

CACFP Weekly Menu (5-Day) for Children: WEEK 1						CAA Menu			
Meal Type	Component	Minimum Serving	Minimum Serving	Minimum Serving	Monday	Tuesday	Wednesday	Thursday	Friday
	Age (years old)	1 & 2	3 – 5	6 – 12 13 – 18	3/6	3/7	3/8	3/9	3/10
	Age (years old)	1 & 2	3 – 5	6 – 12 13 – 18	Open Face Breakfast Sandwich	Meatless Chicken Alfredo	Veggie Crumble & Bean Chili	Veggie Crumble Enchilada	Meatless Chicken Nuggets
Lunch	Fluid Milk (8oz = 1 cup)	4 oz.	6 oz.	8 oz.	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk
	Grains (WG-whole) - bread products - pasta/noodles	1/2 slice ½ oz eq	1/2 slice ½ oz eq	1 slice 1 oz eq	WG Pancake	WG Penne Pasta	WG Cornbread	WG Tortilla	WG Bread
	Meat or Meat alternate	1 oz.	1 1/2 oz.	2 oz.	Egg Patty & Cheese	Meatless Chicken	Veggie Crumbles	Veggie Crumbles & Cheese	Meatless Chicken Nuggets
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Potato Wedges	Tossed Salad	Mixed Vegetables	Corn	Mashed Potatoes
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mixed Fruit	Mandarins	Applesauce	Pineapples	Grapes
	Food Substitutions due to Sensitivity or Allergy:				Dairy Free Open Face Breakfast Sandwich	Penne Pasta w/ Veggie Crumbles		Dairy Free Meatless Chicken Enchilada	

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CACFP Weekly Menu (5-Day) for Children: WEEK 2						CAA Menu			
Meal Type	Component	Minimum Serving	Minimum Serving	Minimum Serving	Monday	Tuesday	Wednesday	Thursday	Friday
	Age (years old)	1 & 2	3 – 5	6 – 12 13 – 18	3/13	3/14	3/15	3/16	3/17
	Age (years old)	1 & 2	3 – 5	6 – 12 13 – 18	Veggie Crumble & Potato Burrito	Spaghetti w/ Veggie Crumbles	Mac & Cheese	Meatless Orange Chicken	Cheese Pizza
Lunch	Fluid Milk (8oz = 1 cup)	4 oz.	6 oz.	8 oz.	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk
	Grains (WG-whole) - bread products - pasta/noodles	1/2 slice ½ oz eq	1/2 slice ½ oz eq	1 slice 1 oz eq	WG Tortilla	WG Spaghetti	WG Elbow Pasta	WG Rice	WG Pizza Crust
	Meat or Meat alternate	1 oz.	1 1/2 oz.	2 oz.	Veggie Crumbles	Veggie Crumbles	Cheese	Meatless Chicken Nuggets	Cheese
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Tater Tots	Tossed Salad	Mixed Vegetables	Stir-fry Vegetables	Corn
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mixed Fruit	Mandarins	Applesauce	Pineapples	Apple
	Food Substitutions due to Sensitivity or Allergy:				Dairy Free Veggie Crumble & Potato Burrito		Dairy Free Elbow Pasta w/ Meatless Chicken		Meatless Chicken Nuggets & WG Bread

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CACFP Weekly Menu (5-Day) for Children: WEEK 3						CAA Menu			
Meal Type	Component	Minimum Serving	Minimum Serving	Minimum Serving	Monday	Tuesday	Wednesday	Thursday	Friday
	Age (years old)	1 & 2	3 – 5	6 – 12 13 – 18	3/20	3/21	3/22	3/23	3/24
	Age (years old)	1 & 2	3 – 5	6 – 12 13 – 18	Open Face Breakfast Sandwich	Scalloped Potatoes	Veggie Crumble & Bean Chili	Veggie Crumble Enchilada	Meatless Chicken Nuggets
Lunch	Fluid Milk (8oz = 1 cup)	4 oz.	6 oz.	8 oz.	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk
	Grains (WG-whole) - bread products - pasta/noodles	1/2 slice ½ oz eq	1/2 slice ½ oz eq	1 slice 1 oz eq	WG Pancake	WG Bread	WG Cornbread	WG Tortilla	WG Bread
	Meat or Meat alternate	1 oz.	1 1/2 oz.	2 oz.	Egg Patty & Cheese	Meatless Chicken & Cheese	Veggie Crumbles	Veggie Crumbles & Cheese	Meatless Chicken Nuggets
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Potato Wedges	Broccoli	Mixed Vegetables	Corn	Mashed Potatoes
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mixed Fruit	Mandarins	Applesauce	Pineapples	Banana
	Food Substitutions due to Sensitivity or Allergy:				Dairy Free Open Face Breakfast Sandwich	Dairy Free Scalloped Potatoes		Dairy Free Veggie Crumble Enchilada	

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CACFP Weekly Menu (5-Day) for Children: WEEK 4						CAA Menu			
Meal Type	Component	Minimum Serving	Minimum Serving	Minimum Serving	Monday	Tuesday	Wednesday	Thursday	Friday
	Age (years old)	1 & 2	3 – 5	6 – 12 13 – 18	3/27	3/28	3/29	3/30	3/31
	Age (years old)	1 & 2	3 – 5	6 – 12 13 – 18	Alfredo Ravioli	Spaghetti w/ Veggie Crumbles	Mac & Cheese	Veggie Crumble & Potato Burrito	Cheese Pizza
Lunch	Fluid Milk (8oz = 1 cup)	4 oz.	6 oz.	8 oz.	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk	Fat free 2+years Whole Milk <2yrs Sensitivity: Soy Milk
	Grains (WG-whole) - bread products - pasta/noodles	1/2 slice ½ oz eq	1/2 slice ½ oz eq	1 slice 1 oz eq	Enriched Ravioli & WG Bread	WG Spaghetti	WG Elbow Pasta	WG Tortilla	WG Pizza Crust
	Meat or Meat alternate	1 oz.	1 1/2 oz.	2 oz.	Cheese	Veggie Crumbles	Cheese	Veggie Crumbles	Cheese
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Sweet Peas	Tossed Salad	Green Beans	Mixed Vegetables	Corn
	Fruit	1/8 cup	1/4 cup	1/4 cup	Strawberries	Mandarins	Applesauce	Pineapples	Grapes
	Food Substitutions due to Sensitivity or Allergy:				Penne Pasta w/ Veggie Crumbles		Dairy Free Elbow Pasta w/ Meatless Chicken	Dairy Free Veggie Crumble & Potato Burrito	Meatless Chicken Nuggets & WG Bread

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