

# Weekly A Fall/Winter Menu

Week of:

MEAL COMPONENT		Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	<b>Fruit/Vegetable</b>	1/4 cup	1/2 cup	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	<b>Grain/Meat+</b>	1/2 oz eq	1/2 oz eq	Yogurt	Oatmeal*	English Muffin	Cereal*	Waffle
	<b>Milk</b>	1/2 cup	3/4 cup	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
<b>LUNCH</b>	<b>Meat/Meat Alternate</b>	1 oz	1 1/2 oz	Bean & Cheese Burrito	Spaghetti & Meat Sauce	HM Meatloaf	Toasted Cheese & Baked Beans	Turkey Taco
	<b>Vegetable</b>	1/8 cup	1/4 cup	Corn	Peas	Roasted Potatoes	HM Tomato Soup	Lettuce/Tomato/Corn
	<b>Fruit*</b>	1/8 cup	1/4 cup	Cabbage Salad	Spaghetti Sauce	Green Beans	Tater Tots	Fruit
	<b>Grain</b>	1/2 oz eq	1/2 oz eq	Whole Wheat Tortilla*	Spaghetti Pasta	Whole Wheat Bread*	Whole Wheat Bread*	Whole Corn Tortilla*
	<b>Milk</b>	1/2 cup	3/4 cup	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
<b>SNACK</b>	<b>Meat/Meat Alternate</b>	1/2 oz	1/2 oz		Cheese Stick	Refried Beans		
	<b>Fruit</b>	1/2 cup	1/2 cup	Applesauce	Pineapple			
	<b>Vegetable</b>	1/2 cup	1/2 cup					Carrots and Cucumber
	<b>Grain</b>	1/2 oz eq	1/2 oz eq	Graham Crackers		Corn Chips*	HM Banana Bread*	Gold Fish
	<b>Milk</b>	1/2 cup	1/2 cup				1% or Whole Milk	

WGR or \* indicates Whole Grain Rich / HM or \*\* indicates Home Made / oz eq = ounce equivalents

All milk served to participants is unflavored, all participants 2 years and older are served either low-fat (1%) or fat-free milk and children 1 year old are served whole milk.

This menu template is provided by CACFP in collaboration with the Team Nutrition Grant CHOP.

+ Meat and meat alternates may be served in place of the entire grain component at breakfast a maximum of three times per week.

\* The fruit component at lunch may be substituted by an additional vegetable.



Age 1 serve whole milk.  
Ages 2 to 18 serve 1% or fat-free.



At least one meal ingredient per day  
must be whole grain-rich.



One 8 oz. glass of water per year of  
age until 8 years old.  
8 years old + 6 to 8, 8 oz. glasses per day.



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# Weekly B Fall/Winter Menu

Week of:

MEAL COMPONENT		Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	Fruit/Vegetable	1/4 cup	1/2 cup	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Grain/Meat+	1/2 oz eq	1/2 oz eq	Cinnamon Toast*	Bagel & Cream Cheese	Oatmeal*	Sticky Bun	Cereal*
	Milk	1/2 cup	3/4 cup	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
<b>LUNCH</b>	Meat/Meat Alternate	1 oz	1 1/2 oz	Mac& Cheese	Turkey Chili	Chicken Enchilada	Cheeseburger	Cheese Quesadilla
	Vegetable	1/8 cup	1/4 cup	Peas	Beans	Corn	French Fries	Vegetable Soup
	Fruit*	1/8 cup	1/4 cup	Carrots	Beans	Coleslaw	Lettuce & Tomato	Fruit
	Grain	1/2 oz eq	1/2 oz eq	Macaroni Pasta	HM Corn Bread*	Whole Corn Tortilla*	Hamburger Bun	Whole Wheat Tortilla*
	Milk	1/2 cup	3/4 cup	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
<b>SNACK</b>	Meat/Meat Alternate	1/2 oz	1/2 oz		Cheese Cubes			Yogurt
	Fruit	1/2 cup	1/2 cup	Peaches	Apple			
	Vegetable	1/2 cup	1/2 cup				HM Corn Salsa	
	Grain	1/2 oz eq	1/2 oz eq	Wheat Thins*		HM Trail Mix	Corn Chips*	Graham Cracker
	Milk	1/2 cup	1/2 cup			1% or Whole Milk		

