

CACFP WEEKLY MENU		Center: Play Academy			Month: April		Date: 1 to 30		
MEAL	COMPONENT	AGES	AGES	AGES	MONDAY	April	WEDNESDAY	THURSDAY	FRIDAY
Week 4		1-2	3-5	6-18	1	2	3	4	5
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Applesauce	Blueberries	Bananas	Fruit Cocktail	Strawberries
	Grain/Meat				Multigrain cheerios (WG)	Bagel	Waffles	Frosted mini wheat (WG)	Pancakes (WG)
	Meat Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Extras					Cream cheese	Syrup		Syrup
	Notes								
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat/								
	Meat Alternates	1/2 oz	1/2 oz	1 oz	American cheese			Cheese cubes	Yogurt
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Club crackers	Cheez it crackers	Goldfish crackers	Animal crackers	
	Vegetable	1/2 cup	1/2 cup	3/4 cup			Carrots		
	Fruit	1/2 cup	1/2 cup	3/4 cup		Oranges			Apples
Lunch	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Meat/				Chicken	Chicken Noodle soup	Ground	American cheese	Beef
	Meat Alternates	1 oz	1 1/2 oz	2 oz	Stir fry	Egg boiled	Beef	Grilled Sandwich	Meatloaf
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	White Rice	Wheat crackers (WG)	Whole grain Penne (WG)	Wheat bread (WG)	Wheat bread (WG)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Asian vegetables	Garden salad	Marinara sauce	Lentil Vegetable Soup	Mashed Potatoes
	Fruit	1/8 cup	1/4 cup	1/4 cup	Fruit salad	Bananas	Pears	Pineapple	Peaches
	Extras				Teriyaki sauce	Ranch			Pickles
	Notes								
Supper	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Meat/				Mexican cheese	Turkey & Cheese	Mozzarella cheese	Beef	Turkey
	Meat Alternates	1 oz	1 1/2 oz	2 oz	Beef, Refried beans	Wrap	Pizza	Sloppy Joe	American cheese
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Taco Shell (WG)	Wheat tortilla	Crust	Hamburger bun	Ritz crackers
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Lettuce, Salsa	Cucumbers	Baked beans	Carrots	Sweet Potato Fries
	Fruit	1/8 cup	1/4 cup	1/4 cup	Grapes	Mandarin Oranges	Mandarines	Apples	Oranges
	Extras				Sour cream				Ketchup
	Notes								

This institution is an equal opportunity provider.

1 Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.

2 oz eq = ounce equivalents

** Select 2 of the 5 components for snack.

MEAL Week 1	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 8	April TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Fruit Cocktail	Applesauce	Bananas	Strawberries	Blueberries
	Grain/Meat				Cheerios cereal (WG)	Oatmeal (WG)	Special-K cereal (WG)	Waffles	Kix cereal (WG)
	Meat Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Extras							Syrup	
	Notes								
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat/								
	Meat Alternates	1/2 oz	1/2 oz	1 oz		American cheese			Cheese cubes
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Tortilla chips (WG)	Ritz crackers	Oatmeal squares (WG)	Frosted shredded (WG)	Triscuits crackers (WG)
	Vegetable	1/2 cup	1/2 cup	3/4 cup	Salsa				
	Fruit	1/2 cup	1/2 cup	3/4 cup			Oranges	Grapes	
Lunch	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Meat/				Turkey	Beef	Mexican cheese	Beef	Turkey & Cheese
	Meat Alternates	1 oz	1 1/2 oz	2 oz	Egg	Sauce	Quesadilla	Whole wheat	Grilled Sandwich
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Fried rice	Whole grain Penne (WG)	Wheat tortilla	Spaghetti (WG)	Wheat bread (WG)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Garden salad	Marinara sauce	Garbanzo Veggie Soup	Marinara sauce	Corn
	Fruit	1/8 cup	1/4 cup	1/4 cup	Pears	Bananas	Melon	Pineapple	Peaches
	Extras				Ranch				Tomato soup
	Notes								
Supper	Milk	1/2 cup	3/4 cup	1 cup		MILK	MILK	MILK	MILK
	Meat/					Mexican cheese	Turkey	Mozzarella cheese	Beef Franks
	Meat Alternates	1 oz	1 1/2 oz	2 oz		Beef, Refried beans	American cheese	Pizza	(uncured)
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2		Tortilla chips (WG)	Ritz crackers	Crust	Bun
	Vegetable	1/8 cup	1/4 cup	1/2 cup		Salsa	French fries	Garbanzo Beans	Carrots
	Fruit	1/8 cup	1/4 cup	1/4 cup		Oranges	Mixed Tropical Fruit	Apples	Mandarines
	Extras					Sour cream	Ketchup		Ranch
	Notes								

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** Select 2 of the 5 components for snack.

