

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

Site: Napa Valley College Child Development Center

Week of:

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup)	Milk	Milk	Milk	Milk	Milk
Juice or Fruit or Vegetable (½ cup)	Strawberries	Pears	Strawberries	Apples	Oranges
Grains/Breads (enriched or whole grain)* Bread (½ slice) or cold cereal (1/3 cup) or Hot cereal (¼ cup)	Waffles	French toast	Blueberry Muffins	Kix Cereal	Bagels
Other foods (Do not count)					Cream cheese
Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup)	Milk	Milk	Milk	Milk	Milk
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)	Chicken & Corn Chowder	Turkey Soft Tacos	Chicken sandwiches	Sweet and sour chicken	Tailgater Beef Chili
Grains/Breads (enriched or whole grain)* Bread (½ slice) or Cooked pasta and grains (¼ cup)	Garlic bread	Flour tortillas	Whole wheat bread	Rice	French Bread
Fruits and/or Vegetables (Two or more different servings for ½ cup total)	Bananas.	Oranges	Apples	Pears	Apples
	corn	broccoli	Cauliflower	Mix Vegetables	Carrots
Other foods (Do not count)					
Snack (AM or PM) <i>Select two of the four components</i>	Monday	Tuesday	Wednesday	Thursday	Friday
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 (¾ cup)	String Cheese	Yogurt			Cheddar Cheese
3. Juice or Fruit or Vegetable (½ cup)	Carrots	bananas		oranges	
4. Grains/Breads (enriched or whole grain)* Bread (½ slice) or cereal (1/3 cup) or Cooked pasta and grains (¼ cup)			Graham Crackers	Wheat Thins	Ritz
Other foods (Do not count)					

Note: The quantities of food specified are the minimum serving sizes for children ages 3-5. Quantities must be adjusted for other ages. *****1*****