

## CACFP Menu for Children (5-Day)

| Site/Center Name: <b>Childcare Adventures</b> |   |                                       |                                       |                                |        |         |               |                |           |
|---|---|---------------------------------------|---------------------------------------|--------------------------------|--------|---------|---------------|----------------|-----------|
| Type  | Component   | Minimum Serving                       |                                       |                                | Date:  | Date:   | Date:2/1      | Date:2/2       | Date:2/3  |
|   |   | 1 & 2 years                           | 3 - 5 years                           | 6 - 12 years                   | Monday | Tuesday | Wednesday     | Thursday       | Friday    |
| <b>Breakfast</b>                              | Milk, fluid   | 1/2 cup                               | 3/4 cup                               | 1 cup                          |        |         | Milk          | Milk           | Milk      |
|   | Juice, fruit<br>Or vegetable  | 1/4 cup                               | 1/2 cup                               | 1/2 cup                        |        |         | Pears         | Apples         | Oranges   |
|   | Grains/Breads<br>Dry cereal   | 1/2 slice<br>1/4 cup<br>or 1/3<br>oz. | 1/2 slice<br>1/3 cup<br>or 1/2<br>oz. | 1 slice<br>3/4 cup<br>or 1 oz. |        |         | Cheerios      | Breakfast bar  | Pop Tarts |
|   |   |                                       |                                       |                                |        |         |               |                |           |
| <b>Lunch or Supper</b>                        | Meat or meat<br>alternate   | 1 oz.                                 | 1 1/2 oz.                             | 2 oz.                          |        |         | Lasagna       | Grilled Cheese | Pizza     |
|   | Grains/Breads<br>Pasta/Noodles  | 1/2 slice<br>1/4 cup                  | 1/2 slice<br>1/4 cup                  | 1 slice<br>1/2 cup             |        |         | Bun           | WW Bread       | Crust     |
|   | Fruit and/or<br>vegetable<br>and/or juice<br>(2 servings to<br>total) | 1/4 cup<br>total                      | 1/2 cup<br>total                      | 3/4 cup<br>total               |        |         | Pears         | Applies        | Oranges   |
|   |   |                                       |                                       |                                |        |         | Cucumbers     | Broccoli       | Carrots   |
|   | Milk, fluid   | 1/2 cup                               | 3/4 cup                               | 1 cup                          |        |         | Milk          | Milk           | Milk      |
|   |   |                                       |                                       |                                |        |         |               |                |           |
| <b>Snack<br/>(select 2)</b>                   | Milk, fluid   | 1/2 cup                               | 1/2 cup                               | 1 cup                          |        |         | Milk          | Milk           | Milk      |
|   | Juice, fruit or<br>vegetable  | 1/2 cup                               | 1/2 cup                               | 3/4 cup                        |        |         | Pears         | Apples         | Oranges   |
|   | Grains/Breads/<br>Dry Cereal  | 1/2 slice<br>1/4 cup                  | 1/2 slice<br>1/3 cup                  | 1 slice<br>3/4 cup             |        |         | Cheese Sticks | Veggie Sticks  | Chex mix  |
|   | Meat or meat<br>alternate   | 1/2 oz.                               | 1/2 oz.                               | 1 oz.                          |        |         |               |                |           |

For more information on additional food components and amounts, please refer to CACFP Child Care Meal Pattern Chart in "What's in a Meal?".  
This institution is an equal opportunity provider.

