

Weekly A Spring/Summer Menu

Week of:

MEAL COMPONENT		Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	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	Hardboiled Egg	Bagel & Cream Cheese	Oatmeal*	Cheerios Cereal*	English Muffin
	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
LUNCH	Meat/Meat Alternate	1 oz	1 1/2 oz	Grilled Cheese & Baked Beans	Macaroni & Cheese**	Taco Salad	Chicken Pita	Bean & Cheese Burrito
	Vegetable	1/8 cup	1/4 cup	French Fries	Peas	Tomato/Lettuce	Tater Tots	Corn
	Fruit*	1/8 cup	1/4 cup	Green Beans	Carrots	Black Beans	Tomato/Lettuce	Cabbage Salad
	Grain	1/2 oz eq	1/2 oz eq	Whole Wheat Bread*	Macaroni Pasta	Brown Rice*	Pita Bread	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
SNACK	Meat/Meat Alternate	1/2 oz	1/2 oz	Yogurt		String Cheese		
	Fruit	1/2 cup	1/2 cup					Peaches
	Vegetable	1/2 cup	1/2 cup		Corn Salsa**		Carrots/Cucumber	
	Grain	1/2 oz eq	1/2 oz eq	Graham Crackers*	Whole Corn Chips*	Pretzels	Goldfish	Wheat Thins*
	Milk	1/2 cup	1/2 cup					

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 Spring/Summer Menu

Week of:

MEAL COMPONENT		Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	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	Life Cereal*	Sticky Bun	Cinnamon Toast*	Yogurt	Waffle
	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
LUNCH	Meat/Meat Alternate	1 oz	1 1/2 oz	Cheese Quesadilla	Turkey Spaghetti	Cheese Burger	Chicken Pizza	Egg Salad Sandwich
	Vegetable	1/8 cup	1/4 cup	Corn	Peas	French Fries	Garden Salad	Tater Tots
	Fruit*	1/8 cup	1/4 cup	Peruvian Beans	Tomato Sauce	Tomato/Lettuce	Pineapple	Cucumber
	Grain	1/2 oz eq	1/2 oz eq	Whole Wheat Tortilla*	Spaghetti Pasta	Hamburger Bun	Bagel Thin	Whole Wheat Bread*
	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
SNACK	Meat/Meat Alternate	1/2 oz	1/2 oz			Refried Beans		Cheese Cubes
	Fruit	1/2 cup	1/2 cup	Pears				Apple Slices
	Vegetable	1/2 cup	1/2 cup		Carrot Salad			
	Grain	1/2 oz eq	1/2 oz eq	Cheez It	Wheat Thins*	Whole Corn Chips*	Belvita Biscuit*	
	Milk	1/2 cup	1/2 cup				1% or Whole Milk	

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Weekly C Spring/Summer Menu

Week of:

MEAL COMPONENT		Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	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	Bagel & Cream Cheese	English Muffin	Cheerios Cereal*	Oatmeal*	Sticky Buns
	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
LUNCH	Meat/Meat Alternate	1 oz	1 1/2 oz	Tuna & Noodles	Taco Salad	Chicken Alfredo Pasta	Bean & Cheese Burrito	Grilled Cheese & Baked Beans
	Vegetable	1/8 cup	1/4 cup	Celery/Bell Pepper/Corn	Tomato/Lettuce	Garden Salad	Corn	French Fries
	Fruit*	1/8 cup	1/4 cup	Carrots	Black Beans	Peas	Cabbage Salad	Mandarins
	Grain	1/2 oz eq	1/2 oz eq	Macaroni Pasta	Brown Rice*	Penne Pasta	Whole Wheat Tortilla*	Whole Wheat Bread*
	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
SNACK	Meat/Meat Alternate	1/2 oz	1/2 oz		Yogurt		String Cheese	
	Fruit	1/2 cup	1/2 cup	Applesauce				
	Vegetable	1/2 cup	1/2 cup			Corn Salsa**		Carrots & Cucumber
	Grain	1/2 oz eq	1/2 oz eq	Wheat Thin*	Graham Crackers	Whole Corn Chips*	Pretzels	Goldfish
	Milk	1/2 cup	1/2 cup					

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Weekly D Spring/Summer Menu

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BREAKFAST	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*	Waffle	Yogurt	Sticky Bun	Life 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
LUNCH	Meat/Meat Alternate	1 oz	1 1/2 oz	Bean & Cheese Tostada	Meatloaf**	Turkey Spaghetti	Chicken Quesadilla	Cheese Pizza
	Vegetable	1/8 cup	1/4 cup	Lettuce/Tomato	Roasted Potatoes	Peas	Corn	Garden Salad
	Fruit*	1/8 cup	1/4 cup	Corn Zucchini Salad	Green Beans	Tomato Sauce	Peruvian Beans	Pineapple
	Grain	1/2 oz eq	1/2 oz eq	Corn Tostada*	Whole Wheat Bread*	Spaghetti Pasta	Whole Wheat Tortilla*	Bagel Thin
	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
SNACK	Meat/Meat Alternate	1/2 oz	1/2 oz	Cheese Cubes	Refried Beans			
	Fruit	1/2 cup	1/2 cup	Apple Slices			Pears	
	Vegetable	1/2 cup	1/2 cup			Corn Salad		
	Grain	1/2 oz eq	1/2 oz eq		Whole Corn Chips*	Wheat Thins*	Cheez Its	Belvita Biscuit*
	Milk	1/2 cup	1/2 cup					1% or Whole Milk

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