

MENU - SET #1, Page 1

Week of August 26th, September 30th, & November 4th

	MONDAY 8/26/24 9/30/24 11/4/24	TUESDAY 8/27/24 10/1/24 11/5/24	WEDNESDAY 8/28/24 10/2/24 11/6/24	THURSDAY 8/29/24 10/3/24 11/7/24	FRIDAY 8/30/24 10/4/24 11/8/24
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 c. Kix (WGR) 1/2 c. Mangos 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>) 1/2 sl. (WGR) Toast may also be served	1/4 c. Baked Scrambled Eggs 1/2 sl. (WGR) Toast 1/2 c. Banana 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 oz, (3) Pancake wrapped sausage links (WGR) 1/2 c. Strawberries 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 Bagel/Cream Cheese 1/2 c. Blueberries 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 sl. (WGR) Toast 1 Cheese Slice 1/2 c. Oranges 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	4 Chicken Strips (WGR) 1/4 c. Baked Beans 1/4 c. Applesauce 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 Tavern (WGR) Bun 1/4 c. Greenbeans 1/4 c. Mandarin Oranges 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	2/3 c. Chicken & Cheese Enchilada Casserole w/ (WGR) tortillas 1/4 c. Lettuce & Shredded Carrots 1/4 c. Mixed Berries 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	2/3 c. Cheesy Tuna & Noodles (WGR) 1/4 c. Peas 1/4 c. Tropical Fruit 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 Cheeseburger w/ (WGR) bun 1/4 c. Baked Fries or Tots 1/4 c. Peaches 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
PM SNACK: (2 of the 5 components listed above)	6 Wheat Thins (WGR) 1/2 c. Pineapple Chunks or Tidbits	1/4 c. Yogurt 1/2 c. Cheerios (WGR)	3 Flipside Crackers 1/2 c. Sliced Grapes	1/4 c. (10) Cheez It Snack Crackers 1/2 c. 100% Apple Juice	

Water available at meals/snacks and throughout the day.

WGR = Whole Grain-Rich

Welcome to our program!

- Our classroom and kitchen staff are excited to serve you. If your child has a special dietary need and/or food allergies, please contact your Teacher or Family Advocate. A diet modification request form must be complete for any child who has a dietary need or food allergy.
- A healthy breakfast and lunch will be served daily through family-style. Snacks are served in full day classrooms.
- Food experiences and classroom nutrition activities will be incorporated into your child's education.
- Menu's follows the CACFP/USDA nutritional guidelines.
- Ask your Teacher or Family Advocate if you are interested in any recipes we serve to make at home.
- Our program welcomes families to share ideas and recipes with our nutrition team, it just might end up on the menu!

MENU - SET #1, Page 2

Week of September 2nd, October 7th, & November 11th

	MONDAY 9/2/24 10/7/24 11/11/24	TUESDAY 9/3/24 10/8/24 11/12/24	WEDNESDAY 9/4/24 10/9/24 11/13/24	THURSDAY 9/5/24 10/10/24 11/14/24	FRIDAY 9/6/24 10/11/24 11/15/24
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 c. Cheerios (WGR) 1/2 c. Mangoes 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>) 1/2 sl. (WGR) Toast may also be served	1 1/2 (WGR) French Toast Sticks 1/2 c. Strawberries 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 pc Breakfast Pizza ½ c. Bananas 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	Class Choice (Must be approved menu items only) 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 Bagel/Cream Cheese 1/2 c. Oranges 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	1 Fish Fillet or 4 Fish Nuggets (WGR) 1/4 c. Pears 1/4 c. Carrots 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	2/3 c. Cheesy Goulash 1/4 c. Spinach/Lettuce Mixture w/ dressing 1/4 c. Mandarin Oranges 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 Turkey & Cheese Sandwich on (WGR) Bun or Bread 1/4 c. Green Beans 1/4 c. Peaches 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 1/2 oz. Taco Haystacks w (WGR) Tortilla Chips or Taco Shells <i>WG softshells for EHS</i> 1/4 c. Pineapple 1/4 c. Shredded Lettuce 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 Chicken Patty w/(WGR) Bun 1/4 c. Tropical Fruit 1/4 c. Peas 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
PM SNACK: (2 of the 5 components listed above)	1/4 c. Yogurt 1/2 c. Blueberries	1/4 c. Honey Teddy Grahams (WGR) 1/2 c. 100% Grape Juice	1/3 c. Cereal Snack Mix 1/2 c. Skim Milk (<i>Whole Milk for under age 2</i>)	3 Ritz Crackers 1/4 c. Cottage Cheese	

Water available at meals/snacks and throughout the day.

