



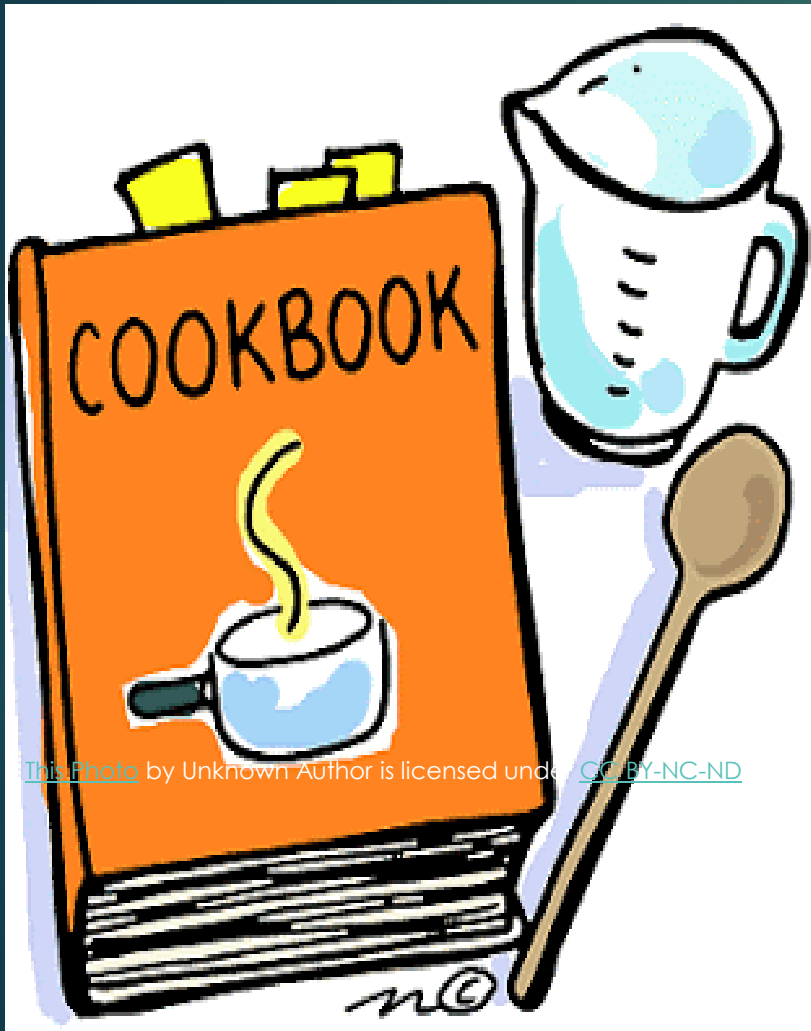
Menu Best Practices

PANEL DISCUSSION

CACFP ANNUAL TRAINING

OCTOBER 23, 2019

Penquis Ideas



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WHAT CAN YOU MAKE WITH: Beef, bread / pasta

Ground beef (at least 85% lean):

✳ Rectangular Snip

Shepherd's pie
Meat loaf w/ mashed
Hamburgers w/ mac salad or oven potato wedges
Beef stew (D-16)
Beef and rice casserole (D-7)
Hamburger soup (recipe follows) w/ WW bread
Taco soup (recipe follows) w/ baked tortilla crisps or corn bread
Meatball subs (hot dog bun)

Shaved beef:

Steak subs (hot dog buns) w/ potato salad or oven sweet potato fries
BBQ beef sandwich (bbq sauce, hamburg bun, cole slaw)

Other ideas:

WHAT CAN YOU MAKE WITH: Ham (no more than 5% water added), bread / pasta

Boiled dinner (w/ potato, carrot, cabbage)
Pasta Primavera
Baked ham w/ pancakes
Ham salad
Deli ham / cheese sandwich or roll-up (tortilla)

Other ideas:

