

# MENU - SET #1, Page 1

Week of August 28th, October 2nd, & November 6th

|  | <b>MONDAY</b><br>8/28/23 10/2/23 11/6/23  | <b>TUESDAY</b><br>8/29/23 10/3/23 11/7/23                                     | <b>WEDNESDAY</b><br>8/30/23 10/4/23 11/8/23   | <b>THURSDAY</b><br>8/31/23 10/5/23 11/9/23   | <b>FRIDAY</b><br>9/1/23 10/6/23 11/10/23   |
|--|---|---|---|--|--|
| <b>BREAKFAST:</b><br><br><b>Milk</b><br><b>Vegetables, Fruits or portions of both Grains</b><br>(3 of the 5 components Listed above) | 1/2 c Approved Cereal<br>1/2 c. Mangos<br>3/4 c. Skim Milk<br><br><i>1/2 sl. WG Toast may also be served</i>                | 1 pc. Scrambled Eggs<br>1/2 sl. WG Toast<br>1/2 c. Banana<br>3/4 c. Skim Milk | 1/2 oz, (3) Pancake wrapped sausage links<br>1/2 c. Strawberries<br>3/4 c. Skim Milk                      | 1/2 WG Bagel/Cream Cheese<br>1/2 c. Blueberries<br>3/4 c. Skim Milk                            | 1/2 sl. WG Toast<br>1 Cheese Slice<br>1/2 c. Pears<br>3/4 c. Skim Milk                         |
| <b>LUNCH:</b><br><br><b>Milk</b><br><b>Meat or Meat Alternate</b><br><b>Vegetables</b><br><b>Fruits</b><br><b>Grains</b>             | 4 Chicken Strips (WG)<br>1/4 c. Lettuce w/ dressing<br>1/4 c. Apple Slices<br>1/4 c. Applesauce for EHS<br>3/4 c. Skim Milk | 1/2 Tavern WG Bun<br>1/4 c. Corn<br>1/4 c. Baked Beans<br>3/4 c. Skim Milk    | 3/4 c. Macaroni & Cheese<br>1/2 oz. Ham<br>1/4 c. Broccoli<br>1/4 c. Mandarin Oranges<br>3/4 c. Skim Milk | 2/3 c. Cheesy Tuna & Noodles (WG )<br>1/4 c. Peas<br>1/4 c. Tropical Fruit<br>3/4 c. Skim Milk | 1/2 Cheeseburger w/ WG bun<br>1/4 c. Baked Fries or Tots<br>1/4 c. Peaches<br>3/4 c. Skim Milk |
| <b>PM SNACK:</b><br><br>(2 of the 5 components listed above)   | 6 Wheat Thins (WG)<br>1/2 c. Pineapple Chunks   | 1/4 c. Yogurt<br>1/2 c. Cheerios  | 4 Flipside Crackers<br>1/2 c. Sliced Grapes   | 1/4 c. (10) Cheez It Snack Crackers<br>1/2 c. 100% Juice                                       |  |

Water available at meals/snacks and throughout the day.

**WG** = Whole Grain Source

## ***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!

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Week of September 4th, October 9th, & November 13th

