

CACFP MENU PLANNER

FACILITY NAME: Community Preschool and Childcare

DATE: October 1st

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+
BREAKFAST Milk Fruit/vegetable Grain (or meat/ meat alt 3/wk)																	Milk 1%		6oz	
																	Honey Bunches of oats		½ cup	
																	Apple Sauce		½ cup	
AM SNACK (choose two): Milk Fruit Vegetable Grain Meat/meal alt.																	Water			
																	Hard Pretzels Twists		8 each	
																	100% Apple Juice		4oz	
LUNCH Milk Fruit Vegetable Grain Meat/meal alt.																	1 % Milk		6oz	
																	CN Cheese Pizza 4.45 oz		1 slice	
																	Romaine Lettuce		1 cup	
																	Carrots		¼ cup	
																	Mandarin Oranges		½ cup	
PM SNACK (choose two): Milk Fruit Vegetable Grain Meat/meal alt.																	Turkey Lunch Meat		1 Slice	
																	WG Tortilla		½each	

Water is always available and offered throughout the day.

Milk
3-5: 1%
Soy is used as a substitute

Key
WG = whole grain or whole grain rich
HM = homemade
CN = child nutrition label

CACFP MENU PLANNER

FACILITY NAME: Community Preschool and Childcare

DATE: October 4th – 8th

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+
BREAKFAST Milk Fruit/vegetable Grain (or meat/ meat alt 3/wk)	1 % Milk		6oz		1 % Milk		6oz		1 % Milk				1% Milk				Milk 1%		6oz	
	Kix Cereal		1 cup		Waffles		1 each		Pancakes		2 each		WG Wheat Toast		1 Slice		Honey Bunches of oats		1 cup	
	Mixed Fruit Cup		½ cup		Fresh Apple		1 whole		Apple Sauce		½ cup		Fresh Mandarin Orange		1 each		Apple Sauce		½ cup	
AM SNACK (choose two): Milk Fruit Vegetable Grain Meat/meal alt.	Water				Water				Water				Water				Water			
	Woven Wheat Crackers		5 each		Graham Crackers		1 each		Ritz Rounds		4 each		Strawberries		½ cup		Hard Pretzels Twists		8 each	
	Broccoli with Ranch		½ cup		Orange Slices		½ cup		Mini Cucumbers		½ cup		Animal Crackers		8 each		100% Apple Juice		4oz	
LUNCH Milk Fruit Vegetable Grain Meat/meal alt.	1% Milk		6oz		1% Milk		6 oz		1% Milk		6oz		1% Milk				1 % Milk		6oz	
	CN Chicken Strips 3oz		3 each		CN Meatballs 3oz		6 each		CN Grilled Chicken Nuggets 2.6 oz		4 each		French Toast 2.4 oz		3 each		CN Cheese Pizza 4.45 oz		1 slice	
	Diced Carrots		¼ cup		WG Hotdog Bun 2 oz		1 each		Rigatoni Pasta		¼ cup		CN Turkey Sausage 2oz		2 each		Romaine Lettuce		1 cup	
	Black Beans		½ cup		Green Beans		¾ cup		WG Bread stick 1 oz		1 each		Tater Tots		¾ cup		Carrots		¼ cup	
	Pears		½ cup		Apple		½ cup		Broccoli/Cauliflower		3/8 cup		Banana		½ cup		Berry Apple Sauce		½ cup	
									Diced Peaches		½ cup									
PM SNACK (choose two): Milk Fruit Vegetable Grain Meat/meal alt.	Water				Water				Water				Water				Water			
	WG Wheat Thin Crackers		8 each		Fresh Apple		1 whole		Saltine Crackers		4 each		Cheez its		14 each		Turkey Lunch Meat		1 Slice	
	American Cheese Slices		1 Slice		Cheez-its		14 each		Mandarin Orange		1 each		Peaches		½ cup		WG Tortilla		½each	

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Soy is used as a substitute

Key
WG = whole grain or whole grain rich
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This institution is an equal opportunity provider.

