

CACFP Weekly Menu September 29 - Oct 3, 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 Toddlers /100% Apple Juice for 3yrs and up	Peaches	Bananas Toddlers /100% Apple Juice for 3yrs and up	Pears	Bananas Toddlers /100% Apple Juice for 3yrs and up
	Grain/Meat*	1/2 oz eq	1/2 oz eq	(WG) Whole Grain Cherrios	Waffles	(WG) Honey Bunches of Oats/Cherrios for One Year Olds	(WG) Belvita Bars	(WG) Strawberry Vanilla and Cinnamon Chex
Lunch	Milk	1/2 cup	3/4 cup	Milk	Milk	Milk	Milk	Milk
	Vegetables	1/8 cup	1/4 cup	Lettuce	Corn	Tator Tots	Greenbeans	Tator Tots
	Fruit*	1/8 cup	1/4 cup	Pears	Peaches	Applesauce	Applesauce	Mandarins
	Grain	1/2 oz eq	1/2 oz eq	Crackers	Tortilla Shells	Bread/Buns	Pasta & Bread	Bread
	Meat/Meat Alternative	1 oz	1 1/2 oz	Ham & Cheese	Cheese	Ground Beef	Chicken	Bologna & Cheese
	SERVING			(HM) House Salad with Ham & Cheese	(HM) Cheese Quesadillas	(HM) Hamburgers	(CN) Chicken Alfredo	(HM) Bologna & Cheese Sandwiches
Snack	Milk	1/2 cup	1/2 cup	Milk	Milk	Water	Water	Milk
	Fruit	1/2 cup	1/2 cup		Peaches	Watermelon	Madarins	
	Vegetables	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	Animal Crackers	(WG) Graham Crackers	(WG) Saltine Crackers	Chicken Biscuit Crackers	Cheesy Chex Mix
	Meat/Meat Alternative	1/2 oz	1/2 oz					

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