

BUDGET FRIENDLY | CACFP MENU

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:					
BREAKFAST:					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable	Banana	Peach Cup	Canned Cinnamon Apples	100% Juice	Mixed Fruit
Grain/Meat ¹	WG Cereal	Yogurt	Oatmeal	WG Waffle	WG Cereal
Extra					
LUNCH:					
	Beef with Broccoli	Bean & Cheese Quesadilla	Mac n' Beef	Turkey Lettuce Wraps	Chicken Parm
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable ²	Clementine	Mango	Mixed Fruit	Banana	String Beans
Vegetable	Broccoli	Corn	Peas	Lettuce/Shredded Carrots	Tomato Sauce
Grain	Brown Rice	WG Tortilla	WG Mac & Cheese	Brown Rice	WG Pasta
Meat/Meat Alternate	Beef Crumbles	Black Beans/Cheese	Beef Crumbles	Turkey Crumbles w/ Soy Sauce	Chicken Patty
Extra	Teriyaki or Zesty Orange Sauce			Sun/Soy Butter Drizzle	
SNACK: Select two of the five components					
	Tortilla Pinwheel				
Milk	Water	Water	Water	Water	Water
Fruit		Applesauce	Clementine		Peach Cup
Vegetable	Shredded Carrots/Cucumber				
Grain	WG Tortilla	WG Maple Bites	WG Tortilla Chips	WG All Sport Bites	Pretzels
Meat/Meat Alternate				Sunbutter	
Extra	Cream Cheese				
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:					
BREAKFAST:					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable	Pears	Peach Cup	Banana	Apple Slices	Mixed Fruit
Grain/Meat ¹	WG Cereal	WG Bagel	Oatmeal	Sunbutter	WG Cereal
Extra		Cream Cheese			
LUNCH:					
	Thai Beef Salad	Turkey Taco	Sloppy Joe	Crunchy Chicken Wrap	Pasta with Meat Sauce
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable ²	Mango	Corn	Mixed Vegetables	Pears	Apple Slices
Vegetable	Lettuce/Cucumber	Salsa	Oven Fries/Tator Tots	String Beans	Peas
Grain	WG Hawaiian Roll	WG Tortilla	WG Roll	WG Tortilla	WG Pasta
Meat/Meat Alternate	Beef Crumbles	Turkey Crumbles	Beef Crumbles	Chicken Patty	Beef Crumbles
Extra	Soy Sauce/Lime	Taco Seasoning	Manwich Sauce	Honey Mustard or Ranch	Pasta Sauce
SNACK: Select two of the five components					
Milk	Water				
Fruit	Applesauce		Canned Apples	100% Juice	
Vegetable		Cucumbers & Ranch			
Grain	Animal Crackers	WG Pizza Crackers	WG Granola	WG Tortilla Chips/Salsa	WG All Sport Bites
Meat/Meat Alternate					Yogurt

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

2. The fruit component at lunch may be substituted by an additional vegetable.

Item	Unit	Size	Brand	Description
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