Effective: October 2017

CACFP MENU PLANNER

FACILITY NAME: Community Preschool and Childcare

DATE: October 11th – 15th

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+
BREAKFAST Milk Fruit/vegetable Grain (or meat/ meat alt 3/wk)	1% Milk		6 oz		1% Milk		6oz		1% Milk		6oz		1% Milk		6oz		1% Milk		6 oz	
	WG Wheat Toast		1 Slice		Kix Cereal		1 cup		French Toast Sticks		3 each		Waffles		1 each		WG Wheat Toast		1 Slice	
	Mixed Fruit Cup		½ cup		Peach cup		½ cup		Apple sauce		½ cup		Mixed Fruit		½ cup		Fresh Apples		1 Whole	
AM SNACK (choose two): Milk Fruit Vegetable Grain Meat/meal alt.	Water				Water				Water				Water				Water			
	Graham Crackers		1 each		Graham Cracker		1 each		Cheez-its		14 each		String Cheese		1 each		Ritz Crackers		4 each	
	Fresh Peaches		½ cup		Banana		1 each		Baby Carrots		6= ½ cup		Mini Cucumbers		1 each= ½ cup		Cream Cheese		1 tbsp	
LUNCH Milk Fruit Vegetable Grain Meat/meal alt.	1% Milk		6oz		1% Milk		6oz		1% Milk		6oz		1% Milk		6oz		1% Milk		6oz	
	CN Mini Corn Dogs		6 each		CN Breaded Chicken Nuggets 3.6oz		6 each		Spaghetti Noodles		3oz		CN Beef Patty 2.5 oz		1 each		CN Sausage Pizza 5 oz		1 each	
	Peas		¼ cup		Corn		½ cup		CN Meatballs 3oz		6 each		WG Hamburger Bun 2oz		1 each		Romain Lettuce		1 cup	
	Carrots		¼ cup		Orange		½ cup		Broccoli		3/8 cup		Tater Tots		3/8 cup		Carrots		¼ cup	
	Baked Beans		½ cup						Cauliflower		3/8 cup		Green Beans		3/8 cup		Mango Apple Sauce		½ cup	
	Fresh Pears		½ cup						Apple		½ cup		Pears		½ cup					
PM SNACK (choose two): Milk Fruit Vegetable Grain Meat/meal alt.	Water				Water				Water				Water				Water			
	Animal Crackers		8 each		WG Wheat Thins		8 each		WG Tortilla				Fresh Mandarin Orange Clubhouse Crackers		1 each		Hard Pretzel Twists		8 each	
	Apple Sauce		½ cup		Tomatoes Wedges		½ cup		Turkey Lunch Meat						4 each		Peach cup		½ cup	

Water is always available and offered throughout the day.

Milk
3-5 year old 1%
Soy for substitute

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Effective: October 2017

CACFP MENU PLANNER

FACILITY NAME: Community Preschool and Childcare

DATE: October 19th -22nd

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+
BREAKFAST Milk Fruit/vegetable Grain (or meat/ meat alt 3/wk)	1% Milk French Toast Sticks Fresh Mandarin Oranges		6oz 3 each 1 each		1% Milk WG Wheat Toast Mixed Fruit		6oz 1 Slice ½ cup		1 % Milk Waffle Fresh Apple		6oz 1 each ½ cup		1% Milk WG Wheat Bread Mandarin Orange		6oz 1 Slice 1 each		1% Milk Honey Bunches of Oats Apple Sauce		6 oz 1 cup ½ cup	
AM SNACK (choose two): Milk Fruit Vegetable Grain Meat/meal alt.	Water Hard Pretzels Twists String Cheese		 8 each 1 each		Water Ritz Round Crackers Broccoli and Ranch		 4 each ½ cup		Water Clubhouse Crackers Mini Cucumbers		 4 each ½ cup		Water Strawberries Animal Crackers		 ½ cup 8 each		Water Graham Cracker Orange Slices		 1 each ½ cup	
LUNCH Milk Fruit Vegetable Grain Meat/meal alt.	1% Milk CN Beef Chili 6 oz WG Mac. Pasta WG Breadsticks Peas and carrots Straw/Banana Apple Sauce		6 oz 6oz 2 oz 1 each 3/8 cup ½ cup		1% Milk CN BBQ Grilled Chicken Nuggets 2.6 oz Green Beans Apple Cheese Crackers 1 oz		6oz 4 each ¾ cup ½ cup 1 pack		1% Milk CN Turkey Taco Meat 4oz Oranges Corn Black Beans WG Tortilla		6oz ½ cup ½ cup ¼ cup ½ cup 1 each		1% Milk WG Pancakes CN Turkey Sausage 2 oz Tater Tots Banana		6 oz 3 each 2 each ½ cup 1 whole		1% Milk CN Pepperoni Pizza 4.48 oz Romain Lettuce Carrots Pears Flavored Apple Sauce		6 oz 1 slice 1 cup ½ cup ½ cup ½ cup	
PM SNACK (choose two): Milk Fruit Vegetable Grain Meat/meal alt.	Water Cheez-it Crackers Baby Carrots		 14 each 6 each		Water Animal Crackers Pineapple chunks		 8 each ½ cup		Water Saltine Crackers American Cheese		 4 each 1 Slice		Water Cheez its Mixed Fruit		 14 each ½ cup		Water Turkey Lunch Meat WG Tortilla		 1 Slice ½ each	

