

# CACFP Weekly Menu March 30-April 2, 2026

				Monday	Tuesday	Wednesday	Thursday	Friday
Meal	Component	Ages 1-2	Ages 3-5					
Breakfast	Milk	1/2 cup	3/4 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetables	1/4 cup	1/2 cup	Bananas Toddlers /100% Apple Juice for 3yrs and up	Applesauce	Bananas Toddlers /100% Apple Juice for 3yrs and up	Applesauce	
	Grain/Meat*	1/2 oz eq	1/2 oz eq	(WG) Cheerios	Pancakes	(WG) Honey Bunches of Oats/Cheerios for One Year Olds	(WG) Belvita Bars	
Lunch	Milk	1/2 cup	3/4 cup	Milk	Milk	Milk	Milk	
	Vegetables	1/8 cup	1/4 cup	Green Peas	Green Beans	Tator Tots	Mixed Vegetables	
	Fruit*	1/8 cup	1/4 cup	Applesauce	Peaches	Applesauce	Pears	
	Grain	1/2 oz eq	1/2 oz eq	Bread	Bread/Pasta	Bread/Bun	Bread	
	Meat/Meat Alternative	1 oz	1 1/2 oz	Chicken	Cheese	Beef Patty	Steak Fingers	CLOSED FOR GOOD FRIDAY
	SERVING			(CN) Chicken Nuggets	(HM) Mac & Cheese	(CN) Hamburgers	(CN) Steak Fingers	
Snack	Milk	1/2 cup	1/2 cup	Milk	Milk	Water	Water	
	Fruit	1/2 cup	1/2 cup				Bananas	
	Vegetables	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	Animal Crackers	(WG) Graham Crackers	Pretzels		
	Meat/Meat Alternative	1/2 oz	1/2 oz			Cheese	Yogurt	

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

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



Age 1 serve whole milk  
Age 2-18 serve 1% or fat free  
CN+ Child Nutrition Label



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

HM=Home Made

CACFP=Child and Adult Care Food Program



One 8oz glass of water per year of age until 8 years old.

8yrs old + 6-8 glasses per day