

CACFP Food Menu

Serving sizes and nutritional requirements meet all MSDE Health & USDA Child Care Food Program Standards. Unflavored whole milk is served to children ages 12 months to 24 months and 1% milk for ages 2 and up.

Milk is served at all Morning and Lunch Meal times. Water is offered at all meal times

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Variety of whole grain cereal options including Cheerios, raisin bran and whole wheat squares	Whole Wheat Roll with Butter and Jam	Assortment of Bran, Berry or Apple muffin	Variety of whole grain fruit bars options including strawberry, blueberry and apple cinnamon	French Toast with Maple Syrup.
Lunch	Protein: Beef Meatballs in tomato sauce Vegetable: Broccoli; Fruit: Banana Starch: Spaghetti Pasta	Protein: Chicken salad vegetable: garden salad fruit: seasonal melon starch: whole wheat bread	Protein: Roast beef vegetable: green beans fruit: pineapple starch: potato tots	Protein: American Slice Cheese Vegetable : Mixed carrots and peas Fruit: Orange slices Starch: Asian Ramen Noodle in Chicken Broth	Protein: Cheese Pizza, Vegetable: Cucumber slices Fruit: Apple slices Starch: Goldfish Cracker
PM Snack	Assortment of Non-Fat Milk Pudding Cups and Apple Slices	Crunchy Pita Bread Chips & Chickpeas seasoned hummus	Corn Tortilla Chip with a mixture of chopped tomatoes, green pepper, chiles salsa.	Baked fresh yeast dinner roll with Colby or Monterey Jack Cheese Stick	Whole Grain tortilla and turkey slice
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole grain variety Rice cakes	Gluten Free Handcrafted Smoked Turkey Sticks	Variety of whole grain cereal options including	Assortment of Fruit Danish	Bagel with Cream Cheese



			Cheerios, raisin bran and whole wheat squares		
Lunch	Protein: Alfredo Creamy Cheese Sauce; Vegetable: cucumber slices; Fruit: Banana Starch: Penne Pasta	Protein: Wendy's chilli's with beans; Vegetable: corn, Fruit: Pear slices Starch: corn tortilla chips	Starch: Bread roll; Protein: Beef Meatballs in Tomato Sauce; Vegetable: Broccoli; Fruit: Orange	Protein: Shaved Smoked Turkey Breast, Vegetable: Mix of carrot, corn, green beans, peas Fruit: Orange slices Starch: Potato tots	Protein: Cheese Pizza; Vegetable: green beans slices Fruit: Orange Slices Starch: Quaker 5 grain rice cake
PM Snack	Nature Valley Soft Baked Blueberry Bars Whole Grain and banana	Pretzel Twist with creamy swiss soft cheese	Cucumber Rounds with whole grain wheat thins	Cheddar Cubes with Whole Grain Crackers	Variety of Go Gurt flavor options with Cantaloupe
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Variety of whole grain cereal options including Cheerios, raisin bran and whole wheat squares	Nature Valley Whole Grain Crispy Creamy Strawberry Wafer Bars	Variety of whole grain cereal options including Cheerios, raisin bran and whole wheat squares	Cinnamon Crunch, Blueberry , or Corn Muffin Assortment	Kellogg's Eggo Homestyle Waffles with Syrup
Lunch	Starch: Penne Pasta Baked Ziti with Protein: Cheese; Vegetable: Tomato Puree + Mixed Vegetable; Fruit: Banana	Protein: Chicken quesadillas on Starch: tortilla bread with Vegetable: broccoli; Fruit: pear	Starch: Bread Roll with Protein: Turkey Sausage; Vegetable: Green Beans; Fruit: Melon	Starch: Couscous with Protein: Baked Fish Sticks; Vegetable: cucumber; Fruit: & Orange	Starch: Animal Crackers; Protein: Cheese Pizza; Vegetable: peas; Fruit: Apple
PM Snack	Mandarin Orange and String Cheese	Whole Grain Wheat Thins and Cream Cheese	Veggie Straws & Blueberries	Whole Grain Sun Chips Assorted Flavor and Apple Slices	Goldfish Crackers with Peach Slices
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Portion sizes meet all MSDE Health & Nutrition Standards. 1% unflavored milk served (whole milk under 2), fruits, vegetables, and whole grains included with every meal.					



