 cup		Pineapple	Orange Wedges	Banana	Pear Slices
Snack**	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		W/G. Bread	W/G. Bread	W/G. Breading	Wheat Pasta
	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		Applesauce	100% Juice		Mandarin Oranges
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		Gripz Crackers	Goldfish Cheddar	Tiger Bites	Animal Crackers

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: September 11-15				
MEAL	COMPONENT	AGES	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}		Cheex Cinnamon	Rice Cheex	Rice Krispies	Special K	Frosted Mini W			
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 Wrap	BBQ Chicken Sand.	Cheese Breadstick	Chicken Alfredo	Chili			
	Vegetable	1/8 cup	1/4 cup	1/2 cup		Carrots	Mixed Vegetables	Sweet Corn	California Blend	Broccoli Florets			
	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		WG. Wrap	WG. Buns	WG. Bread	WG. Pasta	WG. Cornbread			
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		Pears		Peaches	Juice Box	Mandarin Orange			
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		Scooby Snack	Pretzels	Animal Crackers	Cheez-IT Crackers	Goldfish Cinnamon			

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

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** Select 2 of the 5 components for snack.

CACFP WEEKLY MENU		Center:	Main EHS			September 18-22				
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}	Cinnamon Chex	Cheerios	Rice Krispies	Corn Flakes	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/Meat Alternates	1 oz	1 1/2 oz	2 oz	Chicken Wrap	Cheeseburger	Pizza	Chicken Teriyaki	Tuna Fish	
	Vegetable	1/8 cup	1/4 cup	1/2 cup	SW. Potato Wedges	Carrots	Sweet Corn	California Blend	Green Beans	
	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. Bun	WG. Crust	WG. Brown Rice	WG. Bun	
Snack**	Milk	1/2 cup	1/2 cup	1 cup						
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz			Peanut Butter	Yogurt or Peaches		
	Vegetable	1/2 cup	1/2 cup	3/4 cup						
	Fruit	1/2 cup	1/2 cup	3/4 cup	Pears	100% Juice Box			Mandarin Oranges	
	Grain	1/2 oz eq. ²	1/2 oz eq. ²	1 oz eq. ²	Griiz Crackers	Animal Crackers	Tiger Bites	Pretzels	Goldfish Cheddar	

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** Select 2 of the 5 components for snack.

CACFP WEEKLY MENU			Center: Main EHS			Month: September 25-29				
MEAL	COMPONENT	AGES	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	Mixed Fruit	Pears	Applesauce
	Grains/Meat Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}		Special K	Rice Chex	Mini Wheats	Toast Crunch	Cherrios
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		Turk-Cheese Wrap	Pasta and Beef	Chicken Patty	Fish sticks	Sloppy Joes
	Vegetable	1/8 cup	1/4 cup	1/2 cup		Mixed Vegetables	California Blend	Carrots	Sweet Corn	Green Beans
	Fruit	1/8 cup	1/4 cup	1/4 cup		Apple Slices	Pineapple	Orange Wedges	Banana	Sliced Pears
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		W/G. Wrap	W/G. Pasta	W/G. Bun	W/G. Pasta	W/G. Bread
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		Applesauce	Peaches	Mixed Fruit
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		Grip Cracker	Tiger Bites	Goldfish Cinnamon	Scooby Snack	Pretzels

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