



Daily Meal Menu

Milk, water, fruit and whole grain are served everyday
CACFP: Child Meal Pattern
(Azureedge.net)

BREAKFAST

AM SNACK

LUNCH

PM SNACK

M
O
N

- Milk and water
 - 1/2 cup (ages 1-2) 3/4 cup (ages 3-5)
- Cheerios
 - 1/2oz equivalent

- Veggie sticks
 - 1/4 cup (ages 1-2) 1/2 cup (ages 3-5)

- Milk and water
 - 1 oz (ages 1-2) 1.5 oz (ages 3-5)
- Pizza
 - 1/8 cup (ages 1-2) 1/4 cup (ages 3-5)
- String beans
 - 1/8 cup (ages 1-2) 1/4 cup (ages 3-5)
- Bread roll
 - 1/2oz equivalent

- Pears
 - 1/2 cup
- Yogurt
 - 1/2oz equivalent
- Nilla wafers

T
U
E

- Milk and water
 - 1/2 cup (ages 1-2) 3/4 cup (ages 3-5)
- Whole grain french toast
 - 1/2oz equivalent

- Cheese and crackers
 - 1/4 cup (ages 1-2) 1/2 cup (ages 3-5)

- Milk and water
 - 1 oz (ages 1-2) 1.5 oz (ages 3-5)
- Pasta w/ chicken and veggies
 - 1/8 cup (ages 1-2) 1/4 cup (ages 3-5)
- Veggie sticks
 - 1/8 cup (ages 1-2) 1/4 cup (ages 3-5)
- Bread roll
 - 1/2oz equivalent

- Banana
 - 1/2 cup
- Animal crackers
 - 1/2oz equivalent

W
E
D

- Milk and water
 - 1/2 cup (ages 1-2) 3/4 cup (ages 3-5)
- Whole grain pancakes
 - 1/2oz equivalent

- Graham crackers
 - 1/4 cup (ages 1-2) 1/2 cup (ages 3-5)

- Milk and water
 - 1 oz (ages 1-2) 1.5 oz (ages 3-5)
- Meatballs & mac and cheese
 - 1/8 cup (ages 1-2) 1/4 cup (ages 3-5)
- Peas
 - 1/8 cup (ages 1-2) 1/4 cup (ages 3-5)
- Bread roll
 - 1/2oz equivalent

- Apple sauce
 - 1/2 cup
- Goldfish
 - 1/2oz equivalent

T
H
U

- Milk and water
 - 1/2 cup (ages 1-2) 3/4 cup (ages 3-5)
- Whole grain waffles
 - 1/2oz equivalent

- Cheese sticks
 - 1/4 cup (ages 1-2) 1/2 cup (ages 3-5)

- Milk and water
 - 1 oz (ages 1-2) 1.5 oz (ages 3-5)
- Chicken nuggets & mashed potatoes
 - 1/8 cup (ages 1-2) 1/4 cup (ages 3-5)
- Corn
 - 1/8 cup (ages 1-2) 1/4 cup (ages 3-5)
- Bread roll
 - 1/2oz equivalent

- Peaches
 - 1/2 cup
- Pretzels
 - 1/2oz equivalent

F
R
I

- Milk and water
 - 1/2 cup (ages 1-2) 3/4 cup (ages 3-5)
- Nutri grain bars
 - 1/2oz equivalent

- Chex mix
 - 1/4 cup (ages 1-2) 1/2 cup (ages 3-5)

- Milk and water
 - 1 oz (ages 1-2) 1.5 oz (ages 3-5)
- Taquitos & rice
 - 1/8 cup (ages 1-2) 1/4 cup (ages 3-5)
- Beans
 - 1/8 cup (ages 1-2) 1/4 cup (ages 3-5)
- Bread roll
 - 1/2oz equivalent

- Oranges
 - 1/2 cup
- Apple straws
 - 1/2oz equivalent

