

# MENU - SET #3, Page 1

Week of March 24th, April 28th, & June 2nd

CACFP Site Numbers: Ida 1001, CH 1002, SC 1003, LM 1004, RR 1005, CDC 1008, OC 1009, LMTC 1010, SCTC 1012

	<b>MONDAY</b> 3/24/25 4/28/25 6/2/25	<b>TUESDAY</b> 3/25/25 4/29/25 6/3/25	<b>WEDNESDAY</b> 3/26/25 4/30/25 6/4/25	<b>THURSDAY</b> 3/27/25 5/1/25 6/5/25	<b>FRIDAY</b> 3/28/25 5/2/25 6/6/25
<b>BREAKFAST:</b>  <b>Milk</b> <b>Vegetables, Fruits or portions of both</b> <b>Grains</b> (3 of the 5 components Listed above)	1/2 c. (WGR) Kix Cereal 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 (.7 oz.) (WGR) Pancake 1/2 oz. (2) Sausage Links 1/2 c. 100% Juice 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 Breakfast Burrito 1/2 c. Pineapple 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 (WGR) Bread/Toast 1/2 oz, 1 Cheddar Cheese Slice 1/2 c. Bananas 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 Bagel w/ cream cheese 1/2 c. Strawberries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>LUNCH:</b>  <b>Milk</b> <b>Meat or Meat Alternate</b> <b>Vegetables</b> <b>Fruits</b> <b>Grains</b>	1 Cheeseburger w/(WGR) Bun 1/4 c. Green Beans 1/4 c. Tropical fruit 1/2 sl. WG Bread 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	3/4 c. Chicken Alfredo 1/4 c. Broccoli 1/4 c. Apples - HS 1/4 c. Applesauce - EHS 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 Grilled Ham & Cheese Sandwich ((WGR) Bread) 1/4 c. Peas 1/4 c. Peaches 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 serving Bubble Pizza 1/4 c. California Medley 1/4 c. Mandarin Oranges 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 WG Softshell for EHS 1/4 c. Romaine Lettuce 1/4 c. Shredded Cheese 1/4 c. Pears 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>PM SNACK:</b>  (2 of the 5 components listed above)	1/2 c. Peaches 1/8 c. Cottage Cheese	1/2 c. Oranges 16 WG Honey Teddy Grahams	1 Yogurt Parfait: Yogurt, Granola, Fruit	19 Goldfish Crackers 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

## Did you know that maintaining a healthy diet also means you are careful with what you drink?

- High sugar drinks take away a child's appetite for healthy foods.
- Sugar can provide the calories, but not the vitamins and minerals children need to grow and be healthy.
- Fruit juice contains 6 teaspoons of sugar in an 8 oz serving.
- A 20 oz soft drink can contain 15-20 teaspoons of sugar.
- There are 15-20 teaspoons of sugar with 500-700 calories in a 20 oz milkshake.
- Children over the age of 2 should drink 1% or skim milk.
- It is important to be aware of the sugar and fat in your favorite beverages. As a CACFP provider, we use the best practice of only serving non-flavored milk or water to keep your child healthy and strong!

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Week of March 31st, May 5th, & June 9th

CACFP Site Numbers: Ida 1001, CH 1002, SC 1003, LM 1004, RR 1005, CDC 1008, OC 1009, LMTC 1010, SCTC 1012

	<b>MONDAY</b> 3/31/25 5/5/25 6/9/25	<b>TUESDAY</b> 4/1/25 5/6/25 6/10/25	<b>WEDNESDAY</b> 4/2/25 5/7/25 6/11/25	<b>THURSDAY</b> 4/3/25 5/8/25 6/12/25	<b>FRIDAY</b> 4/4/25 5/9/25 6/13/25
<b>BREAKFAST:</b>  <b>Milk</b> <b>Vegetables, Fruits or portions of both</b> <b>Grains</b> (3 of the 5 components Listed above)	1/2 c. (WGR) Wheaties 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) Fr Toast Sticks 2 Sausage Links 1/2 c. 100% Juice 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 (WGR) English Muffin 1/2 c. Bananas 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 sl. Banana Bread 1/2 c. Mandarin Oranges 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 oz. (3) Pancake wrapped sausage links 1/2 c. Strawberries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>LUNCH:</b>  <b>Milk</b> <b>Meat or Meat Alternate</b> <b>Vegetables</b> <b>Fruits</b> <b>Grains</b>	1 Chicken Patty w/(WGR) Bun 1/4 c. Sweet Potato Fries or Sweet Potato Tots 1/4 c. Mangoes 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	2/3 c. Hamburger Stroganoff 1/4 c. Carrots 1/4 c. Pears 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. California Medley 1/4 c. Tropical Fruit 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	<b>Class Choice</b> <b>**Must provide (WGR)</b>  3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	2/3 c. Cheesy Tuna Noodle Casserole (WGR noodles) 1/4 c. Peas 1/4 c. Peaches 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>PM SNACK:</b>  (2 of the 5 components listed above)	6 Animal Crackers 100% Juice	1/3 c. Cereal Snack Mix 1/2 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 c. Strawberries 1/8 c. Cottage Cheese	19 Goldfish Crackers 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

## Toothbrushing

Too much toothpaste may harm the appearance of young children's teeth. Since preschool children often swallow tooth paste, they may absorb too much fluoride and get fluorosis (snowflaking the the tooth enamel). Supervise young children when they brush their teeth and make sure they do not use more than a pea size amount of toothpaste.

