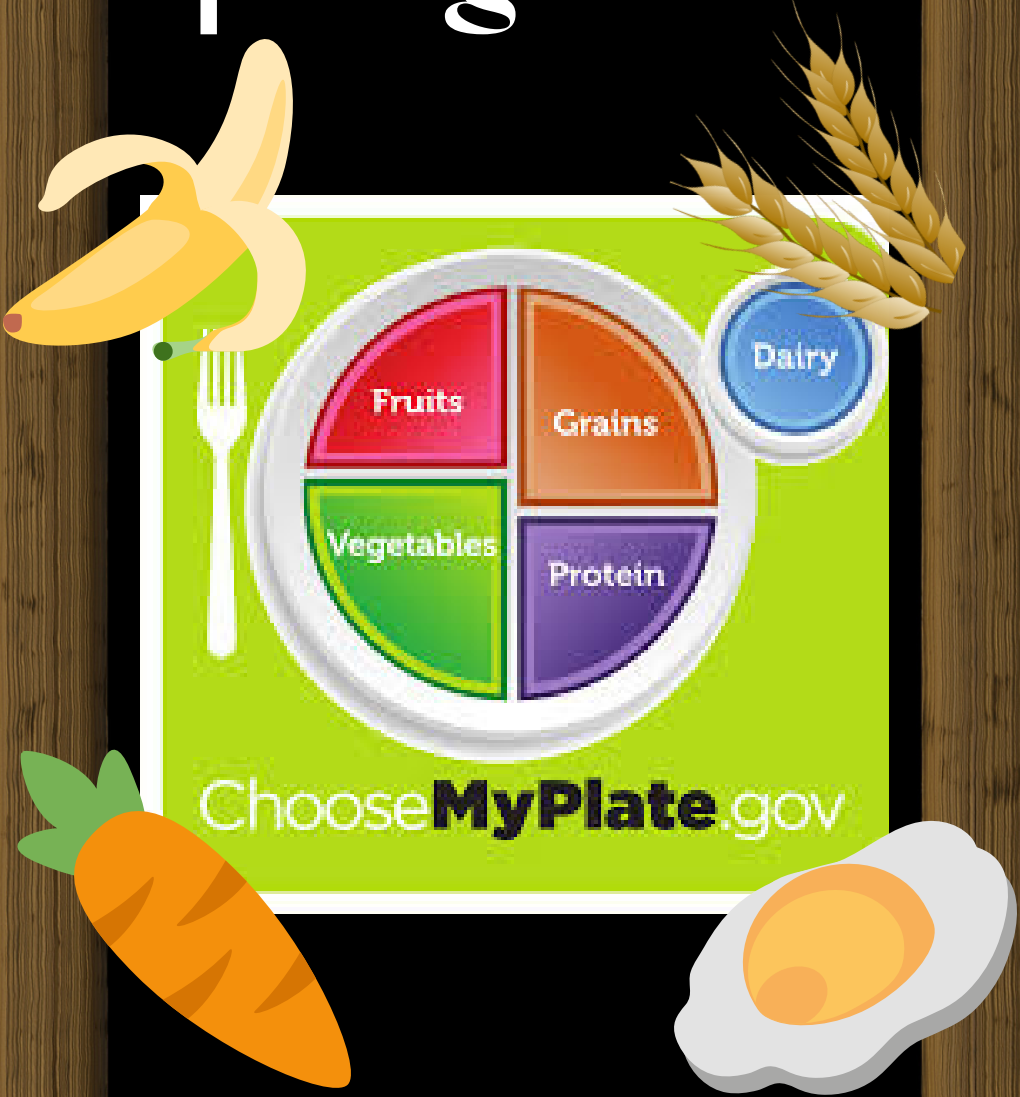


GREEN TREES EARLY LEARNING CENTER, INC.

Spring Menu

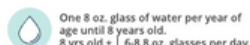
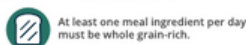


CACFP Weekly Menu April 4th-April 8th

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	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Bananas	Oranges	Strawberries	Applesauce	Apples
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	French Toast	Cheerios	Bagels	Oatmeal	Yogurt/ Granola
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup**	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Peas	Carrots	Broccoli	Green Beans	Corn
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Peaches	Applesauce	Bananas	Apples	Oranges
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Pasta	Rice	Tortillas	Pancakes	*WG Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Ground Beef	Chicken	Cheddar Cheese	Eggs	Turkey
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	Milk AM	Milk AM	Milk AM	Milk AM	Milk AM
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	100% Juice PM	100% Juice PM	100% Juice PM	100% Juice PM	100% Juice PM
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Carrot Sticks AM		Salsa PM	Carrot Sticks AM	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	*WG Saltines PM	*WG Goldfish PM	*WG Tortilla Chips F	*WG Wheat Thins P	Animal Crackers PM Banana Bread AM
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Cheese Sticks AM	Yogurt AM		