Penquis Menu



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PENQUIS

PENQUIS CHILD DEVELOPMENT

Weekly Menu

CENTER: DOVER EHS

WEEK ENDING: AUG. 2, 2019

CYCLE MENU WEEK #: 7

MENU SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
FRUIT / VEG	APPLE SAUCE	BLUEBERRIES	MANDARIN ORANGES	CRAISINS	SL. PEARS
BREAD / GRAIN or MEAT / MEAT ALTERNATE	ORTMEAL TOAST	RICE CEREAL	BAGELS	KIX CEREAL	ENG. MUFFIN
EXTRA(S)			CRM. CHEESE	BANANA	ALL-FRUIT
All breakfasts include milk (children < 1 year old receive infant formula or breastmilk)					
LUNCH					
MEAL	MAC & CHEESE	TURKEY SANDWICH	BEEF/RICE CASSEROLE	FISH CHOWDER	BAKED CHICKEN
PROTEIN	CHEDDAR/AMER CHZ	TURKEY/CHEESE	GR. BEEF	HADDOCK	CHICKEN THIGHS
VEGETABLE	SWEET POTATO	COOKED CARROTS	MIXED VEG.	POTATOES & CORN	BRUSSEL SPROUTS
FRUIT or VEGETABLE	MELON	FRUIT COCKTAIL	SLICED APPLES	ORANGES	MIXED FRUIT
BREAD / GRAIN	WG PASTA	WG BREAD	BROWN RICE	WG CRACKERS	WG BREAD
EXTRA(S)					RANCH
All lunches include milk (children < 1 year old receive infant formula or breastmilk)					
PM SNACK					
COMPONENT 1					
COMPONENT 2					
EXTRA(S)					

Water provided with all snacks that do not include a beverage

All juice is 100% juice

COMPLETED BY: G. BILODEAU

Children 1 to 2 years old receive unflavored whole milk w/meals

Children 2 to 5 years old receive unflavored skim milk w/ meals

All cereals contain 6 grams or less of sugar per dry ounce

Penquis Cycle Menu

No. 4058, 75 clb.

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PENQUIS CHILD DEVELOPMENT CYCLE MENU: WEEK 7

June 3-7, July 29-Aug. 2, Sept. 23-27, Nov. 18-22, 2019
Jan. 13-17, March 9-13, May 4-8, 2020

	MON	TUES	WED	THURS	FRI
BREAKFAST					
BREAD	Oatmeal toast	Rice cereal	Bagels	Kix cereal	Eng. muffin
FRUIT/VEG	Applesauce	Blueberries	Mandarin(C)	Banana	Pears
MILK	Milk	Milk	Milk	Milk	Milk
EXTRA	All-fruit		Cream cheese		PB
LUNCH	Cheese	Turkey	Beef	Fish	Chicken
BREAD	Bread or pasta	WG bread or WG pasta	WG Bread or WG pasta	WG bread or WG pasta	WG bread or brown rice
FRUIT/VEG	Tomato (C, A)	Carrots (A) or turnip	Spinach (A)	Mix veg. or salad greens	Brussel sprouts
FRUIT/VEG	Fruit cocktail	Melon (C)	Sliced apples	Oranges (C)	Fruit mix (C)
PROTEIN	Cheese	Cond./deli turkey	Ground or shaved beef	Fish	Chicken (skins/bnls)
MILK	Milk	Milk	Milk	Milk	Milk
EXTRA			Vinegar	Tartar sauce	Ranch dip
PM SNACK					
COMP. 1	WG crackers	Yogurt	Corn tortilla	Rice cakes	Banana bread
COMP. 2	Milk	Peaches	Cheese	Trop. fruit	Milk
EXTRA			Black beans		

Children 1 to 2 years old receive unflavored whole milk w/meals
Children 2 to 5 years old receive unflavored skim milk w/ meals
All cereals contain 6 grams or less of sugar per dry ounce
WG = Whole Grain



