

CACFP WEEKLY MENU		Center: Play Academy			Month: January		Date: 1 to 31		
MEAL Week 1	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
Breakfast	Milk	1/2 cup	3/4 cup	1 cup				MILK	MILK
	Meat&Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2				Waffles	Life cereal (WG)
	Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Fruit	1/4 cup	1/2 cup	1/2 cup				Strawberries	Peaches
	Extras							Syrup	
	Notes								
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat&Alternates	1/2 oz	1/2 oz	1 oz					Cheese cubes
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					Carrots
	Fruit	1/2 cup	1/2 cup	3/4 cup			Grapes		
Lunch	Milk	1/2 cup	3/4 cup	1 cup				MILK	MILK
	Meat&Alternates	1 oz	1 1/2 oz	2 oz				Beef	Grilled Turkey & Cheese
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2				Spaghetti	Wheat bread (WG)
	Vegetable	1/8 cup	1/4 cup	1/2 cup				Marinara sauce	Corn
	Fruit	1/8 cup	1/4 cup	1/4 cup				Pineapple	Mixed Fruit
	Extras								Tomato soup
	Notes								
Supper	Milk	1/2 cup	3/4 cup	1 cup				MILK	MILK
	Meat&Alternates	1 oz	1 1/2 oz	2 oz				Mozzarella cheese	Beef Frank (uncured)
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2				Pizza	White bun
	Vegetable	1/8 cup	1/4 cup	1/2 cup				Baked beans	Carrots
	Fruit	1/8 cup	1/4 cup	1/4 cup				Apples	Watermelon
	Extras								Ranch
	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 2	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 6	January TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Meat&Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Rice Krispies cereal	Bagel	Cheerios cereal (WG)	French Toast sticks	Chex cereal (WG)
	Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Fruit	1/4 cup	1/2 cup	1/2 cup	Applesauce	Strawberries	Blueberries	Pears	Mandarines
	Extras				Syrup	Cream cheese		Syrup	
	Notes								
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	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	Cheez it crackers	Frosted mini wheat (WG)	Graham crackers (WG)	Club crackers	Animal crackers
	Vegetable	1/2 cup	1/2 cup	3/4 cup					Carrots
	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&Alternates	1 oz	1 1/2 oz	2 oz	Baked chicken	Chicken Noodle soup	Cheese cubes	Beef Meatloaf	Chicken Stir fry
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	White Rice	Wheat crackers (WG)	Garlic Bread sticks	Wheat bread (WG)	White Rice
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green beans	Garden salad	Botsch Vegetable so	Mashed potato	Asian vegetables
	Fruit	1/8 cup	1/4 cup	1/4 cup	Peaches	Grapes	Bananas	Pineapple	Mixed Fruit
	Extras						Sour cream	Pickles	Ranch
	Notes								
Supper	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Cheese, Beef, Refrie	Beef Sloppy Joe	Beef & Cheese Ques	Turkey & Cheese	Mozzarella cheese
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Tortilla chips (WG)	Hamburger buns	Wheat tortilla	Ritz crackers	Pizza
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Salsa	Grape tomatoes	Salsa, corn	Garden salad	Baked beans
	Fruit	1/8 cup	1/4 cup	1/4 cup	Apples	Melon	Apples	Tropical Fruit	Watermelon
	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 13	January TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Meat&Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Life cereal (WG)	Waffles	Special-K cereal (WG)	Bagel	Oatmeal (WG)
	Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Fruit	1/4 cup	1/2 cup	1/2 cup	Applesauce	Blueberries	Bananas	Strawberries	Oranges
	Extras				Syrup		Syrup		
	Notes								
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	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	Frosted mini wheat (WG)		Graham crackers (WG)
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup			Grapes	Melon	Apples
Lunch	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Chicken Alfredo	Beef Barley Soup, Cr	Creamy cheese	Cheese Quesadilla	Scrambled eggs
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Rotini (WG)	Wheat bread (WG)	Macaroni	Wheat tortilla	Pancakes
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Mixed Vegetables	Garden salad	Baked beans	Pea soup with oats (Tater tots
	Fruit	1/8 cup	1/4 cup	1/4 cup	Peaches	Bananas	Pears	Pineapple	Mixed Fruit
