

# CACFP MENU PLANNER

FACILITY NAME: Community Preschool and Childcare

DATE: Sept 5, Oct 10, Nov 14, Dec 19, Jan 23

	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+
<b>BREAKFAST</b> Milk Fruit/vegetable Grain (or meat/ meat alt 3/wk)	Honey Bunches of Oats		1 cup		WG Wheat Bread		1 Slice		Pancakes		2 each		French Toast Sticks		3 each		Waffles		1 each	
	Mixed Fruit Cup		½ cup		Pear Cup		½ cup		Apple Sauce		½ cup		Mixed Fruit cup		½ cup		Pineapple Cup		½ cup	
	1% Milk		6oz		1% Milk		6oz		1% Milk		6 oz		1% Milk		6 oz		1% Milk		6 oz	
<b>AM SNACK</b> (choose two): Milk Fruit Vegetable Grain Meat/meal alt.	100% Apple Juice		½ cup		Motz String Cheese 1oz		1 each		Apples		1 each		Banana (Whole)		1 each		Apple Sauce		½ cup	
	WG Pretzels .7oz		1 bag		Wheat Crackers .25oz		2 packs		WG French Toast Goldfish 1oz		1 bag		WG Graham Crackers .78oz		1 pack		WG Bug Bites .18g		1 each	
<b>LUNCH</b> Milk Fruit Vegetable Grain Meat/meal alt.	Sloppy Joe HM		2.5 oz		Fish Nugget 1oz CN		4 each		Mac and Cheese HM		6 oz		Turkey meat- Sub HM 2oz		1 each		Cheese Pizza 2.75 oz		1 slice	
	Diced Carrots		¼ cup		Green Beans		¼ cup		Pineapples		¼ cup		Pear (whole)		1 each		Apple (Whole)		1 each	
	Peas		¼ cup		Potato Wedges		¼ cup		Broccoli		¼ cup		Carrot bites		½ cup		Broccoli Bites		¼ cup	
	WG Burger Bun 28g		1 each		WG Breading 1oz				WG Noodle 2oz (in Pasta)		2 oz		WG Sub bun 28g				WG Pizza Crust CN 2.75oz		1 each	
	1% Milk		6oz		1% Milk		6 oz		1% Milk		6 oz		1% Milk		6oz		1% Milk		6 oz	
<b>PM SNACK</b> (choose two): Milk Fruit Vegetable Grain Meat/meal alt.	Apples		1 each		Cubed Colby Cheese 1oz		1 bag		100% Grape Juice		½ cup		Apple Slices ½ cup		1 bag		100% Orange Juve		½ cup	
	WG Animal Cracker 18g		1 bag		Wheat Cracker .5 oz		2 each		WG Chex Mix 1oz		1 bag		WG Soft Pretzels 1oz		1 each		WG Chex Mix		1 bag	

Water is always available and offered throughout the day.

Milk  
3-5 year old 1%

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



## CACFP MENU PLANNER

FACILITY NAME: Community Preschool and Childcare

Week of: **Sept 12, Oct 17, Nov 21, Dec 26, Jan 30**

	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+
<b>BREAKFAST</b>	Honey Bunches of oats		1 cup		WG Wheat Bread		1 slice each		Pancakes		2 each		French Toast Sticks		3 each		Waffles		1 each	
Milk	Fresh Apple		1 each		Pears		1 each		100% Grape Juice		4 oz		Mixed Fruit Cup		½ cup		Blue Raz. Apple Sauce		½ cup	
Fruit/vegetable	1% Milk		6oz		1% Milk		6oz		1% Milk		6oz		1% Milk		6oz		1% Milk		6oz	
Grain (or meat/meat alt 3/wk)																				
<b>AM SNACK</b> (choose two):	Wheat Crackers .5oz		2 packs		Bug Bites 1oz		1 each		100% Grape Juice		½ cup		Banana (whole)		1 each		100% Orange Juice		½ cup	
Milk	Cheddar Cheese Stick		1 each		100% Apple Juice		4.23 oz		WG Cinnamon Crisp		1 each		WG Graham Cracker 28g		1 each		WG Chex Mix 26g		1 bag	
Fruit																				
Vegetable																				
Grain																				
Meat/meal alt.																				
<b>LUNCH</b>	CN Chicken Patty 2oz		1 pp		CN Meatballs 2oz		3pp		HM Chicken Taco Meat 2oz		¼ cup		CN Chicken Salad		¼ cup		CN Cheese Pizza 2.75		1 slice	
Milk	Tater Tots		¼ cup		Peas & Carrots		¼ cup		Black Beans		¼ cup		Pineapples		¼ cup		Apple Sauce 4oz		1 each	
Fruit	Celery Sticks 4'x1/2'		3 each		Orange (whole)		1 each		Corn		¼ cup		Broccoli Bites		¼ cup		Cucumbers		¼ cup	
Vegetable	WG Bun-1oz		1 each		WG Dinner Roll 1oz		1 each		Tortilla Shell		1 each		WG Wheat Crackers		2 each		WG Crust 2.75 oz (Cheese Pizza)			
Grain	1% Milk		6oz		1% Milk		6oz		1% Milk		6oz		1% Milk		6oz		1% Milk		6oz	
Meat/meal alt.																				
<b>PM SNACK</b> (choose two):	100% Orange Juice		½ cup		Motz String Cheese		1 each		WG Bug Bites 18g		1 each		Graham Crackers 28g		1 each		Hummus Cups 3oz		1 each	
Milk	WG Cheese Goldfish 1oz		1 each		Wheat Crackers .5oz		2 each		Watermelon Flav. Apple Sacue		½ cup		Fresh Pears		1 each		Broccoli Bites		½ cup	
Fruit																				
Vegetable																				
Grain																				
Meat/meal alt.																				