| Site/Center Name: Childcare Adventures |   |                                       |                                       |                                |                      |                    |                                     |              |                   |
|--|---|---------------------------------------|---------------------------------------|--------------------------------|----------------------|--------------------|-------------------------------------|--------------|-------------------|
| Type                                   | Component   | Minimum Serving                       |                                       |                                | Date: 2/6            | Date: 2/7          | Date:2/8                            | Date:2/9     | Date:2/10         |
| Breakfast                              |   | 1 & 2 years                           | 3 - 5 years                           | 6 - 12 years                   | Monday               | Tuesday            | Wednesday                           | Thursday     | Friday            |
|  | Milk, fluid   | 1/2 cup                               | 3/4 cup                               | 1 cup                          | Milk                 | Milk               | Milk                                | Milk         | Milk              |
|  | Juice, fruit<br>Or vegetable  | 1/4 cup                               | 1/2 cup                               | 1/2 cup                        | Banana               |                    |                                     | Pancakes     | Scrambled Eggs    |
|  | Grains/Breads<br>Dry cereal   | 1/2 slice<br>1/4 cup<br>or 1/3<br>oz. | 1/2 slice<br>1/3 cup<br>or 1/2<br>oz. | 1 slice<br>3/4 cup<br>or 1 oz. |                      | French Toast       | Cereal<br>Cheerios                  |              | W/W Toast         |
| Lunch or Supper                        | Meat or meat alternate  | 1 oz.                                 | 1 1/2 oz.                             | 2 oz.                          | Chicken Nuggets      | Hotdogs            | Turkey                              | Hamburger    | Cheese Quesadilla |
|  | Grains/Breads<br>Pasta/Noodles  | 1/2 slice<br>1/4 cup                  | 1/2 slice<br>1/4 cup                  | 1 slice<br>1/2 cup             |                      | w/w Buns           | W/W Breads                          | W/W Buns     | Tortilla/Salsa    |
|  | Fruit and/or<br>vegetable<br>and/or juice<br>(2 servings to<br>total) | 1/4 cup<br>total                      | 1/2 cup<br>total                      | 3/4 cup<br>total               | Banana               | Melons             | Pears                               | Apples       | Pineapple         |
|  |   |                                       |                                       |                                | Cucumber             | Carrots            | Tatar tots                          | French Fries | Corn              |
|  | Milk, fluid   | 1/2 cup                               | 3/4 cup                               | 1 cup                          | Milk                 | Milk               | Milk                                | Milk         | Milk              |
| Snack<br>(select 2)                    | Milk, fluid   | 1/2 cup                               | 1/2 cup                               | 1 cup                          | Milk                 | Milk               | Milk                                | Milk         | Milk              |
|  | Juice, fruit or<br>vegetable  | 1/2 cup                               | 1/2 cup                               | 3/4 cup                        | Banana               | Melons             | Pears                               | Apples       |                   |
|  | Grains/Breads/<br>Dry Cereal  | 1/2 slice<br>1/4 cup                  | 1/2 slice<br>1/3 cup                  | 1 slice<br>3/4 cup             | Corn<br>Chips/Cheese | Pretzels<br>Cheese | Graham<br>Crackers<br>Peanut Butter | Bread Sticks | Veggie Sticks     |
|  | Meat or meat<br>alternate   | 1/2 oz.                               | 1/2 oz.                               | 1 oz.                          |                      |                    |                                     |              |                   |

