

CACFP Weekly Menu Aug.11-15, 2025

				Monday	Tuesday	Wednesday	Thursday	Friday
Meal	Component	Ages 1-2	Ages 3-5					
Breakfast	Milk	1/2 cup	3/4 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetables	1/4 cup	1/2 cup	Bananas /100% Apple Juice for 3yrs and up	Peaches	Bananas /100% Apple Juice for 3yrs and up	Pears	Bananas /100% Apple Juice for 3yrs and up
	Grain/Meat*	1/2 oz eq	1/2 oz eq	(WG) Veggie Cheerios	Muffins	(WG) Honey Bunches of Oats	(WG) Belvita Bars	(WG) Cinnamon Chex
Lunch	Milk	1/2 cup	3/4 cup	Milk	Milk	Milk	Milk	Milk
	Vegetables	1/8 cup	1/4 cup	Green Peas	Green Beans	Mashed Potatoes	Mixed Vegetable	Corn
	Fruit*	1/8 cup	1/4 cup	Applesauce	Peaches	Applesauce	Pears	Mandarins
	Grain	1/2 oz eq	1/2 oz eq	Bread	Pasta	Bread	Bread	Pizza Crust
	Meat/Meat Alternative	1 oz	1 1/2 oz	Chicken	Cheese	Ground Beef	Steakfingers	Cheese
	SERVING			(CN) Chicken Nuggets	(HM) Mac & Cheese	(HM) Meatloaf	(CN) Steakfingers	(CN) Cheese Pizza
Snack	Milk	1/2 cup	1/2 cup	Milk	Milk	Water	Water	Water
	Fruit	1/2 cup	1/2 cup			Apple Slices for 3 & up	Madarins	
	Vegetables	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	Animal Crackers	(WG) Teddy Graham Crackers	Crackers	Chicken Biscuit Crackers	Pretzels
	Meat/Meat Alternative	1/2 oz	1/2 oz			Cheese		Cheese

Meat and meat alternatives may be served in place of the entire grains components at breakfast a maximum of three times per week.
The fruit component at lunch may be substituted by an additional vegetable.



Age 1 serve whole milk
Age 2-18 serve 1% or fat free
CN+ Child Nutrition Lable



At least one meal ingredient per day
must be whole grain-rich
HM=Home Made CACFP=Child and Adult Care Food Program



One 8oz glass of water per year of age
until 8 years old.
8yrs old + 6-8 glasses per day