

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup)	Milk	Milk	Milk	Milk	Milk
Juice or Fruit or Vegetable (½ cup)f	Fresh fruit	Fresh Fruit	Fresh fruit	Fresh fruit	Fresh fruit
Grains/ Breads* Bread (½ slice) or Cold Cereal (⅓ cup) or Hot Cereal (¼ cup)	Cold cereal	Ciabatta cinnamon French toast with strawberries and homemade whip cream	Cream of wheat with chopped apple & flax seed	Organic scrambled eggs and wheat toast	Whole wheat pancakes with blueberries
Other foods (Do Not Count)					Blueberry honey syrup
Lunch					
Milk (¾ cup)	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate Meat, Poultry or Fish (1½ oz.) or Cheese (1½ oz.) or Egg (¾ large) or Peanut Butter (3 Tbsp.) or Cooked Dried Beans and Peas (¾ cup) or Yogurt (¾)	Meat ball sub on wheat with mozzarella	Whole wheat wraps chicken breast fresh broccoli organic spinach carrots American cheese avocado in a poppy seed lemon dressing	Sloppy joes on wheat bun	Hawaiian ham and pineapple stir fry	Veggie burgers on wheat with pickles ketchup romaine
Grains/Breads* Bread (½ slice) or Pasta and Grains (¼ cup)	Above	Above	Above	Cous cous	Aztec quinoa organic kale salad butternut squash apples and raisins
fruits and/or Vegetables (two or more servings for ½ cup total)	Organic baby green salad with croutons and raisins	Above	Onion rings and carrot sticks	Petite green beans	Above
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Other foods (Do Not Count)					
Dinner					
Milk 1 % (½ cup)	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alternate Meat, Poultry or Fish (½ oz.) or Cheese (½ oz.) or Egg (½ large) or Peanut Butter (1 Tbsp.) or Cooked Dried Beans & Peas (⅓ cup) or Yogurt (¼ cup)					
Juice or Fruit or Vegetable (½ cup)		Apple slices			
Grains/Breads* Bread (1/2 slice) or cereal (1/3 cup) or Enriched pasta and grains (1/4 cup)	Warm whole grain biscuits		Wheat thins	Pretzels	Buttered raisin toast

Other foods (Do Not Count)					
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**Note: The quantities of food specified are the minimum serving sizes for children ages 3-5.** Quantities must be adjusted for other ages. \*See "Serving Sizes for Grains/Breads in the CACFP" for specific serving sizes.