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# Weekly C Fall/Winter Menu

Week of:

MEAL COMPONENT		Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	<b>Fruit/Vegetable</b>	1/4 cup	1/2 cup	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	<b>Grain/Meat+</b>	1/2 oz eq	1/2 oz eq	Cereal*	English Muffin	Yogurt	Waffle	Oatmeal*
	<b>Milk</b>	1/2 cup	3/4 cup	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
<b>LUNCH</b>	<b>Meat/Meat Alternate</b>	1 oz	1 1/2 oz	Chicken Bagel Pizza	Bean & Cheese Burrito	Toasted Cheese & Baked Beans	Turkey Taco	Baked Pasta w/ Beef
	<b>Vegetable</b>	1/8 cup	1/4 cup	Garden Salad	Corn	HM Tomato Soup	Lettuce/Tomato/Corn	Peas
	<b>Fruit*</b>	1/8 cup	1/4 cup	Fruit	Cabbage Salad	Tater Tots	Black Beans	Fruit
	<b>Grain</b>	1/2 oz eq	1/2 oz eq	Bagel Thin	Whole Wheat Tortilla*	Whole Wheat Bread*	Whole Wheat Tortilla*	Penne Pasta
	<b>Milk</b>	1/2 cup	3/4 cup	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
<b>SNACK</b>	<b>Meat/Meat Alternate</b>	1/2 oz	1/2 oz	Refried Beans				Cheese Stick
	<b>Fruit</b>	1/2 cup	1/2 cup			Apple Sauce		
	<b>Vegetable</b>	1/2 cup	1/2 cup				Carrots and Cucumber	Peaches
	<b>Grain</b>	1/2 oz eq	1/2 oz eq	Corn Chips*	HM Banana Bread*	Graham Cracker	Gold Fish	
	<b>Milk</b>	1/2 cup	1/2 cup		1% or Whole Milk			

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# Weekly D Fall/Winter Menu

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<b>BREAKFAST</b>	<b>Fruit/Vegetable</b>	1/4 cup	1/2 cup	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	<b>Grain/Meat+</b>	1/2 oz eq	1/2 oz eq	Bagel & Cream Cheese	Cereal*	Cinnamon Toast*	Oatmeal*	Sticky Bun
	<b>Milk</b>	1/2 cup	3/4 cup	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
<b>LUNCH</b>	<b>Meat/Meat Alternate</b>	1 oz	1 1/2 oz	HM Vegetarian Chili	Alfredo Chicken Pasta	Teriyaki Chicken	Beef Stew	Chicken Quesadilla
	<b>Vegetable</b>	1/8 cup	1/4 cup	Corn	Garden Salad	Carrots	Potatoes	Pinto Beans
	<b>Fruit*</b>	1/8 cup	1/4 cup	Tomato & Bell Peppers	Fruit	Broccoli	Peas & Carrots	Fruit
	<b>Grain</b>	1/2 oz eq	1/2 oz eq	HM Corn Bread*	Penne Pasta	Whole Wheat Bread*	Whole Wheat Bread*	Whole Corn Tortilla*
	<b>Milk</b>	1/2 cup	3/4 cup	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
<b>SNACK</b>	<b>Meat/Meat Alternate</b>	1/2 oz	1/2 oz	Cheese Cubes			Yogurt	
	<b>Fruit</b>	1/2 cup	1/2 cup	Apple		Pear		
	<b>Vegetable</b>	1/2 cup	1/2 cup					HM Corn Salsa
	<b>Grain</b>	1/2 oz eq	1/2 oz eq		HM Trail Mix	Wheat Thins	Graham Crackers	Corn Chips*
	<b>Milk</b>	1/2 cup	1/2 cup		1% or Whole Milk			

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