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Week of April 7th, May 12th, & June 16th

CACFP Site Numbers: Ida 1001, CH 1002, SC 1003, LM 1004, RR 1005, CDC 1008, OC 1009, LMTC 1010, SCTC 1012

	MONDAY 4/7/25 5/12/25 6/16/25	TUESDAY 4/8/25 5/13/25 6/17/25	WEDNESDAY 4/9/25 5/14/25 6/18/25	THURSDAY 4/10/25 5/15/25 6/19/25	FRIDAY 4/11/25 5/16/25 6/20/25
<b>BREAKFAST:</b>  <b>Milk</b> <b>Vegetables, Fruits or portions of both Grains</b> (3 of the 5 components Listed above)	1/2 oz. (WGR) Kix 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	1 Baked Scrambled Egg 1/2 c. 100% Juice 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )  1/2 sl. (WGR) Toast may also be served	1/2 Blueberry Muffin 1/2 c. Bananas 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 (.7 oz.) (WGR) Waffle 2 Sausage Links 1/2 c. 100% Juice 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 oz. (WGR) Cheerios 1/2 c. Orange Slices 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>LUNCH:</b>  <b>Milk</b> <b>Meat or Meat Alternate</b> <b>Vegetables</b> <b>Fruits</b> <b>Grains</b>	1/2 Hamburger, Slice of Cheese & (WGR) Bun 1/4 c. Baked Beans 1/4 c. Mandarin Oranges 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	4 Fish Nuggets (WGR) 1/4 c. Baked Fries or Tots 1/4 c. Pears 1/2 sl. Bread/Dinner Roll 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	2 (WGR) Chicken Strips 1/4 c. Romaine Lettuce/dressing 1/4 c. Pears 1/4 c. Shredded Cheese for Garnish 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	2/3 c. Cavatini 1/4 c. Green Beans 1/4 c. Mixed Fruit 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	2/3 c. Tator Tot Casserole 1/4 c. Peaches 1/2 sl. (WGR) Bread/Dinner Roll 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>PM SNACK:</b>  (2 of the 5 components listed above)	6 Wheat Thin Crackers (WGR) 1/2 oz. Cheese Cubes/Slices	1/4 c. Yogurt 1/2 c. Blueberries	1/2 c. Oyster Crackers 1/2 c. 100% Applesauce	1/4 c. (10) Cheez It Snack Crackers 1/2 c. Sliced Grapes	

Water available at meals/snacks and throughout the day.

WGR = Whole Grain-Rich

## Rainbow Fruit Salad

- Watermelon, Cantaloupe, Pineapple, Kiwi, Blueberries: this is sure to be a favorite for kids and great way to get them involved in the kitchen. Wash, peel, and dice fruit as needed. To keep the fruit looking fresh, squeeze a lemon or lime over the fruit. Mix together and enjoy!

# MENU - SET #3, Page 4

Week of April 14th, May 19th, & June 23rd  
CACFP Site Numbers: Ida 1001, CH 1002, SC 1003, LM 1004, RR 1005, CDC 1008, OC 1009, LMTC 1010, SCTC 1012

	MONDAY 4/14/25 5/19/25 6/23/25	TUESDAY 4/15/25 5/20/25 6/24/25	WEDNESDAY 4/16/25 5/21/25 6/25/25	THURSDAY 4/17/25 5/22/25 6/26/25	FRIDAY 4/18/25 5/23/25 6/27/25
<b>BREAKFAST:</b>  <b>Milk</b> <b>Vegetables, Fruits or portions of both Grains</b> (3 of the 5 components Listed above)	1/2 oz. (WGR) Frosted Mini Wheats 1/2 c. Pineapple 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )  1/2 sl. (WGR) Toast may also be served	1 (.7 oz.) (WGR) Pancake 2 Sausage Links 1/2 c. 100% Juice 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 sl. Banana Bread 1/2 c. Strawberries 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	<b>Cook's Choice</b>      3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 (WGR) English Muffin 1/2 c. Bananas 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>LUNCH:</b>  <b>Milk</b> <b>Meat or Meat Alternate</b> <b>Vegetables</b> <b>Fruits</b> <b>Grains</b>	1 Chicken Patty 1 (WGR) Bun 1/4 c. Corn 1/4 c. Pears 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	2/3 c. Scalloped Potatoes and Ham 1/4 c. Broccoli 1/4 c. Pears 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 Turkey/Cheese Sub Sandwich (1 1/2 oz. Meat/Cheese) w/(WGR) Hot Dog Bun 1/4 c. Green Beans 1/4 c. Applesauce 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 Chicken Quesadilla w/ WG soft shell tortilla Shredded Cheese 1/4 c. Shredded Lettuce 1/4 c. Peaches 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	2/3 c. Cheesy Tuna & (WGR) Noodles 1/4 c. Peas 1/4 c. Mandarin Oranges 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>PM SNACK:</b>  (2 of the 5 components Listed above)	16 (WGR) Teddy Grahams 1/2 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/4 c. Cottage Cheese 1/2 c. Peaches	Carrots w/ ranch—HS 19 Goldfish Crackers— EHS 1/2 c. 100% Juice	4 (WGR) Saltine Crackers 1 String cheese or cube cheese	