Meal
Time

Mckeen Street Breakfast Menu

No. 0068 7/1/18

Mckeen Street Learning Center				BREAKFAST Menu #1				Month _____											
Date	1-2	3-5	6-12	Date	1-2	3-5	6-12	Date	1-2	3-5	6-12	Date	1-2	3-5	6-12	Date	1-2	3-5	6-12
MILK.....2 Gal WG-MINI WHEATS.....2-13.5 oz ORANGE JUICE.....1 GAL				MILK.....2 GAL PANCAKES.....2 LBS DRY BLUEBERRIES.....5 LBS				MILK.....2 GAL WG-TOAST.....2 LBS EGGS.....1.5 DOZ APPLE SLICES.....4 LBS				MILK.....2 GAL WG- CORN CHEX.....2-13.5 OZ GRAPE JUICE.....1 GAL				MILK.....2 GAL WG-TOAST.....2 LBS EGGS.....1.5 DOZ ORANGES.....7 LBS			
MILK.....2 GAL WG-OATMEAL.....2-13.5 OZ ORANGE JUICE.....1 GAL				MILK.....2 GAL PANCAKES.....2 LBS DRY GRAPE JUICE.....1 GAL				MILK.....2 GAL WG-TOAST.....1 LBS EGGS.....1.5 DOZ ORANGE JUICE.....1 GAL				MILK.....2 GAL WG-KIX CEREAL.....2- 13.5 OZ SLICED PEACHES.....1 #10 CAN				MILK.....2 GAL WG-TOAST.....2 LBS EGGS.....1.5 DOZ ORANGES.....7 LBS			
MILK.....2 GAL WG-MINI WHEATS.....2- 13.5 OZ ORANGE JUICE.....1 GAL				MILK.....2 GAL PANCAKES.....2 LBS DRY GRAPE JUICE.....1 GAL				MILK.....2 GAL WG-TOAST.....1 LBS EGGS.....1.5 DOZ ORANGE JUICE.....1 GAL				MILK.....2 GAL WG-CHEERIOS.....2- 13.5 OZ BANANAS.....9 LBS				MILK.....2 GAL WG-TOAST.....2 LBS EGGS.....1.5 DOZ ORANGES.....7 LBS			
MILK.....2 GAL WG-OATMEAL.....2- 13.5 OZ ORANGE JUICE.....1 GAL				MILK.....2 GAL PANCAKES.....2 LBS DRY BANANAS.....9 LBS				MILK.....2 GAL WG-TOAST.....2 LBS EGGS.....1.5 DOZ ORANGE JUICE.....1 GAL				MILK.....2 GAL WG-RICE CHEX.....2- 13.5 OZ GRAPE JUICE.....1 GAL				MILK.....2 GAL WG-TOAST.....2 LBS EGGS.....1.5 DOZ FRUIT COCKTAIL.....1 #10 CAN			
MILK.....2 GAL WG-MINI WHEATS.....2- 13.5 OZ ORANGE JUICE.....1 GAL				MILK.....2 GAL PANCAKES.....2 LBS DRY GRAPE JUICE.....1 GAL				MILK.....2 GAL WG-TOAST.....2 LBS EGGS.....1.5 DOZ ORANGE JUICE.....1 GAL				MILK.....2 GAL WG-CHEERIOS.....2- 13.5 OZ GRAPE JUICE.....1 GAL				MILK.....2 GAL WG-TOAST.....2 LBS EGGS.....1.5 DOZ FRUIT COCKTAIL.....1 #10 CAN			
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Mckeen Street Lunch Menu