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|--|---|---------------------------------------|---------------------------------------|--------------------------------|--------------|-----------------------|-----------------|------------------------|---------------|
| Type                                   | Component   | Minimum Serving                       |                                       |                                | Date:2/13    | Date: 2/14            | Date:2/15       | Date:2/16              | Date:2/17     |
| Breakfast                              |   | 1 & 2 years                           | 3 - 5 years                           | 6 - 12 years                   | Monday       | Tuesday               | Wednesday       | Thursday               | Friday        |
|  | Milk, fluid   | 1/2 cup                               | 3/4 cup                               | 1 cup                          | Milk         | Milk                  | Milk            | Milk                   | Milk          |
|  | Juice, fruit<br>Or vegetable  | 1/4 cup                               | 1/2 cup                               | 1/2 cup                        |              |                       |                 |                        |               |
|  | Grains/Breads<br>Dry cereal   | 1/2 slice<br>1/4 cup<br>or 1/3<br>oz. | 1/2 slice<br>1/3 cup<br>or 1/2<br>oz. | 1 slice<br>3/4 cup<br>or 1 oz. | Pop Tarts    | Waffles               | English Muffins | Bagels/Cream<br>cheese | Breakfast Bar |
| Lunch or Supper                        | Meat or meat<br>alternate   | 1 oz.                                 | 1 1/2 oz.                             | 2 oz.                          | Mac & Cheese | Chicken Patties       | Lasagna         | Grill cheese           | Cheese Pizza  |
|  | Grains/Breads<br>Pasta/Noodles  | 1/2 slice<br>1/4 cup                  | 1/2 slice<br>1/4 cup                  | 1 slice<br>1/2 cup             | Noodles      | WW Bun                | Noodles         | WW Bread               | Crust         |
|  | Fruit and/or<br>vegetable<br>and/or juice<br>(2 servings to<br>total) | 1/4 cup<br>total                      | 1/2 cup<br>total                      | 3/4 cup<br>total               | Corn         | Carrots               | Celery          | Broccoli               | Carrots       |
|  |   |                                       |                                       |                                | Peaches      | Pineapple             | Apples          | Oranges                | Banana        |
|  | Milk, fluid   | 1/2 cup                               | 3/4 cup                               | 1 cup                          | Milk         | Milk                  | Milk            | Milk                   | Milk          |
| Snack<br>(select 2)                    | Milk, fluid   | 1/2 cup                               | 1/2 cup                               | 1 cup                          | Milk         | Milk                  | Milk            | Milk                   | Milk          |
|  | Juice, fruit or<br>vegetable  | 1/2 cup                               | 1/2 cup                               | 3/4 cup                        | Peaches      | Pineapple             | Apples          | Oranges                | Banana        |
|  | Grains/Breads/<br>Dry Cereal  | 1/2 slice<br>1/4 cup                  | 1/2 slice<br>1/3 cup                  | 1 slice<br>3/4 cup             | PJ Sandwich  | Graham<br>Crackers PB | Cheese Sticks   | Veggie<br>Crackers     | Chex Mix      |
|  | Meat or meat<br>alternate   | 1/2 oz.                               | 1/2 oz.                               | 1 oz.                          |              |                       |                 |                        |               |

**Site/Center Name: Childcare Adventures**

| Type                    | Component   | Minimum Serving                    |                                    |                                | Date: 2/20           | Date: 2/21         | Date:2/22                           | Date:2/23       | Date:2/24         |
|-------------------------|---|------------------------------------|------------------------------------|--------------------------------|----------------------|--------------------|-------------------------------------|-----------------|-------------------|
| <b>Breakfast</b>        |   | <b>1 &amp; 2 years</b>             | <b>3 - 5 years</b>                 | <b>6 - 12 years</b>            | <b>Monday</b>        | <b>Tuesday</b>     | <b>Wednesday</b>                    | <b>Thursday</b> | <b>Friday</b>     |
|                         | Milk, fluid   | 1/2 cup                            | 3/4 cup                            | 1 cup                          | Milk                 | Milk               | Milk                                | Milk            | Milk              |
|                         | Juice, fruit<br>Or vegetable                              | 1/4 cup                            | 1/2 cup                            | 1/2 cup                        | Banana               |                    |                                     | Pancakes        | Scrambled Eggs    |
|                         | Grains/Breads<br>Dry cereal                               | 1/2 slice<br>1/4 cup<br>or 1/3 oz. | 1/2 slice<br>1/3 cup<br>or 1/2 oz. | 1 slice<br>3/4 cup<br>or 1 oz. |                      | French Toast       | Cereal<br>Cheerios                  |                 | W/W Toast         |
| <b>Lunch or Supper</b>  | Meat or meat alternate                                    | 1 oz.                              | 1 1/2 oz.                          | 2 oz.                          | Chicken Nuggets      | Hotdogs            | Turkey                              | Hamburger       | Cheese Quesadilla |
|                         | Grains/Breads<br>Pasta/Noodles                            | 1/2 slice<br>1/4 cup               | 1/2 slice<br>1/4 cup               | 1 slice<br>1/2 cup             |                      | w/w Buns           | W/W Breads                          | W/W Buns        | Tortilla/Salsa    |
|                         | Fruit and/or vegetable and/or juice (2 servings to total) | 1/4 cup total                      | 1/2 cup total                      | 3/4 cup total                  | Banana               | Melons             | Pears                               | Apples          | Pineapple         |
|                         |   |                                    |                                    |                                | Cucumber             | Carrots            | Tatar tots                          | French Fries    | Corn              |
|                         | Milk, fluid   | 1/2 cup                            | 3/4 cup                            | 1 cup                          | Milk                 | Milk               | Milk                                | Milk            | Milk              |
| <b>Snack (select 2)</b> | Milk, fluid   | 1/2 cup                            | 1/2 cup                            | 1 cup                          | Milk                 | Milk               | Milk                                | Milk            | Milk              |
|                         | Juice, fruit or vegetable                                 | 1/2 cup                            | 1/2 cup                            | 3/4 cup                        | Banana               | Melons             | Pears                               | Apples          |                   |
|                         | Grains/Breads/<br>Dry Cereal                              | 1/2 slice<br>1/4 cup               | 1/2 slice<br>1/3 cup               | 1 slice<br>3/4 cup             | Corn<br>Chips/Cheese | Pretzels<br>Cheese | Graham<br>Crackers<br>Peanut Butter | Bread Sticks    | Veggie Sticks     |
|                         | Meat or meat alternate                                    | 1/2 oz.                            | 1/2 oz.                            | 1 oz.                          |                      |                    |                                     |                 |                   |

