



CACFP

Weekly Menu	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST 3 components Fruit or vegetable or both Grain Meat or Meat Alternative Milk	WW Breakfast Burrito IR - eggs, cheese Banana Milk	Waffles Syrup Tropical Fruit Milk	WG Rice Cakes w/ Light Greek Yogurt Strawberries Milk	WG Cereal Apple Slices Milk	WG Oatmeal Mixed Fruit Milk
LUNCH 5 components Meat or Meat Alternative Fruit Vegetable Grain Milk	WW Grilled Cheese w/Ham Sandwich Tomato Soup Mixed Fruit Milk	Orange Chicken WG Brown Rice Pineapple Green Beans Milk	Tacos IR - Seasoning, Hamburger, Cheese, Refried Beans Corn Pears Milk	WW Pasta Salad IR - Turkey, Italian Dressing, Cheese Grapes Broccoli Milk	WW English Muffin Cheese Pizza Mixed Veggies Peaches Milk
SNACK 2 of 4 components Milk Fruit Vegetable Grain	Muffins Milk	Ritz Crackers Milk	Cheez-It Milk	Variety Milk	Variety Milk

WW- whole wheat, HM- indicates homemade, IR- indicates in recipe, WGR- whole grain rich, SF- SugarFree. All milk served to participants is unflavored, all participants 2 years and over are served 1% milk and children 2 years and younger are served whole milk. Menu is subject to change upon availability of products. *this institution is an equal opportunity provider*