MEAL Week 2	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Apples	Grapes	Oranges	Peaches	Strawberries
	Grain/Meat				Pancakes	Bagel	Cheerios cereal (WG)	Waffles	Special-K cereal (WG)
	Meat Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Extras				Syrup	Cream cheese		Syrup	
	Notes								
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat/								
	Meat Alternates	1/2 oz	1/2 oz	1 oz	Yogurt		String cheese		
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Goldfish crackers	Oatmeal squares (WG)	Graham crackers (WG)	Club crackers	Tortilla chips (WG)
	Vegetable	1/2 cup	1/2 cup	3/4 cup					Salsa
	Fruit	1/2 cup	1/2 cup	3/4 cup		Bananas		Oranges	
Lunch	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Meat/				Beef Barley (WG)Soup	Creamy Baked	Cheese cubes	Beef	Turkey & Cheese
	Meat Alternates	1 oz	1 1/2 oz	2 oz	American cheese	Mac and cheese	Garlic bread	Meatloaf	Grilled Sandwich
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Wheat bread	Macaroni	Bread sticks	Wheat bread (WG)	Wheat bread (WG)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Tater tots	Baked beans	Botsch Vegetable soup	Mashed potato	Garden salad
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarines	Pears	Fruit Cocktail	Applesauce	Mandarines
	Extras						Sour cream	Pickles	Ranch
	Notes								
Supper	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Meat/				Cheese cubes	Beef	Beef & Cheese	Turkey	Mozzarella
	Meat Alternates	1 oz	1 1/2 oz	2 oz	Hummus	Sloppy Joe	Quesadilla	Cheese	Cheese
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Pitta chips	Hamburger buns	Wheat tortilla	Ritz crackers	Pizza
	Vegetable	1/8 cup	1/4 cup	1/2 cup	French fries	Grape tomatoes	Salsa, corn	Garden salad	Baked beans
	Fruit	1/8 cup	1/4 cup	1/4 cup	Grapes	Fruit salad	Apples	Bananas	Pineapple
	Extras				Ketchup		Sour cream	Ranch	
	Notes								

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** Select 2 of the 5 components for snack.

MEAL Week 3	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Applesauce	Blueberries	Bananas	Oranges	Strawberries
	Grain/Meat				Waffles	Special-K cereal (WG)	Pancakes (WG)	Kix cereal (WG)	Oatmeal square (WG)
	Meat Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Extras				Syrup		Syrup		
	Notes								
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat/								
	Meat Alternates	1/2 oz	1/2 oz	1 oz	American cheese		String cheese		
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Ritz crackers	Goldfish crackers		Cheez it crackers	Graham crackers (WG)
	Vegetable	1/2 cup	1/2 cup	3/4 cup		Carrots			
	Fruit	1/2 cup	1/2 cup	3/4 cup			Grapes	Honey dew	Apples
Lunch	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Meat/				Chicken	Baked	Creamy Baked	Mexican cheese	Brunch for lunch
	Meat Alternates	1 oz	1 1/2 oz	2 oz	Alfredo	Chicken	Mac and cheese	Quesadilla	Scrambled eggs
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Rotini (WG)	White rice	Macaroni	Wheat tortilla	Pancakes
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Mixed Vegetables	Garden salad	Baked beans	Pea soup with oats (WG)	Tater tots
	Fruit	1/8 cup	1/4 cup	1/4 cup	Peaches	Bananas	Pears	Pineapple	Fruit Cocktail
	Extras					Ranch			Syrup, Ketchup
	Notes								
Supper	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Meat/				Turkey & Cheese	Mexican cheese	Mozzarella cheese	Beef	Beef Franks
	Meat Alternates	1 oz	1 1/2 oz	2 oz	Sub Sandwich	Beef, Refried beans	Chicken Wrap	Sloppy Joe	(uncured)
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	White bun	Tortilla chips (WG)	Wheat tortilla	Hawaiian rolls	White bun
	Vegetable	1/8 cup	1/4 cup	1/2 cup	French fries	Salsa	Corn	Cucumbers	Carrots
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mixed Tropical Fruit	Grapes	Mandarines	Apples	Oranges
	Extras				Sour cream	Ketchup	Ranch		Ketchup
	Notes								

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** Select 2 of the 5 components for snack.

MEAL Week 4	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 29	TUESDAY 30	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK			
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Applesauce	Blueberries			
	Grain/Meat				Multigrain cheerios (WG)	Bagel			
	Meat Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Extras					Cream cheese			
	Notes								
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat/								
	Meat Alternates	1/2 oz	1/2 oz	1 oz	American cheese				
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Club crackers	Cheeze it crackers			
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup		Oranges			
Lunch	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK			
	Meat/				Chicken	Chicken Noodle soup			
	Meat Alternates	1 oz	1 1/2 oz	2 oz	Stir fry	Egg boiled			
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	White Rice	Wheat crackers (WG)			
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Asian vegetables	Garden salad			
	Fruit	1/8 cup	1/4 cup	1/4 cup	Fruit salad	Bananas			
	Extras				Teriyaki sauce	Ranch			
	Notes								
Supper	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK			
	Meat/				Mexican cheese	Turkey & Cheese			
	Meat Alternates	1 oz	1 1/2 oz	2 oz	Beef, Refried beans	Wrap			
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Taco Shell (WG)	Wheat tortilla			
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Lettuce, Salsa	Cucumbers			
	Fruit	1/8 cup	1/4 cup	1/4 cup	Grapes	Mandarin Oranges			
	Extras				Sour cream				
	Notes								

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