

CELEBRATE NATIONAL



WEEK!

SAMPLE MENU

All meals and snacks on this menu were shared by or inspired by real CACFP Providers who posted on social media using #CACFPWeek and #NCASuperSnack.

		AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Smoothie Bowl Whole/Low/Fat-Free Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Berry Banana Split Strawberries & Banana	Blueberries	Banana-Cinnamon Oatmeal Bananas	Smiley Face Pancake Mixed Fruit	Smoothie Bowl Frozen Tropical Fruit Mix
	Grains/Meat ¹	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Berry Banana Split Greek Yogurt	WGR Muffin	Banana-Cinnamon Oatmeal Cinnamon Oatmeal	Smiley Face Pancake WGR Pancake	Smoothie Bowl Almond Butter Drizzle
LUNCH/SUPPER	Milk ²	1/2 cup	3/4 cup	1 cup	1 cup ³	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Orange Slices	Red Pozole Cabbage	Apple Slices	Peach Slices	Chickpea-Veggie Salad Tomatoes
	Fruit ³	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Broccolini	Red Pozole Hominy	Broccoli	Zucchini Corn Pancakes Zucchini	Chickpea-Veggie Salad Cucumbers
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Meatballs	Red Pozole Chicken	Hummus	Pulled BBQ Beef	Chickpea-Veggie Salad Chickpeas
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WGR Roll	Tortilla Chips	WGR Crackers	Zucchini Corn Pancakes Cornmeal Pancake	WGR Focaccia
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup		Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)			
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup				Guacamole	Pumpkin Parfait Pumpkin Puree
	Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Apple Nachos Apple Discs	Rainbow Fruits			
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Apple Nachos Peanut Butter		Granola-Yogurt Pops Greek Yogurt		Pumpkin Parfait Greek Yogurt
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq			Granola-Yogurt Pops Granola	Tortilla Chips	

¹Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

³The fruit component at lunch and supper may be substituted by a second, different vegetable.

²A serving of milk is not required at supper meals for adults.

oz eq = ounce equivalents