Mckeen Street Learning Center				Lunch - Menu # 1				Month _____											
Date	1-2	3-5	6-12	Date	1-2	3-5	6-12	Date	1-2	3-5	6-12	Date	1-2	3-5	6-12	Date	1-2	3-5	6-12
<u>Grilled Ham & Cheese</u>				<u>Sloppy Joes</u>				<u>BBQ Chicken</u>				<u>Beef Barley/ Veg Soup</u>				<u>Turkey and Gravy</u>			
Ham / Cheese.....2 lb/2lb				Ground Beef.....4 lbs.				Chicken Thighs.....6 lbs				Stew Beef.....4 lbs				Turkey Breast.....4 lbs			
Carrot Sticks.....4 lbs				Corn.....4 lbs.				Coleslaw.....3 lbs				Fresh Vegetables.....6 lbs				Squash.....8 lbs			
Sliced Peaches.....1-#10 can				Apple Slices.....6 lbs.				Tropical fruit.....1 #10 can				Sliced Peaches.....1 #10 can				Fruit Cocktail.....1 #10 cans			
WG Bread.....2 loaves				WG Hamburger Buns.....3 lbs				WG-Brown Rice.....2 lbs				WG-Barley.....2 lbs				WG-Brown Rice.....2 lbs			
Milk.....2 gal.				Milk.....2 gal.				Milk.....2 gal.				Milk.....2 gal.				Milk.....2 gal.			
<u>Tuna Salad Sandwiches</u>				<u>Meatloaf</u>				<u>Chicken Soup w/ Rice</u>				<u>Grilled Cheese & Tom. Soup</u>				<u>Chicken & Mashed Potatoes</u>			
Tuna.....1-66 oz can				Ground Beef.....4 lbs				Chicken.....4 lbs				American Cheese.....4 lbs				Chicken Breast.....4 lbs			
Carrot Sticks.....4 lbs				Green Beans.....2 #10 can				Celery/Carrots.....3.2/3.2 lb				Tomato Soup.....6-28oz				Peas/Potato.....6 lb/6 lb			
Orange slices.....8 lbs				Apple Sauce.....3-64 oz.				Pears.....2-#10 can				Tropical Fruit.....2 #10 can				Fruit Cocktail.....2-#10 can			
WG-Bread.....2 lbs				Wg-Brown Rice.....2 lbs				Rice.....2 lbs				WG-Bread.....3 lbs				Biscuits.....5 7.5 oz cans			
Milk.....2 gal.				Milk.....2 gal.				Milk.....2 gal.				Milk.....2 gal.				Milk.....2 gal.			
<u>Chili</u>				<u>Beef Stew</u>				<u>Chicken Pot Pie</u>				<u>Shake-N-Bake Porkchops</u>				<u>Baked Ziti</u>			
Beef/Beans.....4 lbs./40.5 oz				Stew Beef.....4 lbs.				Chicken Breasts.....4 lbs				Pork.....4 lbs				Beef/cheese.....4 lbs/1			
Tomatos.....6-28 oz				Celery/Carrots/Pot.....3/3/3 lbs.				Peas/Carrots.....4/4 lbs				Coleslaw.....1-3lb bag				Mixed veg/tomato.....4 lb/1 #10			
Cantaloupe.....12 lbs				Apple Sauce.....3-64 oz.				Pears.....2-#10 can				Bananas.....12 lbs				Fruit Cocktail.....2 #10 cans			
WG-Cornbread.....3 lb.				WG-Bread.....2 lbs				Biscuits.....5-7.5 oz				Rice.....2 lbs				WG-Ziti.....3 lbs			
Milk.....2 gal.				Milk.....2 gal.				Milk.....2gal.				Milk.....2 gal.				Milk.....2 gal.			
<u>Baked Haddock</u>				<u>Mini Cheese Pizzas</u>				<u>Chicken Fingers</u>				<u>Cheese/Chicken Quesadilla</u>				<u>Taco Potatoes</u>			
Haddock.....4 lbs				Cheese.....4 lbs				Chicken.....4 lbs				Cheese/chicken.....2/2 lbs				Ground Beef.....4 lbs			
Broccoli.....8 lbs				Green Beans.....6 lbs				Sweet Potatoes.....8 lbs				Tropical fruit.....2 #10 can				Potatoes.....10 lbs			
Cantaloupe.....10 lbs				Apple Slices.....8 lbs				Pears.....2-#10 can				Corn.....6 lb				Fruit Cocktail.....2-#10 can			
Rice.....2 lbs				WG English muffins.....3 lbs				Bread & Butter.....2 lbs				WG- tortillas.....3 lbs				Bread/butter.....2 loaves			
Milk.....2 gal.				Milk.....2 gal.				Milk.....2 gal.				Milk.....2 gal.				Milk.....2 gal.			
<u>Tuna Noodle Casserole</u>				<u>Sloppy Joes</u>				<u>Mac & Cheese</u>				<u>Teriyaki Chicken</u>				<u>Spaghetti w/ meatballs</u>			
Tuna / Cheese....1-66 oz / 1 lbs.				Ground Beef.....4 lbs.				Cheddar Cheese.....4 lbs				Chicken.....4 lbs				Ground Beef.....4 lbs			
Peas.....7 lbs.				Corn.....6 lbs.				Green Beans.....6 lbs				Coleslaw.....1-3 lb bag				Mixed veg/tomato.....6 lb/1 #10			
Sliced Peaches.....2-#10 can				Apple Sauce.....3-64 oz.				Apples.....8 lbs				Tropical fruit.....2 #10 can				Fruit Cocktail.....2 #10 cans			
Egg Noodles.....2 lb.				WG-Buns.....3 lbs				Elbow Macaroni.....2 lbs				WG-Brown Rice.....2 lbs				Spaghetti.....2 lbs			
Milk.....2 gal.				Milk.....2gal.				Milk.....2 gal.				Milk.....2 gal.				Milk.....2 gal.			

