

Child and Adult Care Food Program (CACFP) Menu Form 1 – Breakfast, Lunch and PM Snack

Site: Napa Valley College Child Development Center

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup)	Milk	Milk	Milk	Milk	Milk
Juice or Fruit or Vegetable (½ cup)	Bananas	Raspberries	Strawberries	Blackberries	Blueberries
Grains/Breads (enriched or whole grain)* Bread (½ slice) or cold cereal (1/3 cup) or Hot cereal (¾ cup)	Oatmeal	Cheerios	Toast	English Muffins	Bagels
Other foods (Do not count)			Peanut Butter and Jelly	Scrambled Eggs	Cream Cheese
Lunch					
Milk (¾ cup)					
Meat/Meat Alternates Meat, poultry or fish (1 ½ ounces) or Cheese (1 ½ ounces) or egg (¾ large) or Peanut butter (3 tablespoons) or Cooked dry beans and peas (¾ cup) or Yogurt (¾ cup)	Bean and Cheese Burritos	Turkey Sandwich	Spaghetti with Ground Beef Sauce	Chicken Pasta Soup	Lentils
Grains/Breads (enriched or whole grain)* Bread (½ slice) or Cooked pasta and grains (¼ cup)	Flour Tortillas	Whole Grain Bread	Pasta	Star Pasta	Tortillas
Fruits and/or Vegetables (Two or more different servings for ½ cup total)	Corn	Peas	Carrots	Mixed Vegetables	Broccoli
	Grapes	Watermelon	Apples	Bananas	Chef's Choice
Other foods (Do not count)					
Snack (AM or PM) <i>Select two of the four components</i>					
1. Milk (½ cup)				Milk	
2. Meat or Meat Alternates Meat, poultry or fish (½ ounce) or Cheese (½ ounce) or egg (½ large) or Peanut butter (1 tablespoon) or Cooked dry beans and peas (½ cup) or Yogurt (¼ cup)		Cheddar Cheese Slices			
3. Juice or Fruit or Vegetable (½ cup)	Apples	Grapes	Bananas		Honeydew Melon
4. Grains/Breads (enriched or whole grain)* Bread (½ slice) or cereal (1/3 cup) or Cooked pasta and grains (¼ cup)	Graham Crackers		Animal Crackers	Bagels	Wheat Thins
Other foods (Do not count)	Water	Water	Water	Water	Water