

Child and Adult Care Food Program (CACFP) Menu form: Breakfast, Lunch and Snack for Ages 3-5

See menu planning notes on page 2. This form expires on September 30, 2021

Site: Julia Day Nursery

Week of: November 23 – 27, 2020

Breakfast ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk , Unflavored low-fat (1%) or unflavored fat-free (¾ cup)	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}	Apples	Oranges	Drained, Diced Peaches		
Grains ^{5 6 7 8 9} <i>Indicate "WGR" next to whole grain-rich (WGR) items</i> WGR or enriched bread (½ slice) or bread product, e.g., biscuit, roll, or muffin (½ serving); WGR, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grains ¹¹ , or pasta (¼ cup); WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal ^{10, 12} (½ cup or ½ ounce)	General Mills Cheerios (WG)	 Toasted English Muffin	Whole Wheat French Toast (WG)	CEN TER CLO SED	
Other foods (<i>Do not credit</i>) ¹³		Butter Blend			
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk , Unflavored low-fat (1%) or unflavored fat-free (¾ cup)	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk	1% Unflavored Milk
Meat/Meat Alternatives Lean meat, poultry, or fish ¹⁴ (1½ ounces); surimi ¹⁵ (4.4 ounces); tofu, soy product, tempeh, or alternate protein products (APPs) ¹⁶ (1½ ounces); cheese (1½ ounces); cottage cheese (¾ cup); egg (¾ large); cooked dry beans and peas ¹⁷ (¾ cup); peanut butter (3 tablespoons); nuts and seeds ¹⁸ (¾ ounce = 50%); yogurt or soy yogurt ¹⁹ (¾ cup)	Grilled Cheese Sandwich 	Hillshire Turkey Kielbasa Stew	Chicken and Noodles		
Vegetables (¼ cup) ^{3 4}	Sliced Tomato	Potatoes	Broccoli		
Fruits (¼ cup) ^{2 4}	Sliced Cucumber	Carrots	Pear Wedges		
Grains ^{5 6 7 8} <i>Indicate "WGR" next to WGR items</i> WGR or enriched bread (½ slice) or bread product, e.g., biscuit, roll, or muffin (½ serving); WGR, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grains ¹¹ , or pasta (¼ cup); WGR, enriched, or fortified RTE breakfast cereal ^{10, 12} (½ cup or ½ ounce)	Enriched White Bread	Enriched Roll	Noodles 		
Other foods (<i>Do not credit</i>) ¹³		Butter Blend			
Snack ¹ Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
Milk , Unflavored low-fat (1%) or unflavored fat-free (½ cup)	Water	1% Unflavored Milk			
Meat/Meat Alternatives Lean meat, poultry, or fish ¹⁴ (½ ounce); surimi ¹⁵ (2 ounces); tofu, soy product, tempeh, or APPs ¹⁶ (½ ounce); cheese (½ ounce); cottage cheese (¾ cup); egg (¾ large); cooked dry beans and peas ¹⁷ (½ cup); peanut butter (1 tablespoon); nuts and seeds ¹⁸ (½ ounce); yogurt or soy yogurt ¹⁹ (¼ cup)					
Vegetables (½ cup) ^{2 3 4}					
Fruits (½ cup) ^{2 4}	Fruit Cup		100% Mango Juice		
Grains ^{5 6 7 8} <i>Indicate "WGR" next to WGR items</i> WGR or enriched bread (½ slice) or bread product, e.g., biscuit, roll, or muffin (½ serving): WGR, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grains ¹¹ , or pasta (¼ cup); WGR, enriched, or fortified RTE breakfast cereal ^{10, 12} (½ cup or ½ ounce)	Enriched Saltine Crackers Ages 3 - 5 = 4 each SA = 6 each	Kellogg's Mini Bites (WG)	Reduced Fat Cheez-Its Ages 3 - 5 = 12 each SA = 19 each		
Other foods (<i>Do not credit</i>) ¹³					