WGR = Whole Grain-Rich

What is CACFP

- The Child and Adult Care Food Program (CACFP) is a federal program that provides for nutritious meals and snacks to eligible children who are enrolled in Head Start/Early Head Start/Child Development Center Programs.
- CACFP ensures children have access to nutritious meals and snacks.
- Our program participates in CACFP, which means we follow the CACFP meal pattern guidelines which focuses on serving milk, fruits, vegetables, meat/meat alternates and grains each day.

MENU - SET #1, Page 3

Week of September 9th, October 14th, & November 18th

	MONDAY 9/9/24 10/14/24 11/18/24	TUESDAY 9/10/24 10/15/24 11/19/24	WEDNESDAY 9/11/24 10/16/24 11/20/24	THURSDAY 9/12/24 10/17/24 11/21/24	FRIDAY 9/13/24 10/18/24 11/22/24
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 c Frosted Mini-Wheats 1/2 c. Applesauce 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>) 1/2 sl. (WGR) Toast may also be served	1 sl. Banana Bread 1/2 c. Mangoes 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 English Muffin (WGR) 1/2 oz. Ham 1/2 c. 100% Orange Juice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 (.7 oz.) (WGR) Pancake 2 Sausage Links 1/2 c. 100% Apple Juice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 c. Life Original Cereal (WGR) 1/2 c. Oranges 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	1/2 Chicken Quesadilla w/ (WGR) soft shell tortilla 1/4 c. Lettuce & Cheese 1/4 c. Mandarin Oranges 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 Ham & Cheese Sandwich on (WGR) Bun or Bread 1/4 c Cooked Carrots 1/4 c. Grapes (cut in 1/2) 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	3/4 c. Taco Soup (1 1/2 oz mt w/ shredded cheese 1/2 oz. (WGR) Tortilla Chips* *Use Oyster Crackers for EHS 1/4 c. Peaches 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	4 Chicken Strips (WGR) 1/4 c. Sweet Potato Tots or Fries 1/4 c. Pears 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	2/3 c. Cavatini 1/4 c. Peas 1/4 c. Tropical Fruit 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
PM SNACK: (2 of the 5 components listed above)	3 Ritz Crackers 1/2 c. Pineapple	1/2 c. Strawberries 1/8 c. Cottage Cheese	2 sq. Graham Crackers 1/4 c. Yogurt	1/2 c. Bananas 1/2 c. Skim Milk (<i>Whole Milk for under age 2</i>)	

Water available at meals/snacks and throughout the day.

WGR = Whole Grain-Rich

The following charts identifies the meal requirements for breakfast, lunch and snack.

BREAKFAST MEAL PATTERNS Serve Milk, Grains*, Vegetables or Fruit

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup
Vegetables, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. oz eq = ounce equivalents

LUNCH & SUPPER MEAL PATTERNS Serve all 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup*
Meat & Meat Alternates	1 oz	1 1/2 oz	2 oz	2 oz
Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

*A serving of milk is not required at supper meals for adults oz eq = ounce equivalents

SNACK MEAL PATTERNS Serve 2 of the 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup
Meat & Meat Alternates	1/2 oz	1/2 oz	1 oz	1 oz
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq

oz eq = ounce equivalents

MENU - SET #1, Page 4

Week of September 16th, October 21st, & November 25th

	MONDAY 9/16/24 10/21/24 11/25/24	TUESDAY 9/17/24 10/22/24 11/26/24	WEDNESDAY 9/18/24 10/23/24 11/27/24	THURSDAY 9/19/24 10/24/24 11/28/24	FRIDAY 9/20/24 10/25/24 11/29/24
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 c. Wheaties (WGR) 1/2 c. Strawberries 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>) 1/2 sl. (WGR) Toast may also be served	3 Pancake Wrapped Sausages (WGR) 1/2 c. Pineapple 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 Blueberry Muffin 1/4 c. Apple Slices 1/4 c. Applesauce for EHS 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 Breakfast Burritos (filled with scrambled eggs, ham & cheese) 1/2 c. 100% Orange Juice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 (WGR) English Muffin 1/2 c. Pears 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	3/4 c. Cheesy Chicken & Noodles (WGR) 1/4 c. Carrots 1/4 c. Peaches 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	2-3 Meatballs 1/4 c. Mashed Potatoes 1/4 c. Green Beans 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 Fish Fillet or 4 Fish Nuggets (WGR) 1/4 c. Broccoli 1/4 c. Mangoes 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	Cook's Choice (Must be approved menu items only and offer WGR) 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 Grilled Ham & Cheese Sandwich (WGR) 1/4 c. Baked Beans 1/4 c. Tropical Fruit 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
PM SNACK: (2 of the 5 components listed above)	1/2 c. Blueberries 1/8 c. Cottage Cheese	6 Animal Crackers 1/2 c. 100% Grape Juice	3 Ritz Crackers 1/2 oz. String Cheese	1/4 c. Honey Teddy Grahams (WGR) 1/2 c. Skim Milk (<i>Whole Milk for under age 2</i>)	

Water available at meals/snacks and throughout the day.

WGR = Whole Grain-Rich

MyPlate

Remember the food pyramid? Meet MyPlate, the official symbol of the five food groups. MyPlate is a wonderful nutritional resource for families. Learn how to make MyPlate work for you and your family. Go to www.myplate.gov for more information.



MENU - SET #1, Page 5

Week of September 23rd, October 28th, & December 2nd

	MONDAY 9/23/24 10/28/24 12/2/24	TUESDAY 9/24/24 10/29/24 12/3/24	WEDNESDAY 9/25/24 10/30/24 12/4/24	THURSDAY 9/26/24 10/31/24 12/5/24	FRIDAY 9/27/24 11/1/24 12/6/24
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 oz. Kix Cereal (WGR) 1/2 c. Blueberries 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>) 1/2 sl. (WGR) Toast may also be served	1 1/2 (WGR) French Toast Stick 2 Sausage links 1/2 c. 100% Orange Juice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 (.7 oz.) Waffle (WGR) 1/2 c. Strawberries 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/4 c. Baked Scrambled Eggs 1/2 sl. (WGR) Toast 1/2 c. Bananas 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 oz. Frosted Mini-Wheat Cereal 1/2 c. Tropical Fruit 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	1 Turkey & Cheese Sandwich on (WGR) Bun or Bread 1/4 c. Broccoli 1/4 c. Pineapple 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	3/4 c. Spaghetti Noodles/Sauce 1 ½ oz Meat Balls 1/4 c. Green Beans 1/4 c. Peaches 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 c. Chili (w/beans with shredded Cheese) 1/2 sl. Bread (WGR) 1/4 c. Pears 1/4 c. Carrots 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	2/3 c. Chicken & Cheese Enchilada Casserole w WGR Tortillas 1/4 c. Lettuce & Shredded Carrots 1/4 c. Mixed Fruit 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 pc Beef & Cheese Pizza 1/4 c. Cooked Carrots 1/4 c. Pineapple 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
PM SNACK: (2 of the 5 components listed above)	6 Wheat Thins (WGR) 1/2 oz. String Cheese	2 sq. Graham Crackers 1/4 c. Yogurt	1/4 c. Honey Teddy Grahams (WGR) 1/2 c Apple Slices 1/2 c. Applesauce/EHS	1/2 c. Cheerios 1/2 c. Skim Milk (<i>Whole Milk for under age 2</i>)	

Water available at meals/snacks and throughout the day.

WGR = Whole Grain-Rich

SNACKS

- Young children often cannot eat large meals due to their tiny tummies. Snacks can provide the food they need in smaller amounts.
- Snacks should be served one and a half to two hours before meals.
- Snacking only on foods like candy, cookies, cake and carbonated beverages can become a habit that is hard to change. So, begin early to teach children to eat the right kinds of snacks.