

## CACFP Weekly Menu January 26-30, 2026

		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
	Fruit/Vegetables	1/4 cup	1/2 cup	Bananas Toddlers /100% Apple Juice for 3yrs and up	Peaches	Bananas Toddlers /100% Apple Juice for 3yrs and up	Pears
	Grain/Meat*	1/2 oz eq	1/2 oz eq	(WG) Cheerios	Muffins	(WG) Honey Bunches of Oats/Cheerios for One Year Olds	(WG) Belvita Bars
Lunch	Milk	1/2 cup	3/4 cup	Milk	Milk	Milk	Milk
	Vegetables	1/8 cup	1/4 cup	Green Beans	Green Beans	TatorTots	Mashed Potatoes
	Fruit*	1/8 cup	1/4 cup	Applesauce	Peaches	Applesauce	Pears
	Grain	1/2 oz eq	1/2 oz eq	Bread	Cheese Tosast/Pasta	Bread/Buns	Bread/Buns
	Meat/Meat Alternative	1 oz	1 1/2 oz	Chicken Nuggets	Chicken &Cheese	Ground Beef	Hamburger
	SERVING			(CN) Chicken Nuggets	(HM) Chicken Noodle Soup	Hamburger	(HM) Manwiches
Snack	Milk	1/2 cup	1/2 cup	Milk	Milk	Water	Milk
	Fruit	1/2 cup	1/2 cup				Mandarins
	Vegetables	1/2 cup	1/2 cup				Salsa
	Grain	1/2 oz eq	1/2 oz eq	Animal Crackers	(WG) Graham Crackers	Crackers	Chicken Biscuit Crackers
	Meat/Meat Alternative	1/2 oz	1/2 oz			Cheese	Tortilla Chips/Chicken Biscuit Crackers for Toddlers

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



At least one meal ingredient per day

must be whole grain-rich



One 8oz glass of water per year of age

until 8 years old.

8yrs old + 6-8 glasses per day

CN+ Child Nutrition Lable

HM=Home Made

CACFP=Child and Adult Care Food Program