

Child and Adult Care Food Program

5 day Menu

Week of: October 17, 2016 – October 21, 2016

Site: _____

CACFP Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Fruit and/or Vegetable	Apples	100% Juice	Apples	100% Juice	Oranges
Bread or Cereal	Frosted Flakes	English Muffins w/margarine	Cocoa Puffs Cereal	Raisin Toast w/margarine	Cinnamon Toast Crunch Cereal
LUNCH / SUPPER					
Meat or Alternate	Spaghetti w/meatballs	Egg Casserole Sausage	Chicken Chow Mein	Stuffed Pepper Soup	Tuna Sandwiches
Fruit and/or Vegetable <i>(2 or more)</i>	Corn	Potatoes	Green Beans	Tomatoes	Veggie Sticks
	Bananas	Pears	Oranges	Pears	Apples
Bread or Alternate	Noodles	Bread	Noodles	Rice	Bread
Fluid Milk	Milk	Milk	Milk	Milk	Milk
Other Foods				Crackers	
AFTERNOON SNACK <i>(serve any 2 of the following foods);</i>					
Fluid Milk		Milk		Milk	
Fruit and/or Vegetable	100% Juice		100% Juice		100% Juice
Bread or Alternate	Pretzels	Cereal	Animal Crackers	Cookies	Nutri Grain Bars
Meat or Alternate					