Water is always available and offered throughout the day.

Milk  
3-5 year old 1%

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

This institution is an equal opportunity provider.

Effective: October 2017



## CACFP MENU PLANNER

FACILITY NAME: Community Preschool and Childcare

DATE: Sept 19, Oct, 24, Nov 28, Jan 2

	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+
<b>BREAKFAST</b> Milk Fruit/vegetable Grain (or meat/ meat alt 3/wk)	Pancakes		2 each		Honey Bunches of Oats		1 cup		WG Wheat		1 slice		Waffles		1 each		French Toast Sticks		3 each	
	Apple Sauce		½ cup		Mixed Fruit cup		½ cup		Pineapple Cup		½ cup		Mandarin Orange cup		½ cup		Pear cup		½ cup	
	1% Milk		6oz		1% Milk		6oz		1% Milk		6oz		1% Milk		6oz		1% Milk		6 oz	
<b>AM SNACK</b> (choose two): Milk Fruit Vegetable Grain Meat/meal alt.	Clementine		1 each		Cubed Colby Cheese		1 each		Fresh Apple		1 each		Banana		1 each		Apple Slices ½ cup		1 bag	
	WG Teddy Graham 1oz		1 bag		Wheat Crackers .5 oz		2 each		WG Animal Crackers .18g		1 bag		WG Goldfish Graham Cracker 1oz		1 bag		WG Soft Pretzels 1oz		1 each	
<b>LUNCH</b> Milk Fruit Vegetable Grain Meat/meal alt.	Beef Burger CN 2oz		1 each		Pulled Chicken 2oz		¼ cup		Chicken Drumsticks CN 2oz		1 each		Chicken Wrap 2 oz		1 each		Cheese Pizza 2.75oz		1 Slice	
	Carrot Bites		¼ cup		Apple Sauce 4oz		1 each		Green Beans		¼ cup		Orange (Whole)		1 each		Pineapples		¼ cup	
	Baked Beans		¼ cup		Celery Stick 4'x12'		3 each		Sweet Potatoes		¼ cup		Sliced Cucumbers		¼ cup		Broccoli Bites		¼ cup	
	WG Burger Bun 28g		1 each		WG Dinner Roll 1oz		1 each		WG Breadstick 1oz		1 each		WG Tortilla 1oz		½ slice		WG Crust 2.75 oz		1 Slice	
	1% Milk		6oz		1% Milk		6oz		1% Milk		6 oz		1% Milk		6 oz		1% Milk		6oz	
<b>PM SNACK</b> (choose two): Milk Fruit Vegetable Grain Meat/meal alt.	100% Orange Juice		½ cup		Salsa cup 3oz		1 each		100% Apple Juice		½ cup		Colby String Cheese 1oz		1 each		100% Apple Juice		½ cup	
	WG Rainbow Goldfish 1oz		1 each		WG Tortilla Chips 1oz		10 each		WG Chex Mix 26g		1 bag		Wheat crackers .5 oz		2 each		WG Bug Bites 1oz		1 bag	

Water is always available and offered throughout the day.