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Mckeen Street Learning Center				SNACKS-Menu #1				Month _____											
Date	1-2	3-5	6-12	Date	1-2	3-5	6-12	Date	1-2	3-5	6-12	Date	1-2	3-5	6-12	Date	1-2	3-5	6-12
BLUEBERRIES.....11 lbs. LOW-FAT VAN YOGURT..5-32 oz EXTRA: GRANOLA				APPLES SLICES.....12 LBS. WG-TRISCUITS.....4-14 oz. EXTRA:				100% APPLE JUICE.....2.5 GALS APPLE NUT MUFFINS.....3 LBS EXTRA:				HONEY WHEAT PRETZELS...3 LBS Cantaloupe19 LBS EXTRA:				GRAPE JUICE 100%.....2.5 GAL CHEEZITS4-14 OZ EXTRA: DRIED CRANBERRIES			
CHEESE.....2.2 LBS. WHEAT THINS.....3 boxes EXTRA: FRESH VEGGIES				CELERY STICKS.....11 LBS. PEANUT BUTTER.....40 oz. Extra: RAISINS				SLICED PEACHES.....3 #10 CAN COTTAGE CHEESE.....5- 32 OZ EXTRA:				MILK.....3 GAL PUMPKIN BREAD.....4 LB EXTRA:				GRAPE JUICE 100%.....2.5 GAL ANIMAL CRACKERS.....4-14 OZ EXTRA:			
BLUEBERRIES.....11 lbs. LOW-FAT YOGURT.....5-32 oz EXTRA: CHEERIOS				Broccoli/Cauliflower6/6 lbs CHEEZITS.....4— 14 OZ EXTRA: Low-fat Ranch dressing				BANANAS.....23 LBS. GRANOLA.....3- 14 oz EXTRA:				MILK.....3 GAL Blueberry Bagels.....4 LB EXTRA: low-fat Cream Cheese				APPLE SAUCE.....5- 64 OZ GRAM CRACKERS.....5- 14 OZ EXTRA: RAISINS			
ORANGES.....18 LBS WG-TRISCUITS.....4-14 oz EXTRA:				WHEAT THINS.....4- 14 OZ VEGGIE TRIO.....12 LBS EXTRA: RANCH				SLICED PEACHES.....3 #10 CAN ANIMAL CRACKERS.....4-14 OZ EXTRA: COTTAGE CHEESE				MILK.....3 GAL BLUEBERRY MUFFINS.....4 LBS EXTRA: OATMEAL TOPPING				GRAPE JUICE 100%.....2.5 GAL WG-GOLDFISH.....5-14 OZ EXTRA: DRIED CRANBERRIES			
STRAWBERRIES.....17 lbs. LOW-FAT YOGURT.....5-32 oz. EXTRA:				APPLES.....15 LBS. WG- CHEERIOES.....4-18 OZ EXTRA:				BANANAS.....23 LBS. GRAM CRACKERS.....4—14 oz. EXTRA: PEANUT BUTTER				MILK.....3 GAL BANANA BREAD.....4 LB EXTRA: BANANA SLICES				GRAPE JUICE 100%.....2.5 GAL PRETZELS.....5-14 OZ EXTRA: apples slices.....3 LB			
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Mckeen Street Summer Menu

