











This form includes the new CACFP meal pattern requirements of the USDA *final rule*, effective October 1, 2017 through September 30, 2019. See page 2 for important menu planning notes.

Breakfast ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) Unflavored low-fat (1%) or unflavored fat-free	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk
Vegetables, fruits, or portions of both (½ cup) 2, 3, 4	Fresh Sliced Pears	Red Delicious Apples	Oranges	Mixed Fruits	Delmonte Drained Peaches
Grains 5, 6, 7, 8, 9 Indicate “WGR” next to WGR menu items Whole grain-rich (WGR) or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal 10, cereal grain 11, or pasta (¾ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (½ cup) 10, 12	Quaker Life Cereal (WG)	Scrambled Eggs 	Whole Wheat Toast (WG)	Kellogg Special K Cereal 	Whole Wheat Pancakes (WG)
Other foods (Do not credit) 13			Butter Blend		
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) Unflavored low-fat (1%) or unflavored fat-free	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk
Meat/Meat Alternates 14 Meat, poultry, or fish (1 ½ ounces) or tofu, soy product, or alternate protein products (APP) 15 (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas (¾ cup) or peanut butter (2 tablespoons) or nuts and seeds (¾ ounce = 50%) 16 or yogurt or soy yogurt 17 (¾ cup)	Homemade Macaroni & Cheese 	All Beef Taco  with Salsa & Cheese	Oven Roasted Pork Loin	Chicken Jambalaya	Ham & Cheese Melt 
Grains 5, 6, 7, 8 Indicate “WGR” next to WGR menu items WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal 10, cereal grain 11, or pasta (¾ cup) or WGR, enriched, or fortified RTE breakfast cereal (½ cup) 10, 12	Elbow Macaroni	Hard & Soft Tortilla Shells	Dinner Roll 	Brown Rice (WG)	English Muffin
Vegetables (¾ cup) 2, 3	Spinach Salad	Lettuce & Tomato	Mashed Potatoes	Peppers	Broccoli
Fruits (¾ cup) 3, 4, 18	Peas	Mexican Corn	Green Beans 	Apple Sauce	Cantaloupe 
Other foods (Do not credit) 13			Butter Blend		
Snack (AM or PM) ^{1, 19} <i>Select 2 of 5</i>	Monday	Tuesday	Wednesday	Thursday	Friday
1. Milk (½ cup) Unflavored low-fat (1%) or unflavored fat-free	1% Unflavored Milk	Water			
2. Meat/Meat Alternates 14 Meat, poultry, or fish (½ ounce) or tofu, soy product, or APP 15 (½ ounce) or cheese (½ ounce) or cottage cheese (½ cup) or egg (½ large) or cooked dry beans and peas (½ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) 16 or yogurt or soy yogurt 17 (¼ cup)					
3. Vegetables (½ cup) 2, 3				Cucumber Slices	
4. Fruits (½ cup) 3, 4		Mixed Berries	100% Apple Juice		Fruit Cup
5. Grains 5, 6, 7, 8 Indicate “WGR” next to WGR menu items WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal 10, cereal grain 11, or pasta (¾ cup) or WGR, enriched, or fortified RTE breakfast cereal (½ cup) 10, 12	Maple Cinnamon Bread 	Nabisco Wheat Thins (WG) < 5 6ea > 6 11ea	Reduced Fat Cheez Its < 5 12ea > 6 19ea	Mini Bagel 	Crispy Rice Cereal
Other foods (Do not credit) 13				Cream Cheese	