

**Sample 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)	WGR Cheerios	Yogurt	French Toast	Scrambled Eggs	WGR Bagel
• Vegetable or Fruit	Banana	Berries	Applesauce	Hash-brown Patty	Diced Peaches
• Milk	Milk	Milk	Milk	Milk	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	Chicken Nuggets	Meatballs	Beef Taco	Fish Sticks	Cheese Pizza
• Grains	Dinner Roll	WGR Spaghetti	WGR Tortilla Shell	WGR Breadstick	Pizza Crust
• Vegetable	Celery Sticks	Green Beans	Diced Tomatoes	Fresh Broccoli	Peas
• Fruit	Strawberries	Mandarin Oranges	Sliced Peaches	Cantaloupe	Mixed Fruit
• Milk	Milk	Milk	Milk	Milk	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	Cheese Slices			Yogurt	Hummus
• Grains	Saltine Crackers	Banana Muffin	WGR Graham Crackers		WGR Pita Bread
• Vegetable					
• Fruit			Apple Slices	Blueberries	
• Milk		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)	Blueberry Muffin	Scrambled Eggs	Oatmeal	WGR Toast	WGR Honey Kix Cereal
• Vegetable or Fruit	Mixed Fruit	Orange Slices	Blueberries	Apple Slices	Banana
• Milk	Milk	Milk	Milk	Milk	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	Chicken Parmesan	BBQ Pork	Beef Chili	Tuna Salad	Grilled Cheese Sandwich
• Grains	WGR Breadstick	WGR Bun	Cornbread	Pita Bread	WGR Bread
• Vegetable	Brussel Sprouts	Corn	Cauliflower	Romaine Lettuce	Peas
• Fruit	Pineapple Tidbits	Carrot Sticks	Applesauce	Sliced Peaches	Watermelon
• Milk	Milk	Milk	Milk	Milk	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		Peanut Butter			Cottage Cheese
• Grains	WGR Goldfish Crackers		WGR Tortilla Chips	Graham Crackers	
• Vegetable			Salsa		
• Fruit	100% Cranberry Juice	Apple Slices		Grapes	Pineapple Tidbits
• 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)	WGR Pancakes	WGR English Muffins	WGR Rice Krispies Cereal	Yogurt	Cinnamon Raisin Toast
• Vegetable or Fruit	Applesauce	Diced Pears	Grapes	Peaches	Apple Slices
• Milk	Milk	Milk	Milk	Milk	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	Turkey & Cheese Sandwich	Homemade Mac & Cheese	Sweet & Sour Chicken	Hot Roast Beef	Pepperoni Pizza
• Grains	WGR Bread Slices	Macaroni Noodles	Brown Rice	WGR Dinner Roll	WGR Pizza Dough
• Vegetable	Celery Sticks	Green Beans	Steamed Broccoli	Mashed Potatoes & Gravy	Cucumber Slices
• Fruit	Mixed Fruit	Blackberries	Carrot Sticks	Peas	Sliced Pears
• Milk	Milk	Milk	Milk	Milk	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	Part-skim Mozz. cheese stick		Cheese Cubes	Vanilla Yogurt	Hummus
• Grains		Pretzels			
• Vegetable					Carrot/Celery Sticks
• Fruit	Grapes	100% Apple Juice	Apple Slices	Strawberries	
• Milk					

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<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)	Apple Cinnamon Muffin	Cheesy Scrambled Eggs	Waffles	WGR Biscuits & Sausage Gravy	WGR Wheaties Cereal
• Vegetable or Fruit	Banana	Avocado Slices	Diced Peaches	Mixed Berries	Mandarin Oranges
• Milk	Milk	Milk	Milk	Milk	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	Cheeseburger	Baked Fish	Sloppy Joe Sandwich	Chicken Fingers	Ham & Cheese Wrap
• Grains	WGR Bun	Quinoa	WGR Bun	WGR Breadstick	WGR Tortilla Shell
• Vegetable	Baked Tator Tots	Steamed Carrots	Zucchini	Red Pepper Slices	Cucumber Slices
• Fruit	Watermelon	Kiwi	Applesauce	Diced Pears	Banana
• Milk	Milk	Milk	Milk	Milk	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	Egg Salad	Ham & Cheese		Yogurt	
• Grains	Pita Bread	WGR Tortilla		Granola	WGR Graham Crackers
• Vegetable					
• Fruit			Fruit Kebob		
• Milk			Milk		Milk

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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)	Cinnamon Oatmeal
• Vegetable or Fruit	Raspberries
• Milk	Milk

<b>Lunch</b> (Select all 5 components)	<b>Monday</b> <b>Day 21</b>
• Meat/Meat Alternative	Baked Lasagna
• Grains	WGR Lasagna Noodles
• Vegetable	Green Beans
• Fruit	Apple Slices
• Milk	Milk

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

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