No. 4018 75 cts.

Mckeen Street Learning Center				Summer Lunch - Menu				Month _____											
Date	1-2	3-5	6-12	Date	1-2	3-5	6-12	Date	1-2	3-5	6-12	Date	1-2	3-5	6-12	Date	1-2	3-5	6-12
Beef Stroganoff				Turkey Subs				PB & Jelly Sandwiches				Chicken & Pasta Salad				Spaghetti & Meatballs			
Ground Beef.....	5 lbs			Sliced Turkey.....	5 lbs			Peanut Butter.....	2-64 oz			Chicken.....	5 lbs			Ground Beef.....	5 lbs		
Peas.....	6 lbs			Lettuce/Tomatoes.....	3 lbs / 3 lb			Peppers/Snap Peas.....	5/5 lbs			Chopped Veggies.....	8 lbs			Mixed veg/tomato.....	6 lb/1 #10		
Fruit Cocktail.....	2- #10 cans			Grapes.....	10 lbs			Watermelon.....	10 lbs			Apple Sauce.....	5- 64 oz			Sliced Peaches.....	2 #10 cans		
Egg Noodles.....	3 lbs			Multi grain rolls.....	4 lbs			WG-Bread.....	3 lbs			Elbow Noodles.....	3 lbs			Spaghetti.....	3 lbs		
Milk.....	3 gal.			Milk.....	3 gal.			Milk.....	3 gal.			Milk.....	3 gal.			Milk.....	3 gal.		
Sloppy Joes				Ham & Cheese Sandwiches				Chicken Salad Sandwiches				Chicken Ranch Wraps				Mini Tacos			
Ground Beef.....	5 lbs.			Ham/cheese.....	3/3 lbs			Chicken.....	5 lbs			Cheese.....	5 lbs			Ground Beef.....	5 lbs		
Corn.....	6 lbs.			Cucumbers.....	8 lbs			Fresh Green Beans.....	8 lbs			Tropical Fruit.....	2 #10 can			Lettuce/Tomato.....	3/3 lb		
Pears.....	2 # 10 cans			Oranges.....	15 lbs			Honey Dew Melon.....	12 lb			Lettuce/tomatoes.....	3 lbs / 3 lbs			Fruit Cocktail.....	2-#10 can		
WG Buns.....	4 lbs			Oat Flat Bread.....	4 lbs			Elbow Macaroni.....	4 lbs			WG-Tortilla Wraps.....	4 lbs			WG-Corn Chips.....	5 lbs		
Milk.....	3 gal.			Milk.....	3 gal.			Milk.....	3 gal.			Milk.....	3 gal.			Milk.....	3 gal.		
Thai Chicken				Turkey Subs				Egg Salad Sandwiches				Chicken Strips & Orzo Salad				Baked Ziti			
Chicken Thighs.....	5 lbs			Sliced Turkey.....	5 lbs			Eggs.....	7 dz			Chicken.....	5 lbs			Beef/cheese.....	4 lbs / 2 lb		
Broccoli.....	8 lbs			Lettuce/Tomatoes.....	3 lbs / 3 lb			Broccoli slaw.....	5 lbs			Sliced veggies.....	6 lbs			Zucchini.....	5 lbs		
Oranges.....	10 lbs			Grapes.....	10 lbs			Watermelon.....	10 lbs			Bananas.....	20 lbs			Fruit Cocktail.....	2 #10 cans		
WG-Brown Rice.....	5 lbs			Multi grain rolls.....	4 lbs			Finger Rolls.....	60 rolls			Orzo Pasta.....	3 lbs			Ziti.....	3 lbs		
Milk.....	3 gal.			Milk.....	3 gal.			Milk.....	3 gal.			Milk.....	3 gal.			Milk.....	3 gal.		
Barbecued Chicken				Ham & Cheese				Tuna Salad Sandwiches				Chicken Ranch Wrap				Chicken Alfredo			
Chicken Thighs.....	5 lbs.			Ham / Cheese.....	2.5 / 2.5 lb			Cheese.....	5 lbs			Chicken.....	5 lbs			Chicken.....	5 lbs		