**Site/Center Name: Childcare Adventures**

| Type                        | Component   | Minimum Serving                       |                                       |                                | Date:2/27     | Date: 2/28            |  |  |  |
|-----------------------------|---|---------------------------------------|---------------------------------------|--------------------------------|---------------|-----------------------|--|--|--|
| <b>Breakfast</b>            |   | <b>1 &amp; 2 years</b>                | <b>3 - 5 years</b>                    | <b>6 - 12 years</b>            | <b>Monday</b> | <b>Tuesday</b>        |  |  |  |
|                             | Milk, fluid   | 1/2 cup                               | 3/4 cup                               | 1 cup                          | Milk          | Milk                  |  |  |  |
|                             | Juice, fruit<br>Or vegetable  | 1/4 cup                               | 1/2 cup                               | 1/2 cup                        |               |                       |  |  |  |
|                             | Grains/Breads<br>Dry cereal   | 1/2 slice<br>1/4 cup<br>or 1/3<br>oz. | 1/2 slice<br>1/3 cup<br>or 1/2<br>oz. | 1 slice<br>3/4 cup<br>or 1 oz. | Pop Tarts     | Waffles               |  |  |  |
| <b>Lunch or Supper</b>      | Meat or meat<br>alternate   | 1 oz.                                 | 1 1/2 oz.                             | 2 oz.                          | Mac & Cheese  | Chicken Patties       |  |  |  |
|                             | Grains/Breads<br>Pasta/Noodles  | 1/2 slice<br>1/4 cup                  | 1/2 slice<br>1/4 cup                  | 1 slice<br>1/2 cup             | Noodles       | WW Bun                |  |  |  |
|                             | Fruit and/or<br>vegetable<br>and/or juice<br>(2 servings to<br>total) | 1/4 cup<br>total                      | 1/2 cup<br>total                      | 3/4 cup<br>total               | Corn          | Carrots               |  |  |  |
|                             |   |                                       |                                       |                                | Peaches       | Pineapple             |  |  |  |
|                             | Milk, fluid   | 1/2 cup                               | 3/4 cup                               | 1 cup                          | Milk          | Milk                  |  |  |  |
| <b>Snack<br/>(select 2)</b> | Milk, fluid   | 1/2 cup                               | 1/2 cup                               | 1 cup                          | Milk          | Milk                  |  |  |  |
|                             | Juice, fruit or<br>vegetable  | 1/2 cup                               | 1/2 cup                               | 3/4 cup                        | Peaches       | Pineapple             |  |  |  |
|                             | Grains/Breads/<br>Dry Cereal  | 1/2 slice<br>1/4 cup                  | 1/2 slice<br>1/3 cup                  | 1 slice<br>3/4 cup             | PJ Sandwich   | Graham<br>Crackers PB |  |  |  |
|                             | Meat or meat<br>alternate   | 1/2 oz.                               | 1/2 oz.                               | 1 oz.                          |               |                       |  |  |  |