|  | <b>MONDAY</b><br>9/4/23 10/9/23 11/13/23   | <b>TUESDAY</b><br>9/5/23 10/10/23 11/14/23   | <b>WEDNESDAY</b><br>9/6/23 10/11/23 11/15/23  | <b>THURSDAY</b><br>9/7/23 10/12/23 11/16/23  | <b>FRIDAY</b><br>9/8/23 10/13/23 11/17/23  |
|--|--|--|---|--|--|
| <b>BREAKFAST:</b><br><br><b>Milk</b><br><b>Vegetables, Fruits or portions of both Grains</b><br>(3 of the 5 components Listed above) | 1/2 c. WG Cereal<br>1/2 c. Mangoes<br>3/4 c. Skim Milk<br><br><i>1/2 sl. WG Toast may also be served</i> | 1 1/2 WG French Toast Sticks<br>1/2 c. Strawberries<br>3/4 c. Skim Milk  | 1 pc Breakfast Pizza<br>½ c. Bananas<br>¾ c. Skim Milk  | <b>Class Choice</b>  | 1/2 WG Bagel/Cream Cheese<br>1/2 c. Pineapple Tidbits<br>3/4 c. Skim Milk            |
| <b>LUNCH:</b><br><br><b>Milk</b><br><b>Meat or Meat Alternate</b><br><b>Vegetables</b><br><b>Fruits</b><br><b>Grains</b>             | 1 Fish Fillet or 4 Fish Nuggets<br>1/4 c. Pears<br>1/2 sl. WG Dinner Roll/Bread<br>3/4 c. Skim Milk      | 2/3 c. Cheesy Goulash<br>1/4 c. Spinach/Lettuce Mixture w/ dressing<br>1/4 c. Mandarin Oranges<br>3/4 c. Skim Milk | 1 Turkey & Cheese Sub Sandwich (on WG Hotdog Bun)<br>1/4 c. Green Beans<br>1/4 c. Peaches<br>3/4 c. Skim Milk | 1 1/2 oz. Taco Haystacks w WG Tortilla Chips or Taco Shells<br><i>WG softshells for EHS</i><br>1/4 c. Shredded Cheese<br>1/4 c. Shredded Lettuce<br>3/4 c. Skim Milk | 1 Chicken Patty w/WG Bun<br>1/4 c. Tropical Fruit<br>1/4 c. Peas<br>3/4 c. Skim Milk |
| <b>PM SNACK:</b><br><br>(2 of the 5 components listed above)   | 1/4 c. Yogurt<br>1/2 c. Blueberries  | 16 WG Honey Teddy Grahams<br>1/2 c. Applesauce   | 1/3 c. Cereal Snack Mix<br>1/2 c. Skim Milk   | 1/2 c. WG Ritz Crackers<br>1/4 c. Cheese Slices  |  |

Water available at meals/snacks and throughout the day.

**WG** = Whole Grain Source

## 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.

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Week of September 11th, October 16th, & November 20th

|  | MONDAY  |          |          | TUESDAY   |          |          | WEDNESDAY   |          |          | THURSDAY  |          |          | FRIDAY   |          |          |
|--|---|----------|----------|---|----------|----------|---|----------|----------|---|----------|----------|--|----------|----------|
|  | 9/11/23   | 10/16/23 | 11/20/23 | 9/12/23   | 10/17/23 | 11/21/23 | 9/13/23   | 10/18/23 | 11/22/23 | 9/14/23   | 10/19/23 | 11/23/23 | 9/15/23  | 10/20/23 | 11/24/23 |
| <b>BREAKFAST:</b><br><br><b>Milk</b><br><b>Vegetables, Fruits or portions of both</b><br><b>Grains</b><br>(3 of the 5 components Listed above) | 1/2 c Approved Cereal<br>1/2 c Applesauce<br>3/4 c Skim Milk<br><br><i>1/2 sl. WG Toast may also be served</i>                                      |          |          | 1 sl. Banana Bread<br>1/2 c. Tropical Fruit Mix<br>3/4 c. Skim Milk   |          |          | 1/2 English Muffin WG<br>1/2 oz. Ham<br>1/2 c. 100% Juice<br>3/4 c. Skim Milk   |          |          | 1 (.7 oz.) WG Pancake<br>2 Sausage Links<br>1/2 c. 100% Juice<br>3/4 c. Skim Milk                           |          |          | 1/2 c. WG Cereal<br>1/2 c. Oranges<br>3/4 c. Skim Milk               |          |          |
| <b>LUNCH:</b><br><br><b>Milk</b><br><b>Meat or Meat Alternate</b><br><b>Vegetables</b><br><b>Fruits</b><br><b>Grains</b>                       | 1/2 Chicken Quesadilla w/WG soft shell tortilla<br>1/4 c. Shredded Cheese<br>1/4 c. Shredded Lettuce<br>1/4 c. Mandarin Oranges<br>3/4 c. Skim Milk |          |          | 1 Ham & Cheese Sub Sandwich (WG Hotdog Bun)<br>1/4 c Cooked Carrots<br>1/4 c. Grapes (cut in 1/2)<br>3/4 c. Skim Milk |          |          | 3/4 c. Taco Soup (1 1/2 oz mt)<br>1/4 c. Shredded Cheese<br>1/2 oz. WG Tortilla Chips*<br><b>*Use Oyster Crackers for EHS</b><br>1/4 c. Peaches<br>3/4 c. Skim Milk |          |          | Chicken Strips<br>1 WG Dinner Roll<br>1/4 c. Sweet Potato Tots or Fries<br>1/4 c. Pears<br>3/4 c. Skim Milk |          |          | 2/3 c. Cavatini<br>1/4 c. Peas<br>1/4 c. Bananas<br>3/4 c. Skim Milk |          |          |
| <b>PM SNACK:</b><br><br>(2 of the 5 components listed above)   | 4 Ritz Wheat Crackers<br>1/2 c. Pineapple   |          |          | 1/2 c. Strawberries<br>1/8 c. Cottage Cheese  |          |          | 2 sq. Graham Crackers<br>1/4 c. Yogurt  |          |          | 1/2 c. Bananas<br>1/2 c. Skim Milk  |          |          |  |          |          |