Menu items may be substituted as needed based on center needs and availability					
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Variety of whole grain fruit bars options including strawberry, blueberry and apple cinnamon	Quaker Oatmeal Maple Brown Sugar	Tart & Sweet Apple Turnover	Cap'n Crunch's Crunch Berries Cereal	Nature's Own 100% Whole Wheat Bread with Butter and Jam
Lunch	Protein Tyson Grilled Sweet Teriyaki Chicken Vegetable: Corn ; Fruit: orange slices Starch: Hawaiian roll	Protein; Edamame and mixed vegetables Chow Mein vegetables: mixed vegetables fruit: apple starch low mein noodles	Protein: meatball meatloaf Vegetable: Corn Fruit: Pineapple Starch: Mashed potatoes	Protein: Tuna salad sandwich vegetable: celery stick fruit: apple slices starch: whole wheat bread	Protein: mozzarella cheese sticks vegetables: Campbell's tomato soup fruit: seasonal berry starch: Premium Original Saltine Crackers
PM Snack	Fritos Scoops Corn Chips with buffalo chicken dip	Enriched Pita bread chips chickpeas seasoned hummus	Apple Slices with Sunflower Seed Butter	Yogurt with Graham crackers	Tortilla Chips & Salsa
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Variety of whole grain cereal options including Cheerios, raisin bran and whole wheat squares	Strawberry filling enveloped in a crumbly pastry crust tart	Nature Valley Whole Grain Crispy Creamy Strawberry Wafer Bars	Variety of whole grain fruit bars options including strawberry, blueberry and apple cinnamon	Fresh baked Chocolate Chip Muffins
Lunch	Protein: Orange Chicken Tempura vegetable: sweet peas fruit: pineapple starch: rice	Protein: Honey roasted turkey Vegetable: cucumber slices Fruit: jellied whole cranberry	Protein: Grilled cheese sandwich on whole wheat vegetable: tomato soup fruit: peaches	Protein: Beef meatballs Vegetable: tomato marinara sauce fruit: orange slices starch:	Protein: mozzarella cheese sticks vegetables: broccoli fruit: seasonal berry starch: goldfish



	cracker	sauce starch: mashed potatoes	starch: saltine crackers	potato roll	crackers
PM Snack	Belvita biscuit with blueberry and fresh sliced bananas	Fritos Scoops Corn Chips with spinach artichoke dip	sliced pepper with Palmetto Cheese dip	Baked potato chips and mandarin orange slices	Naan Bites with pepper hummus
Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Variety of whole grain fruit bars options including strawberry, blueberry and apple cinnamon	Butter crossing with grape jelly	Fresh baked buttery Corn Muffins	Variety of whole grain fruit bars options including strawberry, blueberry and apple cinnamon	Tart & Sweet Apple Turnover
Lunch	Protein: Breaded chicken pattie Vegetable: fresh tomato sauce fruit: seasonal berries starch: potato roll	Protein: Grilled Chicken Strips Vegetable: Corn; Fruit: bananas Starch: Spanish Rice	Protein: Baked Fish Vegetable: Green Beans, Fruit: Pear Starch: Hawaiian Roll	Protein: Egg Vegetable: salad fruit: peach slices starch: croissant roll	Protein: mozzarella cheese sticks vegetables: corn orange slices fruit: starch: vanilla wafers
PM Snack	Whole grain chex mix with bananas	Croissant with seasonal berry	Whole grain fig soft bites and banana slices	Fritos Scoops Corn Chips with white queso dip	Nature Valley Whole grain oats Fig Bars



SAMPLE



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