

CACFP Weekly Menu Sept. 14-18, 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) Cherrios	Waffles	(WG) Honey Bunches of Oats/Cheerios for One Year Olds	(WG) Belvita Bars	(WG) Chex Cinnamon Cereal
Lunch	Milk	1/2 cup	3/4 cup	Milk	Milk	Milk	Milk	Milk
	Vegetables	1/8 cup	1/4 cup	Greenbeans	Corn	Mashed Potatoes	Greenbeans	Corn
	Fruit*	1/8 cup	1/4 cup	Applesauce	Peaches	Applesauce	Pears	Applesauce
	Grain	1/2 oz eq	1/2 oz eq	Bread	Tortilla Shell	Bread	Bread	Torillas
	Meat/Meat Alternative	1 oz	1 1/2 oz	(CN) Ravioli	(HM) Cheese Quesadillas	(HM) Ground Beef	Chicken	Ham & Cheese
	SERVING			Ravioli with Ground Beef & Cheese	Cheese Quesadillas	Meatloaf	BBQ Chicken	Ham & Cheese Roll ups
Snack	Milk	1/2 cup	1/2 cup	Milk	Water	Milk	Water	Milk
	Fruit	1/2 cup	1/2 cup			Bananas		
	Vegetables	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	Teddy Grahams	(WG) Saltines	Graham Crackers	(WG) Wheat Thins	Cheesey Chex Mix
	Meat/Meat Alternative	1/2 oz	1/2 oz		Cheese		Cheese	

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 Lable



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