

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains	1/2 oz. Approved Cereal or 1/2 sl. WW Toast 1/2 c. 100% Orange Juice 3/4 c. Skim Milk	1/2 (.6 oz.) WG Pancake 2 Sausage Links 1/2 c. Oranges 3/4 c. Skim Milk	1 sl. Banana Bread 1/2 c. Grapes (<i>Cut ion Half</i>) 3/4 c. Skim Milk	Cooks Choice	1/2 Blueberry Muffin 1/2 c. Bananas 3/4 c. Skim Milk
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	2/3 c. Macaroni & Cheese with Ham 1/4 c. Broccoli 1/4 c. Peaches 3/4 c. Skim Milk	1/2 Chicken Quesadilla w/ WG soft shell tortilla Shredded Cheese 1/4 c. Shredded Lettuce 1/4 c. Mixed Frz Fruit 3/4 c. Skim Milk	2/3 c. Cheesy Tuna & Noodles 1/4 c. Green Beans 1/4 c. Mandarin Oranges 3/4 c. Skim Milk	Cooks Choice	1 Chicken Patty 1 WG Bun 1/4 c. Corn 1/4 c. Pears 3/4 c. Skim Milk
PM SNACK: (2 of the 5 components Listed above)	1/2 oz gr eq/16 WG Teddy Grahams 1/2 Apple Slices * <i>EHS 1/2 c. Applesauce</i>	19 Goldfish Crackers 1/2 c. 100% Apple Juice Water	4 Ritz Wheat Crackers 1/2 c. Pineapple Water	Cooks Choice	1/4 c. Cottage Cheese 1/2 c. Peaches

MUFFIN TIN RECIPES from CACFP: Ages 3-5 (WG) = Whole Grain Source * Water available at meals/snacks and throughout the day

Potato and Egg Cup

- 1/2 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 (14 grams)
- 3/4 ounce refried beans
- 3/4 ounce cooked ground beef (prepared with taco seasoning)
- shredded cheese
- 1/4 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

French Toast Berry Cup

- 1 slice WGR bread, crust removed
- 1 egg • 2 tbsp milk • 1 tbsp cinnamon • 1/2 cup berries
- 1 tsp maple syrup
- Preheat oven to 375°
- In a large bowl, whisk eggs, milk, and cinnamon. Dunk bread into egg mixture making sure both sides are covered. Press into muffin tin. Bake for 10-12 minutes. Pour berries into the center and drizzle with the maple syrup.