Corn.....	8 lbs.			Carrot Sticks.....	6 lbs			Asian Salad.....	6 lbs			Oranges.....	10 lbs			Green Beans.....	8 lb		
Fruit Cocktail.....	2- #10 cans			Apples.....	12 lbs			Cantaloupe.....	12 lbs			Lettuce/tomatoes.....	3 lbs / 3 lbs			Sliced Peaches.....	2-#10 can		
Egg Noodles.....	3 lbs			Oat Flat Bread.....	4 lbs			Finger Rolls.....	60 rolls			WG-Tortilla Wraps.....	4 lbs			Spaghetti.....	3 lbs		
Milk.....	3 gal.			Milk.....	3 gal.			Milk.....	3 gal.			Milk.....	3 gal.			Milk.....	3 gal.		
Tuna Noodle Casserole				Meat & Cheese Lunchables				Turkey Subs				Chicken Pasta Salad				Turkey Burger Sliders			
Tuna / Cheese.....	1-66 oz / 2 lbs.			Ham/cheese.....	3/3 lbs			Turkey.....	5 lbs			Chicken.....	5 lbs			Ground Turkey.....	5 lbs		
Peas.....	6 lbs			Broccoli/peppers.....	4/4 lbs			Cucumbers.....	5 lbs			Cole Slaw.....	6 lbs			Sweet Potatoes.....	10 lbs		
Sliced Peaches.....	2-#10 can			Grapes.....	10 lbs			Watermelon.....	10 lbs			Apples.....	12 lbs			Fruit Cocktail.....	2 #10 cans		
Egg Noodles.....	3 lb.			Ritz Crackers.....	3-24 oz			Sub Rolls.....	4 lbs			Bow tie pasta.....	3 lbs			Burger buns.....	3 lbs		
Milk.....	3 gal.			Milk.....	3 gal.			Milk.....	3 gal.			Milk.....	3 gal.			Milk.....	3 gal.		

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Harvest Time

YWCA Central Maine Menu

No. 4058 7/18

All yogurts/cereals served meet CACFP Sugar Limitations. All homemade (HM) grain items are Whole Grain Rich (WG).

CACFP is an indicator of quality child care

CACFP Weekly Menu 9/16/19 - 9/20/19

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup					
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup					
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup**	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Guac/Salsa Cups	Lettuce, Tomatoes	Cucumbers	MXD Veg Tray	Jicama/Ranch
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Apples	Peaches	Watermelon	Plums	Fruit Salad
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Flour Tortillas	WG Wraps/Popcorn	HM WG Waffles	WG Rolls/Goldfish	Wheat Thins
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Cheese/ Beans	Chicken Salad	Hard Boiled Eggs	HM Meatballs	Yogurt/Nuts
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz					

* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. ** The fruit component at lunch may be substituted by an additional vegetable.
 - A serving of milk is not required at supper meals for adults.
 oz eq = ounce equivalents

www.cacfp.org



Age 1 serve whole milk



At least one meal ingredient per day



One 8 oz. glass of water per year of



CACFP CREDITABLE

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Questions