* 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

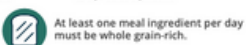
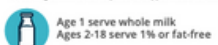


CACFP Weekly Menu April 11th-15th (closed 14 & 15)

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	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Bananas	Oranges	Strawberries	Applesauce	Apples
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	French Toast	Cheerios	Bagels	Oatmeal	Yogurt/ Granola
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup**	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Peas	Carrots	Broccoli	Green Beans	Corn
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Peaches	Applesauce	Bananas	Apples	Oranges
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Rice	Tortillas	Pasta	Pancakes	*WG Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Ham	Ground Beef	Cheese	Eggs	Turkey
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	Milk AM	Milk AM	Milk AM	Milk AM	Milk AM
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	100% Juice PM	100% Juice PM	100% Juice PM	100% Juice PM	100% Juice PM
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Carrot Sticks AM		Salsa PM		
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	*WG Saltines PM	*WG Goldfish PM	*WG Tortilla Chips F	*WG Wheat Thins	Animal Crackers
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Cheese Sticks AM	Yogurt AM		

* 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



CACFP Weekly Menu April 18th-22nd

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	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Bananas	Oranges	Strawberries	Applesauce	Apples
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	French Toast	Cheerios	Bagels	Oatmeal	Yogurt/ Granola
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup**	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Peas	Carrots	Broccoli	Green Beans	Corn
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Peaches	Applesauce	Bananas	Apples	Oranges
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Pasta	Rice	Roll	Rice	*WG Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Chicken Soup	Chili (Ground Beef)	Chicken Sandwich	BBQ Chicken	Chicken
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	Milk AM	Milk AM	Milk AM	Milk AM	Milk AM
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	100% Juice PM	100% Juice PM	100% Juice PM	100% Juice PM	100% Juice PM
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Carrot Sticks AM		Salsa PM	Carrot Sticks AM	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	*WG Saltines PM	*WG Goldfish PM	*WG Tortilla Chips F	*WG Wheat Thins P	Animal Crackers PM/ Banana Bread AM
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Cheese Sticks AM	Yogurt AM		

* 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.

www.cacfp.org



Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free



At least one meal ingredient per day must be whole grain-rich.



One 8 oz. glass of water per year of age until 8 years old.
8 yrs old + | 6-8 8 oz. glasses per day.



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CACFP Weekly Menu April 25th-29th

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	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Bananas	Oranges	Strawberries	Applesauce	Apples
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	French Toast	Cheerios	Bagels	Oatmeal	Yogurt/ Granola
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup**	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Peas	Carrots	Broccoli	Green Beans	Corn
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Peaches	Applesauce	Bananas	Apples	Oranges
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Roll	English Muffins	Pancakes	Rice	*WG Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Chicken Nuggets	Mozzarella Cheese	Eggs	Pulled Pork	Ham
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	Milk AM	Milk AM	Milk AM	Milk AM	Milk AM
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	100% Juice PM	100% Juice PM	100% Juice PM	100% Juice PM	100% Juice PM
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Carrot Sticks AM		Salsa PM	Carrot Sticks AM	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	*WG Saltines PM	*WG Goldfish PM	*WG Tortilla Chips F	*WG Wheat Thins P	Animal Crackers PM/ Banana Bread AM
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Cheese Sticks AM	Yogurt AM		

* 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.

www.cacfp.org



Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free



At least one meal ingredient per day must be whole grain-rich.



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8 yrs old + | 6-8 8 oz. glasses per day.



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CACFP Weekly Menu May 2nd-May 6th

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	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Bananas	Oranges	Strawberries	Applesauce	Apples
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	French Toast	Cheerios	Bagels	Oatmeal	Yogurt/ Granola
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Peas	Carrots	Broccoli	Green Beans	Corn
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Peaches	Applesauce	Bananas	Apples	Oranges
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Pasta	English Muffins	Pancakes	Rice	*WG Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Ground Beef	Mozzarella Cheese	Eggs	Pulled Pork	Ham
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	Milk AM	Milk AM	Milk AM	Milk AM	Milk AM
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	100% Juice PM	100% Juice PM	100% Juice PM	100% Juice PM	100% Juice PM
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Carrot Sticks AM		Salsa PM	Carrot Sticks AM	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	*WG Saltines PM	*WG Goldfish PM	*WG Tortilla Chips F	*WG Wheat Thins P	Animal Crackers PM Banana Bread AM
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Cheese Sticks AM	Yogurt AM		

* 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.

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Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free



At least one meal ingredient per day
must be whole grain-rich.



One 8 oz. glass of water per year of
age until 8 years old.
8 yrs old + | 6-8 8 oz. glasses per day.