Milk  
3-5 Year old 1%

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## CACFP MENU PLANNER

FACILITY NAME: Community Preschool and Childcare

DATE: Sept 26, Oct 31, Dec 5, Jan 9

	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+
<b>BREAKFAST</b> Milk Fruit/vegetable Grain (or meat/ meat alt 3/wk)	Honey Bunches of Oats		1 cup		WG Wheat Bread		1 Slice		Pancakes		2 each		French Toast Sticks		3 each		Waffle		1 each	
	Mixed Fruit cup		½ cup		Pear Cup		½ cup		Apple Sauce		½ cup		Mixed Fruit Cup		½ cup		Pineapple Cup		½ cup	
	1% Milk		6oz		1% Milk		6 oz		1% Milk		6 oz		1% Milk		6 oz		1% Milk		6 oz	
<b>AM SNACK</b> (choose two): Milk Fruit Vegetable Grain Meat/meal alt.	Cubed Cheese 1 oz		1 each		Apple		1 each		100% Orange Juice		½ cup		Apple Slices ½ cup		1 each		100% Orange Juice		½ cup	
	Wheat Crackers .5 oz		2 each		WG Rainbow Goldfish 1oz		1 each		WG Cheez its 1oz		1 each		Graham Cracker .28g		1 each		WG Chex Mix 1oz		1 bag	
<b>LUNCH</b> Milk Fruit Vegetable Grain Meat/meal alt.	Beef Pasta Bake HM		6oz		Chicken Tenders 2oz		3 each		Fish Patties 3.6oz		1 each		Chicken Pasta Salad HM		6 oz		Cheese Pizza 2.75 oz		1 Slice	
	Diced Carrots		¼ cup		Hashbrowns		¼ cup		Peas		¼ cup		Diced Peaches		¼ cup		Apple Sauce 1.2 cup		1 each	
	Green Beans		¼ cup		Apple slices ½ cup		1 bag		Corn on the cob		1 each		Broccoli Bites		¼ cup		Sliced Cucumbers		½ cup	
	WG Penne Noodles (In pasta bake) 2oz				WG Waffles 1oz		1 each		WG Burger Bun 28g		1 each		Wheat Crackers .5 oz		2 packs		WG Crust 2.25oz			
	1% Milk		6oz		1% Milk		6oz		1% Milk		6 oz		1% Milk		6oz		1% Milk		6 oz	
<b>PM SNACK</b> (choose two): Milk Fruit Vegetable Grain Meat/meal alt.	100% Apple Juice		1 each		Cheddar String Cheese 1oz		1 each		Apple Sauce		½ cup		Broccoli Bites		½ cup		Mixed Fruit Cup		½ cup	
	WG Graham Gold Fish 1oz		1 each		Wheat Cracker .5 oz		2 each		WG Cinnamon Crisp		1 each		Hummus Cups 3oz		1 each		WG Teddy Grahams 1oz		1 bag	

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3-5 year old 1%

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## CACFP MENU PLANNER

FACILITY NAME: Community Preschool and Childcare

DATE: Oct 3, Nov 7, Dec 12, Jan 16

	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)	French Toast Sticks		3 each		Waffles		1 each		Honey Bunches of Oats		1 cup		Pancakes		2 each		WG Wheat Bread		1 Slice	
	Mandarin Fruit cup		½ cup		Peach cup		½ cup		Apple sauce		½ cup		Mixed Fruit cup		½ cup		Pear Fruit Cup		½ cup	
	1% Mill		6 oz		1% Milk		6 oz		1% Milk		6 oz		1% Milk		6oz		1% Milk		6oz	
AM SNACK (choose two): Milk Fruit Vegetable Grain Meat/meal alt.	Colby String Cheese 1oz		1 each		100% Apple Juice		½ cup		Apple Slices ½ cup		1 each		100% Orange Juice		½ cup		100% Grape Juice		½ cup	
	Wheat Cracker .5 oz		2 each		WG Scooby Snacks 1oz		1 each		Graham Cracker .28g		1 each		WG Cinnamon Crisp 1oz		1 each		WG Cheese Goldfish 1oz		1 each	
LUNCH Milk Fruit Vegetable Grain Meat/meal alt.	Chicken & Gravy HM 2oz		2oz		Chicken Fajita 2oz		2.5 oz		BBQ Burger 2oz		1 each		WG Popcorn Chicken 2oz		10 pp		Cheese Pizza 2.75oz		Slice	
	Apple Slice ½ cup		1 each		Refried Beans		¼ cup		Peas		¼ cup		Plum (whole)		1 each		Pear (whole)		1 each	
	Mixed Veggies		½ cup		Corn		¼ cup		Potato Wedges		¼ cup		Celery Sticks 4'x12'		3 each		Carrot Bites		¼ cup	
	Rice		½ cup		WG Tortilla		1 each		WG Burger Bun .28g		1 each		WG Breading 2oz				WG Pizza Crust CN 2.75oz			
	1% Milk		6oz		1% Milk		6oz		1% Milk		6 oz		1% Milk		6 oz		1% Milk		6oz	
PM SNACK (choose two): Milk Fruit Vegetable Grain Meat/meal alt.	100% Apple Juice		½ cup		Motz String Cheese 1oz		1 each		100% Grape Juice		½ cup		Banana (Whole)		1 each		Apple Sauce		½ cup	
	WG Pretzel Twist .7oz		1 bag		Wheat Crackers .25 oz		2 packs		WG French Toast Goldfish 1oz		1 bag		WG Graham Cracker .78oz		1 pack		WG Bug Bites 1oz		1 bag	

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