

CACFP Weekly Menu Aug. 4-8, 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 for 3yrs and up	Peaches	Bananas /100% Apple for 3yrs and up	Pears	Bananas /100% Apple for 3yrs and up
	Grain/Meat*	1/2 oz eq	1/2 oz eq	(WG) Cheerios	French Toast Sticks	(WG) Honey Bunches of Oats	(WG) Belvita Bars	(WG) Cinnamon & Strawberry Chex
Lunch	Milk	1/2 cup	3/4 cup	Milk	Milk	Milk	Milk	Milk
	Vegetables	1/8 cup	1/4 cup	Green Beans	Baked Beans	Carrots	Grren Beans	Broccoli
	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 & Rice	Bread	Tortillas
	Meat/Meat Alternative	1 oz	1 1/2 oz	Beef & Cheese	Cheese	Chicken	Chicken	Ham, Chicken, Turkey, & Cheese
	SERVING			(CN) Beef Ravioli with Cheese	(HM) Grilled Cheese Sandwiches	(CN) Chicken Teriyaki	(HM) BBQ Chicken	Ham, Chicken, Turkey, & Cheese Roll Ups
Snack	Milk	1/2 cup	1/2 cup	Milk	Milk	Water	Water	Milk
	Fruit	1/2 cup	1/2 cup		Applesauce		Watermelon	
	Vegetables	1/2 cup	1/2 cup			Salsa		
	Grain	1/2 oz eq	1/2 oz eq	Animal Crackers	(WG) Graham Crackers	Tostito Chips for 3yrs and up/Chicken Biscuit Crackers for 1 & 2 yrs	(WG) Saltines Crackers	Chesey Chex Mix
	Meat/Meat Alternative	1/2 oz	1/2 oz			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 Label



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