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CACFP Weekly Menu May 9th-May 13th

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	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Bananas	Oranges	Strawberries	Applesauce	Apples
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	French Toast	Cheerios	Bagels	Oatmeal	Yogurt/ Granola
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Peas	Carrots	Broccoli	Green Beans	Corn
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Peaches	Applesauce	Bananas	Apples	Oranges
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Rice	Tortillas	Pasta	Rice	*WG Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Ham	Ground Beef	Cheese	BBQ Chicken	Chicken
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	Milk AM	Milk AM	Milk AM	Milk AM	Milk AM
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	100% Juice PM	100% Juice PM	100% Juice PM	100% Juice PM	100% Juice PM
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Carrot Sticks AM		Salsa PM	Carrot Sticks AM	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	*WG Saltines PM	*WG Goldfish PM	*WG Tortilla Chips F	*WG Wheat Thins P	Animal Crackers PM Banana Bread AM
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Cheese Sticks AM	Yogurt AM		

* 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.

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Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free



At least one meal ingredient per day
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age until 8 years old.
8 yrs old + | 6-8 8 oz. glasses per day.



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CACFP Weekly Menu May 16th- May 20th

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	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Bananas	Oranges	Strawberries	Applesauce	Apples
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	French Toast	Cheerios	Bagels	Oatmeal	Yogurt/ Granola
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Peas	Carrots	Broccoli	Green Beans	Corn
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Peaches	Applesauce	Bananas	Apples	Oranges
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Pasta	Rice	Roll	Rice	*WG Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Chicken Soup	Chili (Ground Beef)	Chicken Sandwich	BBQ Chicken	Chicken
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	Milk AM	Milk AM	Milk AM	Milk AM	Milk AM
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	100% Juice PM	100% Juice PM	100% Juice PM	100% Juice PM	100% Juice PM
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Carrot Sticks AM		Salsa PM	Carrot Sticks AM	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	*WG Saltines PM	*WG Goldfish PM	*WG Tortilla Chips F	*WG Wheat Thins F	Animal Crackers PM Banana Bread AM
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Cheese Sticks AM	Yogurt AM		

* 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
Ages 2-18 serve 1% or fat-free



At least one meal ingredient per day
must be whole grain-rich.



One 8 oz. glass of water per year of
age until 8 years old.
8 yrs old + | 6-8 8 oz. glasses per day.



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CACFP Weekly Menu May 23rd-May 27th

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	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Bananas	Oranges	Strawberries	Applesauce	Apples
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	French Toast	Cheerios	Bagels	Oatmeal	Yogurt/ Granola
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Peas	Carrots	Broccoli	Green Beans	Corn
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Peaches	Applesauce	Bananas	Apples	Oranges
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Roll	English Muffins	Pancakes	Rice	*WG Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Chicken Nuggets	Mozzarella Cheese	Eggs	Pulled Pork	Ham
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	Milk AM	Milk AM	Milk AM	Milk AM	Milk AM
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	100% Juice PM	100% Juice PM	100% Juice PM	100% Juice PM	100% Juice PM
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Carrot Sticks AM		Salsa PM	Carrot Sticks AM	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	*WG Saltines PM	*WG Goldfish PM	*WG Tortilla Chips F	*WG Wheat Thins F	Animal Crackers PM Banana Bread AM
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Cheese Sticks AM	Yogurt AM		

* 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



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Ages 2-18 serve 1% or fat-free



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must be whole grain-rich.



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age until 8 years old.
8 yrs old + | 6-8 8 oz. glasses per day.



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CACFP Weekly Menu May 30th-June 3rd (Monday closed)

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	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Bananas	Oranges	Strawberries	Applesauce	Apples
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	French Toast	Cheerios	Bagels	Oatmeal	Yogurt/ Granola
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Peas	Carrots	Broccoli	Green Beans	Corn
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Peaches	Applesauce	Bananas	Apples	Oranges
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Pasta	English Muffins	Pancakes	Rice	*WG Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Ground Beef	Mozzarella Cheese	Eggs	Pulled Pork	Ham
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	Milk AM	Milk AM	Milk AM	Milk AM	Milk AM
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	100% Juice PM	100% Juice PM	100% Juice PM	100% Juice PM	100% Juice PM
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Carrot Sticks AM		Salsa PM	Carrot Sticks AM	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	*WG Saltines PM	*WG Goldfish PM	*WG Tortilla Chips F	*WG Wheat Thins P	Animal Crackers PM Banana Bread AM
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Cheese Sticks AM	Yogurt AM		

* Meat and meat alternatives 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.

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Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free



At least one meal ingredient per day
must be whole grain-rich.



One 8 oz. glass of water per year of
age until 8 years old.
8 yrs old + | 6-8 8 oz. glasses per day.

