			Snack**					Lunch				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	CLY MENU
	1/2 oz eg²	1/2 cup	1/2 cup	1/2 oz	1/2 cup	1/2 oz eq²	1/8 cup	1/8 cup	1 oz	1/2 cup	1/2 oz eg <sup>1,2</sup>	1/4 cup	1/2 cup	12	AGES	Center: HS. EHS.
	1/2 oz eq²	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	3-5	AGES	
	1 oz eq²	3/4 cup	3/4 cup	10z	1 cup	1.oz eq²	1/4 cup	1/2 cup	2 0 2	1 cup	1 oz eq <sup>1,2</sup>	1/2 cup	1 cup	6-18	AGES	
This institution is an e												Office Closed	Labor Day	MONDAY		Month: September 4-8
This institution is an equal opportunity provider	Gripz Crackers	Applesauce				WG. Bread	Pineapple	Potato Medley	PJ& Cheese Stick	Fat Free Milk	Rice Krispies	Mandarin Oranges	Fat Free Milk	TUESDAY		r 4-8
ider.	Goldfish Cheddar	100% Juice				WG. Bread	Orange Wedges	Tomato Soup	Grilled Cheese	Fat Free Milk	Cheerios Cereal	Pears	Fat Free Milk	WEDNESDAY		
	Tiger Bites		a property of the control of the con	Peanut Butter	THE PARTY OF THE P	WG. Breading	Banana	Broccoli Florets	Chicken Tenders	Fat Free Milk	Mini Wheats	Mixed Fruit	Fat Free Milk	THURSDAY		
	Animal Crackers	Mandarin Oranges				Wheat Pasta	Pear Slices	Sweet Corn	Beef Stroganoff	Fat Free Milk	Corn Flakes	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.

		Snack**					Lunch	,			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	KLY MENU
1/2 oz eq²	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 eg <sup>1,2</sup>	1/4 cup	1/2 cup	1-2	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	3-5	AGES	
1 oz eq²	3/4 cup	3/4 cup	l oz	1 cup	1 oz eq²	1/4 cup	1/2 cup	2 02	1 cup	1 oz eq <sup>1,2</sup>	1/2 cup	1 cup	6-18	AGES	
Scooby Snack	Pears				WG.Wrap	Apples Slices	Carrots	Beef Wrap	Fat Free Milk	Chex Cinnamon	Peaches	Fat Free Milk	MONDAY		Month:
Pretzels			Peanut Butter		WG. Buns	Pinneaple Bites	Mixed Vegatables	BBQ Chicken Sand.	Fat Free Milk	Rice Chex	Mandarin Oranges	Fat Free Milk	TUESDAY		September 11-15
Animal Crackers	Peaches				WG. Bread	Orange Wedges	Sweet Corn	Cheese Breadstick	Fat Free Milk	Rice Krispies	Pears	Fat Free Milk	WEDNESDAY		
Cheez-IT Crackers	Juice Box				WG. Pasta	Bananans	California Blend	Chicken Alfredo	Fat Free Milk	Special K	Mixed Fruit	Fat Free Milk	THURSDAY		
Goldfish Cinnamon	Mandarin Orange				WG.Cornbread	Pears	Broccoli Florets	Chili	Fat Free Milk	Frosted Mini W	Applesauce	Fat Free Milk	FRIDAY		

<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

<sup>\*\*</sup> Select 2 of the 5 components for snack.

		Snack**					Lunch				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	ILY MENU
1/2 oz eq²	1/2 cup	1/2 cup	1/2 02	1/2 cup	1/2 oz eg²	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	1-2	AGES	Center:
1/2 oz eq²	1/2 cup	1/2 cup	1/2 oz	1/2 cup	1/2 oz eq <sup>2</sup>	1/4 cup	1/4 cup	1 1/2 oz	3/4 cup	1/2 oz eq <sup>‡,2</sup>	1/2 cup	3/4 cup	3-5	AGES	Main EHS
1 oz eq²	3/4 cup	3/4 cup	3 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	6-18	AGES	
Gripz Crackers	Pears	-			WG. Wrap	Apple Slices	SW. Potato Wedges	Chicken Wrap	Fat Free Milk	Cinnamon Chex	Peaches	Fat Free Milk	MONDAY		September 18-22
Animal Crackers	100% Juice Box				WG.Bun	Pineapple	Carrots	Cheeseburger	Fat Free Milk	Cheerios	Mandarin Oranges	Fat Free Milk	TUESDAY		er 18-22
Tiger Bites			PeanutButter		WG.Crust	Orange Slices	Sweet Corn	Pizza	Fat Free Milk	Rice Krispies	Pears	Fat Free Milk	WEDNESDAY		
Pretzels			Yogurt or Peaches		WG.Brown Rice	Banana	California Blend	ChickenTeriyaki	Fat Free Milk	Corn Flakes	Mixed Fruit	Fat Free Milk	THURSDAY		
Goldfish Cheddar	Mandarin Oranges				WG.Bun	Pear Slices	Green Beans	Tuna Fish	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

<sup>\*\*</sup> Select 2 of the 5 components for snack.

CACFP WEEKLY MENU	KLY MENU	Center: Main EHS	A A A A A A A A A A A A A A A A A A A	TAGEC	Month: September 25-29	er 25-29		
MEAL	COMPONENT	AGES	AGES	AGES				
		1-2	3-5	6-18	MONDAY	TUESDAY		WEDNESDAY
	Milk	1/2 cup	3/4 cup	1 cup	Fat Free Milk	Fat Free Milk		Fat Free Milk
Breakfast	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Peaches	Mandarin Oranges		Mixed Fruit
	Grains/Meat Alternates	1/2 oz eq <sup>1,2</sup>	1/2 oz eq <sup>1,2</sup>	1 oz eq <sup>1,2</sup>	Special K	Rice Chex		Mini Wheats
	Milk	1/2 cup	3/4 cup	1 cup	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
Lunch	Vegetable	1/8 cup	1/4 cup	1/2 cup	Mixed Vegetables	California Blend		Carrots
	Fruit	1/8.cup	1/4 cup	1/4 cup	Apple Slices	Pineapple		Orange Wedges
	Grain	1/2 oz eq²	1/2 oz eq²	1 oz eq²	WG.Wrap	WG. Pasta		WG. Bun
	Milk	1/2 cup	1/2 cup	1 cup				
	Meat/ Meat Alternates	1/2 02	1/2 oz	102		Peanut Butter	l	
Snack**	Vegetable	1/2 cup	1/2 cup	3/4 cup				
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Juice			Applesauce
	ด Zain	1/2 oz eq²	1/2 oz eq²	1 oz eq²	Grin Cracker	Tiger Bites		Goldfish Cinnamon

<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

<sup>\*\*</sup> Select 2 of the 5 components for snack.