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Milk
3–5-year-old 1%
Soy for substitute

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Effective: October 2017

CACFP MENU PLANNER

FACILITY NAME: Community Preschool and Childcare

DATE: October 25th-29th

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+
BREAKFAST Milk Fruit/vegetable Grain (or meat/ meat alt 3/wk)	1% Milk		6oz		1% Milk		6oz		1% Milk		6oz		1% Milk		6oz		Milk		6oz	
	French Toast Sticks		1 each		Pancakes		2 each		WG Wheat Toast		1 Slice		Waffles		1 each		Honey Bunches of Oats		1 cup	
	Mixed Fruit		½ cup		Fresh Mandarin		1 each		Fresh Apples		1 each		Mixed Fruit		½ cup		Apple Sauce		½ cup	
AM SNACK (choose two): Milk Fruit Vegetable Grain Meat/meal alt.	Water				Water				Water				Water				Water			
	Fresh Mandarin		1 each		Strawberries		½ cup		Cream Cheese		1 tbsp		String Cheese		1 each		WG Woven Wheat Crackers		4 each	
	Saltine Crackers		4 each		Hard Pretzel Twists		8 each		Ritz round Crackers		4 each		Mini Cucumbers		½ cup		Broccoli & Ranch		½ cup	
LUNCH Milk Fruit Vegetable Grain Meat/meal alt.	1% Milks		6 oz		1% Milk		6 oz		1% Milk		6oz		1% Milk		6oz		1% Milk		6oz	
	CN Turkey Taco Meat 3.45oz		3.45 oz		CN Cheese Ravioli 4.4 oz		14 each		CN Grilled 3.6 oz Chicken Nuggets		5		CN Salisbury Steak 2.14 oz		1 each		CN Cheese Pizza 4.6 oz		1 each	
	Corn		½ cup		Peas		¾ cup		Brown Rice		½ cup		Green Beans		3/8 cup		Romaine Lettuce		1 cup	
	Diced Pears		½ cup		Apple Sauce		½ cup		Broccoli		½ cup		Diced Potatoes		3/8 cup		Fresh Carrots		½ cup	
	Black Beans		½ cup		WG Breadstick		1 each		Carrots		½ cup		Apple Sauce		½ cup		Mandarin Oranges		½ cup	
	Tortilla Chips		2 oz						Pears		½ cup		WG Dinner Roll		2 each					
PM SNACK (choose two): Milk Fruit Vegetable Grain Meat/meal alt.	Water				Water				Water				Water		Water		Water			
	WG Tortilla		½ cup		Graham Cracker		1 each		Saltines		8 each		Clubhouse Crackers		4 each		Animal Crackers		8 each	
	Sliced Turkey		1 each		Banana		1 each		Peach cup		½ cup		Mandarin cup		½ cup		Mixed Fruit cup		½ cup	

Water is always available and offered throughout the day.

Milk:

3-5 year olds 1%
Soy as substitute

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