Week #: 1 Menu: Fall/Winter Dates: September-Feb

	M	T	W	Th	F
Breakfast	Toasty O's Strawberries Milk	French Toast Bananas Milk	Crispy Rice Peaches Milk	Bagel w/ cream cheese Fruit Cocktail Milk	Corn Flakes Pears Milk
Lunch	Cauliflower Mac & Cheese Apple Slices Milk	3 Bean Vegan Chili Corn & Cornbread poppers Mango Milk	Chicken Nuggets Carrots Strawberries Milk	Tofu Fried Rice Mixed Veggies Pineapple Milk	Swedish Meatballs Peas Mandarins Milk
PM Snack	Pretzels & Raisins	100% Juice & Animal Crackers	Yogurt & Banana	Cheese Stick & Apples	Fresh Veggies & Hummus
Substitutions	Pasta w/no cheese; side of hummus	N/A	Veggie Nuggets	N/A	Veggie "meat" balls

Week #: 2 Menu: Fall/Winter Dates: September-Feb

	M	T	W	Th	F
Breakfast	Kix Orange Slices Milk	Pancakes Peaches Milk	Toasty O's Apple Slices Milk	French Toast Fruit Cocktail Milk	Crispy Rice Applesauce Milk
Lunch	Cream of Potato Soup Mixed Berries Crackers Milk	Tacos Corn Mango Milk	Grape Jelly & Sunbutter Sandwich Broccoli Melon Milk	Shepherd's Pie WG Roll Pears Milk	Pizza Coleslaw Pineapple
PM Snack	100% Juice & Goldfish	Orange Slices & Oatmeal Bar	Carrot Muffin & Milk	Cheese Slices & Pizza Crackers	Apple Slices & Graham Crackers
Substitutions	White Bean & Potato Soup w/out cream	Vegan "meat" crumble	N/A	Vegan "meat" crumble	Gluten & Dairy Free Pizza

Week #: 3 Menu: Fall/Winter Dates: September-Feb

	M	T	W	Th	F
Breakfast	Corn Flakes Pears Milk	Waffles Fruit Cocktail Milk	Kix Peaches Milk	Bagel w/ cream cheese Strawberries Milk	Toasty O's Applesauce Milk
Lunch	Baked Ziti Peas Melon Milk	Chicken Empanadas Red Peppers & Onions Mango Milk	Turkey & Cheese Sandwich Green Beans Strawberries Milk	Chicken Nuggets Mixed Veggies Pears Milk	Sloppy Joes Carrots Pineapple Milk
PM Snack	Graham Crackers & Yogurt	Tortilla Chips & Salsa	Cheddar Chex & Raisins	Cheese Stick & Apples	100% Juice & Vanilla Crackers
Substitutions	Vegan "meat" crumbles	Vegan "meat" Empanada	Side of Hummus	Veggie Nuggets	Sloppy Beans

Week #: 4 Menu: Fall/Winter Dates: September-Feb

	M	T	W	Th	F
Breakfast	Crispy Rice Peaches Milk	Pancakes Applesauce Milk	Corn Flakes Fruit Cocktail Milk	Waffles Pears Milk	Kix Oranges Milk
Lunch	Chicken Noodle Soup Mixed Veggies Apple Slices Milk	Beef & Broccoli Rice Fruit Cocktail Milk	Chicken Alfredo Pasta Green Beans Mandarins Milk	Egg Sandwich Potato Wedges Mixed Berries Milk	Pizza Coleslaw Pineapple Milk
PM Snack	Strawberry Yogurt Chex & Orange Slices	Raisins & Animal Crackers	100% Juice & Goldfish	Milk & Blueberry Muffin	Apple Slices w/ Sunbutter Spread
Substitutions	Bean Soup	Vegan “meat” crumbles	Veggie Nuggets &/or Plain Pasta	N/A	Gluten & Dairy Free Pizza

CACFP INFANT MEAL PATTERNS

AGES BIRTH THROUGH 5 MONTHS

BREAKFAST, SNACK, LUNCH & SUPPER MEAL PATTERNS		
Milk	4-6 oz	breastmilk[1] or formula[2]

AGES 6 MONTHS THROUGH 11 MONTHS

BREAKFAST, LUNCH & SUPPER MEAL PATTERNS		
Milk	6-8 oz	breastmilk[1] or formula[2]
Grain/ Meat/Meat Alternate	0-1/2 oz eq	infant cereal[2] *or*
	0-4 tbs	meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas *or*
	0-2 oz	cheese *or*
	0-4 oz	cottage cheese or yogurt[3] *or*
	0-4 oz	a combination of the above[4]
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both[4,5]

SNACK MEAL PATTERNS		
Milk	2-4 oz	breastmilk[1] or formula[2]
Grain	0-1/2 oz eq	slice bread[6] *or*
	0-1/4 oz eq	crackers[6] *or*
	0-1/2 oz eq	infant cereal[2,6] or
	0-1/4 oz eq	ready-to-eat breakfast cereal[4,6,7]
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both[4,5]

oz eq = ounce equivalents

[1] Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
[2] Infant formula and dry infant cereal must be iron-fortified.
[3] Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
[4] A serving of this component is required when the infant is developmentally ready to accept it.
[5] Fruit and vegetable juices must not be served.
[6] A serving of grains must be whole grain-rich, enriched meal, or enriched flour.
[7] Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).



NATIONAL CACFP SPONSORS ASSOCIATION

Visit **cacfp.org** for more nutrition education resources.
CACFP is an indicator of quality child care. This institution is an equal opportunity provider.

CACFP MEAL PATTERNS

BREAKFAST

Serve Milk, Vegetable or Fruit, Grain*

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup
Vegetable, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grain*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

** Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week, oz eq = ounce equivalents*

LUNCH / SUPPER

Serve All Five Components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup*
Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

** A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents*

SNACK

Select Two of the Five Components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	1/2 cup	1 cup	1 cup
Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq

oz eq = ounce equivalents
Refer to USDA FNS Exhibit A for further guidance on grain serving sizes.



NATIONAL CACFP SPONSORS ASSOCIATION

Visit **cacfp.org** for more nutrition education resources.
CACFP is an indicator of quality care. This institution is an equal opportunity provider.