

CACFP Weekly Menu May 4-8, 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	Bananas Toddlers /100% Apple Juice for 3yrs and up
	Grain/Meat*	1/2 oz eq	1/2 oz eq	(WG) Veggie Cheerios	Muffins	(WG) Honey Bunches of Oats/Cheerios for One Year Olds	(WG) Belvita Bars	(WG) Chex Cinnamn Cereal/Strawberry Chex
Lunch	Milk	1/2 cup	3/4 cup	Milk	Milk	Milk	Milk	Milk
	Vegetables	1/8 cup	1/4 cup	Green Peas	Baked Beans	Greenbeans	Mashed Potatoes	Corn
	Fruit*	1/8 cup	1/4 cup	Applesauce	Peaches	Applesauce	Pears	Mandarins
	Grain	1/2 oz eq	1/2 oz eq	Bread	Bread	Bread/Stuffing	Bread/Buns	Pizza Crust
	Meat/Meat Alternative	1 oz	1 1/2 oz	Chicken	Cheese	Chicken	Ground Beef	Cheese
	SERVING			(CN) Chicken Nuggets	(RA) Grilled Cheese Sandwiches	(RA) Chicken Casserole	(CN) Manwiches	(CN) Cheese Pizza
Snack	Milk	1/2 cup	1/2 cup	Milk	Milk	Water	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	(WG) Teddy Grahams	(WG) Belvita Bars	Pretzels	Go-Gurt	Tortilla Chips
	Meat/Meat Alternative	1/2 oz	1/2 oz			Cheese		Cheese Dip

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



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



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

RA=Recipe Available CN=Combination Food Item CACFP=Child and Adult Care Food Program