

**21-DAY CYCLE MENU**  
**Child and Adult Care Food Program**

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, ask our staff.

**Menu for the Week of** \_\_\_\_\_

<b>Breakfast</b> (Select all 3 components)	<b>Monday</b> <b>Day 1</b>	<b>Tuesday</b> <b>Day 2</b>	<b>Wednesday</b> <b>Day 3</b>	<b>Thursday</b> <b>Day 4</b>	<b>Friday</b> <b>Day 5</b>
• Grains (or Meat/Meat Alternative – no more than 3x/week)					
• Vegetable or Fruit					
• Milk					

<b>Lunch</b> (Select all 5 components)	<b>Monday</b> <b>Day 1</b>	<b>Tuesday</b> <b>Day 2</b>	<b>Wednesday</b> <b>Day 3</b>	<b>Thursday</b> <b>Day 4</b>	<b>Friday</b> <b>Day 5</b>
• Meat/Meat Alternative					
• Grains					
• Vegetable					
• Fruit					
• Milk					

<b>Snack</b> (Select 2 of these 5 components)	<b>Monday</b> <b>Day 1</b>	<b>Tuesday</b> <b>Day 2</b>	<b>Wednesday</b> <b>Day 3</b>	<b>Thursday</b> <b>Day 4</b>	<b>Friday</b> <b>Day 5</b>
• Meat/Meat Alternative					
• Grains					
• Vegetable					
• Fruit					
• Milk					

**MENU NOTES:**

Milk served daily at breakfast and lunch

- Children 12-23 months of age served unflavored whole milk.
- Ages 2 and up served unflavored skim or 1% milk.

WGR = Whole Grain-Rich

This institution is an equal opportunity provider

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<b>Breakfast</b> (Select all 3 components)	<b>Monday</b> <b>Day 6</b>	<b>Tuesday</b> <b>Day 7</b>	<b>Wednesday</b> <b>Day 8</b>	<b>Thursday</b> <b>Day 9</b>	<b>Friday</b> <b>Day 10</b>
• Grains (or Meat/Meat Alternative – no more than 3x/week)					
• Vegetable or Fruit					
• Milk					

<b>Lunch</b> (Select all 5 components)	<b>Monday</b> <b>Day 6</b>	<b>Tuesday</b> <b>Day 7</b>	<b>Wednesday</b> <b>Day 8</b>	<b>Thursday</b> <b>Day 9</b>	<b>Friday</b> <b>Day 10</b>
• Meat/Meat Alternative					
• Grains					
• Vegetable					
• Fruit					
• Milk					

<b>Snack</b> (Select 2 of these 5 components)	<b>Monday</b> <b>Day 6</b>	<b>Tuesday</b> <b>Day 7</b>	<b>Wednesday</b> <b>Day 8</b>	<b>Thursday</b> <b>Day 9</b>	<b>Friday</b> <b>Day 10</b>
• Meat/Meat Alternative					
• Grains					
• Vegetable					
• Fruit					
• Milk					

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<b>Breakfast</b> (Select all 3 components)	<b>Monday</b> <b>Day 11</b>	<b>Tuesday</b> <b>Day 12</b>	<b>Wednesday</b> <b>Day 13</b>	<b>Thursday</b> <b>Day 14</b>	<b>Friday</b> <b>Day 15</b>
• Grains (or Meat/Meat Alternative – no more than 3x/week)					
• Vegetable or Fruit					
• Milk					

<b>Lunch</b> (Select all 5 components)	<b>Monday</b> <b>Day 11</b>	<b>Tuesday</b> <b>Day 12</b>	<b>Wednesday</b> <b>Day 13</b>	<b>Thursday</b> <b>Day 14</b>	<b>Friday</b> <b>Day 15</b>
• Meat/Meat Alternative					
• Grains					
• Vegetable					
• Fruit					
• Milk					

<b>Snack</b> (Select 2 of these 5 components)	<b>Monday</b> <b>Day 11</b>	<b>Tuesday</b> <b>Day 12</b>	<b>Wednesday</b> <b>Day 13</b>	<b>Thursday</b> <b>Day 14</b>	<b>Friday</b> <b>Day 15</b>
• Meat/Meat Alternative					
• Grains					
• Vegetable					
• Fruit					
• Milk					

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**Menu for the Week of \_\_\_\_\_**

<b>Breakfast</b> (Select all 3 components)	<b>Monday</b> <b>Day 16</b>	<b>Tuesday</b> <b>Day 17</b>	<b>Wednesday</b> <b>Day 18</b>	<b>Thursday</b> <b>Day 19</b>	<b>Friday</b> <b>Day 20</b>
• Grains (or Meat/Meat Alternative – no more than 3x/week)					
• Vegetable or Fruit					
• Milk					

<b>Lunch</b> (Select all 5 components)	<b>Monday</b> <b>Day 16</b>	<b>Tuesday</b> <b>Day 17</b>	<b>Wednesday</b> <b>Day 18</b>	<b>Thursday</b> <b>Day 19</b>	<b>Friday</b> <b>Day 20</b>
• Meat/Meat Alternative					
• Grains					
• Vegetable					
• Fruit					
• Milk					

<b>Snack</b> (Select 2 of these 5 components)	<b>Monday</b> <b>Day 16</b>	<b>Tuesday</b> <b>Day 17</b>	<b>Wednesday</b> <b>Day 18</b>	<b>Thursday</b> <b>Day 19</b>	<b>Friday</b> <b>Day 20</b>
• Meat/Meat Alternative					
• Grains					
• Vegetable					
• Fruit					
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<b>Breakfast</b> (Select all 3 components)	<b>Monday</b> <b>Day 21</b>
• Grains (or Meat/Meat Alternative – no more than 3x/week)	
• Vegetable or Fruit	
• Milk	

<b>Lunch</b> (Select all 5 components)	<b>Monday</b> <b>Day 21</b>
• Meat/Meat Alternative	
• Grains	
• Vegetable	
• Fruit	
• Milk	

<b>Snack</b> (Select 2 of these 5 components)	<b>Monday</b> <b>Day 21</b>
• Meat/Meat Alternative	
• Grains	
• Vegetable	
• Fruit	
• Milk	

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