	Extras					Ranch			Syrup, Ketchup
	Notes								
Supper	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Turkey & Cheese Sul	Cheese, Beef, Refried	Chicken Mozzarella \	Grilled Turkey & Che	Beef Frank (uncured)
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	White bun	Taco shell (WG)	Wheat tortilla	Wheat bread (WG)	White bun
	Vegetable	1/8 cup	1/4 cup	1/2 cup	French fries	Salsa, Lettuce	Corn	Cucumbers	Carrots
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit	Grapes	Mandarines	Apples	Watermelon
	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 20	January TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Meat&Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Special-K cereal (WG)	Oatmeal (WG)	Pancakes	Waffles	Life cereal (WG)
	Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Fruit	1/4 cup	1/2 cup	1/2 cup	Applesauce	Blueberries	Bananas	Strawberries	Peaches
	Extras					Cream cheese	Syrup		Syrup
	Notes								
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat&Alternates	1/2 oz	1/2 oz	1 oz	String cheese			Cheese cubes	Yogurt
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Graham crackers (WG)	Animal crackers	Goldfish crackers		Cheez it crackers
	Vegetable	1/2 cup	1/2 cup	3/4 cup				Carrots	
	Fruit	1/2 cup	1/2 cup	3/4 cup		Apples	Grapes		Apples
Lunch	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Chicken Stir fry	Chicken Noodle souj	Beef	Grilled Cheese	Beef Meatloaf
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	White Rice	Wheat crackers (WG)	Whole grain Penne (Wheat bread (WG)	Wheat bread (WG)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Asian vegetables	Garden salad	Marinara sauce	Lentil Vegetable Sou	Mashed Potato
	Fruit	1/8 cup	1/4 cup	1/4 cup	Peaches	Bananas	Pears	Pineapple	Mixed Fruit
	Extras				Teriyaki sauce	Ranch			Pickles
	Notes								
Supper	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Cheese, Beef, Refried be	Turkey & Cheese Wrap	Creamy cheese	Beef Sloppy Joe	Mozzarella cheese
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Tortilla chips (WG)	Wheat tortilla	Macaroni	Hamburger buns	Pizza
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Salsa, Lettuce	Cucumbers	Baked beans	Grape tomatoes	Baked beans
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit	Oranges	Melon	Apples	Watermelon
	Extras				Sour cream				Ketchup
	Notes								

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MEAL Week 1	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 27	January TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Meat&Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Special-K cereal (WG)	Oatmeal (WG)	Pancakes	Waffles	Life cereal (WG)
	Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Fruit	1/4 cup	1/2 cup	1/2 cup	Blueberries	Applesauce	Bananas	Strawberries	Peaches
	Extras							Syrup	
	Notes								
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	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)	Goldfish crackers	Frosted mini wheat (WG)		
	Vegetable	1/2 cup	1/2 cup	3/4 cup	Salsa				
	Fruit	1/2 cup	1/2 cup	3/4 cup			Mandarines	Grapes	
Lunch	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Meat&Alternates	1 oz	1 1/2 oz	2 oz					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Turkey & Egg	Creamy cheese	Cheese Quesadilla	Beef	Grilled Turkey & Cheese
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Fried Rice	Macaroni	Wheat tortilla	Spaghetti	Wheat bread (WG)
	Fruit	1/8 cup	1/4 cup	1/4 cup	Garden salad	Baked beans	Garbanzo Vegetable	Marinara sauce	Corn
	Extras				Pears	Bananas	Melon	Pineapple	Mixed Fruit
	Notes				Ranch				Tomato soup
Supper	Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Chicken Mozzarella	Cheese, Beef, Refried	Turkey&cheese	Mozzarella cheese	Beef Frank (uncured)
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Wheat tortilla	Taco shell (WG)	Ritz crackers	Pizza	White bun
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Cucumbers	Salsa	French fries	Baked beans	Carrots
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit	Oranges	Grapes	Apples	Watermelon
	Extras								
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