Water available at meals/snacks and throughout the day.

WG = Whole Grain Source

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

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Week of September 18th, October 23rd, & November 27th

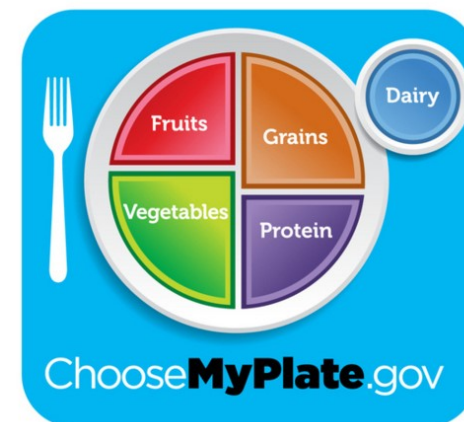
|  | MONDAY  |          |          | TUESDAY  |          |          | WEDNESDAY   |          |          | THURSDAY   |          |          | FRIDAY  |          |         |
|--|---|----------|----------|--|----------|----------|---|----------|----------|--|----------|----------|---|----------|---------|
|  | 9/18/23   | 10/23/23 | 11/27/23 | 9/19/23  | 10/24/23 | 11/28/23 | 9/20/23   | 10/25/23 | 11/29/23 | 9/21/23  | 10/26/23 | 11/30/23 | 9/22/23   | 10/27/23 | 12/1/23 |
| <b>BREAKFAST:</b><br><br><b>Milk</b><br><b>Vegetables, Fruits or portions of both Grains</b><br>(3 of the 5 components Listed above) | 1/2 c. WG Cereal<br>1/2 c. Strawberries<br>3/4 c. Skim Milk<br><br><i>1/2 sl. WG Toast may also be served</i> |          |          | 3 Pancake Wrapped Sausages<br>1/2 c. Pineapple<br>3/4 c. Skim Milk   |          |          | 1/2 Blueberry Muffin<br>1/4 c. Apple Slices<br><i>1/4 c. Applesauce for EHS</i><br>3/4 c. Skim Milk |          |          | 1 Breakfast Burritos (filled with scrambled eggs, ham & cheese)<br>1/2 c. 100% Juice<br>3/4 c. Skim Milk |          |          | 1/2 WG English Muffin<br>1/2 c. Strawberries<br>3/4 c. Skim Milk  |          |         |
| <b>LUNCH:</b><br><br><b>Milk</b><br><b>Meat or Meat Alternate</b><br><b>Vegetables</b><br><b>Fruits</b><br><b>Grains</b>             | 3/4 c. Cheesy Chicken & Noodles<br>1/4 c. Peas & Carrots<br>1/4 c. Peaches<br>1/4 c. Skim Milk                |          |          | 1 Fish Fillet or 4 Fish Nuggets (WG)<br>1 WG Dinner Roll<br>1/4 c. Broccoli<br>1/4 c. Mangos<br>3/4 c. Skim Milk |          |          | 2-3 Meatballs<br>1/4 c. Mashed Potatoes<br>1/4 c. Green Beans<br>3/4 c. Milk                        |          |          | <b>Cook's Choice</b>   |          |          | 1/2 Grilled Ham & Cheese Sandwich (WG)<br>1/2 c. Baked French Fries or Tots<br>1/4 c. Baked Beans<br>3/4 c. Skim Milk |          |         |
| <b>PM SNACK:</b><br><br>(2 of the 5 components listed above)   | 1/2 c. Blueberries<br>1/8 c. Cottage Cheese   |          |          | 6 Animal Crackers<br>1/2 c. 100% Juice   |          |          | 6 WG Ritz Crackers<br>1/2 oz. Cheese Slice  |          |          | 1/2 oz. WG Teddy Grahams<br>1/2 c. Skim Milk   |          |          |   |          |         |