Water available at meals/snacks and throughout the day.

WGR = Whole Grain –Rich

## Muffin Tin Recipes

- Potato and Egg Cup:** ½ cup grated potato, 1 egg, melted butter, salt and pepper. Preheat oven to 400°. Press potatoes tightly into the tin around the edges and the bottom to resemble a nest. Brush lightly with butter. Bake for 15 to 20 minutes. Allow the nests to cool and then crack the egg into each nest. Add salt and pepper to taste. Bake for about 15 more minutes until egg whites are set. Serve while warm and have the children sprinkle their favorite cheese on top
- Taco Pie:** 3" pie crust or tortilla circle, ¾ ounce refried beans, ¾ ounce cooked ground beef (prepared with taco seasoning), shredded cheese, ¼ cup shredded lettuce, diced tomatoes, & onion, and chopped avocado mixture Preheat oven to 350°. Press pastry until it fits neatly into the cup. Spoon the beef and refried beans into the cups. Sprinkle with cheese. Bake until cheese melts and edges of crust is brown. Top with lettuce mix.

# MENU - SET #3, Page 5

Week of April 21st, May 26th, & June 30th

CACFP Site Numbers: Ida 1001, CH 1002, SC 1003, LM 1004, RR 1005, CDC 1008, OC 1009, LMTC 1010, SCTC 1012

	<b>MONDAY</b> 4/21/25 5/26/25 6/30/25	<b>TUESDAY</b> 4/22/25 5/27/25 7/1/25	<b>WEDNESDAY</b> 4/23/25 5/28/25 7/2/25	<b>THURSDAY</b> 4/24/25 5/29/25 7/3/25	<b>FRIDAY</b> 4/25/25 5/30/25 7/4/25
<b>BREAKFAST:</b>  <b>Milk</b> <b>Vegetables, Fruits or portions of both</b> <b>Grains</b> (3 of the 5 components Listed above)	1/2 oz. (WGR) Life Cereal 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 Sticks 2 Sausage Links 1/2 c. Oranges 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 oz. (WGR) Wheaties 1/2 c. Banana 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 Bagel w/ cream cheese 1/2 c. Pineapple Tidbits 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 Blueberry Muffin 1/2 c. Applesauce 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>LUNCH:</b>  <b>Milk</b> <b>Meat or Meat Alternate</b> <b>Vegetables</b> <b>Fruits</b> <b>Grains</b>	1 1/2 oz. Cream Chicken w Grand Biscuit 1/4 c. California Medley Veggies 1/4 c. Pears 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 c. Spaghetti & Meat Balls 1/4 c. Corn 1/4 c. Pears 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	Cheese Pizza 1/4 c. Romaine Lettuce/dressing 1/4 c. Shredded Cheese for Garnish 1/4 c. Tropical Fruit 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	3/4 c. Egg Bake w/sausage OR cubed ham & hash-browns 1 (WGR) Bread or Dinner Roll 1/4 c. Mandarin Oranges 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1 1/2 oz Tavern w/(WGR) bun 1/4 c. Baked Fries or Tots 1/4 c. Peas 3/4 c. Skim Milk ( <i>Whole Milk for under age 2</i> )
<b>PM SNACK:</b>  (2 of the 5 components Listed above)	1/2 c. Strawberries 1/4 c. Cottage Cheese	1/2 oz Wheat Ritz Crackers (WGR) 1/2 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	1/2 c. Cheerios 1/2 c. Skim Milk ( <i>Whole Milk for under age 2</i> )	<b>Cooks Choice</b>	

Water available at meals/snacks and throughout the day.

**WGR** = Whole Grain-Rich

## Being Active

- **Why is it important for my child to be active and play?** 1). Young children need to be active to grow & develop. 2). Children need to do things over & over in order to learn them and do them well. 3). Children need to explore, try new things & discover for themselves.
- **What kinds of play do children like?** 1). Copying parents doing things. 2). Playing with toys they can push & pull. 3). Repeating movements or activities. 4). Dumping things out of containers.
- **Body Part Follow the Leader:** *Move your body parts as you repeat the words & encourage your child to:* Bend one knee and an elbow, nod your head, look high & low, shake a leg, clap your hands, wave your arms, make circles with your hips, wiggle your fingers, smile, put your feet together, pick up your