Water available at meals/snacks and throughout the day.

**WG** = Whole Grain Source

## 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](http://www.myplate.gov) for more information.



# MENU - SET #1, Page 5

Week of September 25th, October 30th, & December 4th

|  | MONDAY<br>9/25/23 10/30/23 12/4/23  | TUESDAY<br>9/26/23 10/31/23 12/5/23   | WEDNESDAY<br>9/27/23 11/1/23 12/6/23  | THURSDAY<br>9/28/23 11/2/23 12/7/23  | FRIDAY<br>9/29/23 11/3/23 12/8/23   |
|--|---|---|---|--|---|
| <b>BREAKFAST:</b><br><br><b>Milk</b><br><b>Vegetables, Fruits or portions of both Grains</b><br>(3 of the 5 components Listed above) | 1/2 oz. Approved Cereal<br>1/2 c. Peaches<br>3/4 c. Skim Milk<br><br><i>1/2 sl. WG Toast may also be served</i> | 1 1/2 WG French Toast Stick<br>2 Sausage links<br>1/2 c. Blueberries<br>3/4 c. Skim Milk                                | 1 (.7 oz.) Waffle<br>1/2 c. Strawberries<br>3/4 c. Skim Milk  | 1/4 c. Baked Scrambled Eggs<br>1/2 sl. WG Toast<br>1/2 c. Bananas<br>3/4 c. Skim Milk                                      | 1/2 oz. Approved Cereal<br>1/2 c. Tropical Fruit<br>3/4 c. Skim Milk                              |
| <b>LUNCH:</b><br><br><b>Milk</b><br><b>Meat or Meat Alternate</b><br><b>Vegetables</b><br><b>Fruits</b><br><b>Grains</b>             | 1 Turkey & Cheese Sub Sandwich (on WG Hotdog Bun)<br>1/4 c. Broccoli<br>1/4 c. Peaches<br>3/4 c. Skim Milk      | 3/4 c. Spaghetti Noodles/Sauce<br>1 1/2 oz Meat Balls<br>1/4 c. Green Beans<br>1/4 Mandarin Oranges<br>3/4 c. Skim Milk | 1/2 c. Chili (w/beans)<br>1/4 c. Shredded Cheese<br>1/4 c. Pineapple<br>1 pc. Cornbread<br>3/4 c. Skim Milk | 2/3 c. Chicken & Cheese Enchilada Casserole<br>1/4 c. Lettuce & Shredded Carrots<br>1/4 c. Mixed Fruit<br>3/4 c. Skim Milk | 1 pc Beef & Cheese Pizza<br>1/4 c. Cooked Carrots<br>1/4 c. Pineapple Tidbits<br>3/4 c. Skim Milk |
| <b>PM SNACK:</b><br><br>(2 of the 5 components listed above)   | 6 Wheat Thins<br>1/2 oz. Cheese Slices  | 2 sq. Graham Crackers<br>1/4 c. Yogurt  | 16 WG Teddy Grahams<br>1/2 c Apple Slices<br>1/2 c. Applesauce/EHS  | 1/2 c. Cheerios<br>1/2 c. Skim Milk  |   |

Water available at meals/snacks and throughout the day.

**WG** = Whole Grain Source

## 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.