

CACFP Menu for Children Week 1/Fall Menu

Site/Center Name: Sharon Hill Daycare & Preschool									
Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
		1 & 2 years	3 - 5 years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Juice, fruit Or vegetable	1/4 cup	1/2 cup	1/2 cup	Banana	Peaches	Pears	Banana	Fresh Orange slices
	Grains/Breads Dry cereal	1/2 slice 1/4 cup or 1/3 oz.	1/2 slice 1/3 cup or 1/2 oz.	1 slice 3/4 cup or 1 oz.	Whole grain Blueberry Pancakes	Scrambled eggs w/ whole wheat toast	Whole grain bagel w/cream cheese	Whole grain cereal	Cinnamon Toast
	Lunch or Supper	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Grilled Cheese On Whole grain wheat Bread	Shredded BBQ chicken on whole wheat bun	Whole grain spaghetti w/ sauce & cheese	Turkey Sausage
Grains/Breads Pasta/Noodles		1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Whole grain wheat Bread	Whole wheat Bun	Garlic bread	Whole grain Pancakes	Whole grain Bread
Fruit and/or vegetable and/or juice (2 servings to total)		1/4 cup total	1/2 cup total	3/4 cup total	Tomato Soup	Sweet potato tots	Peas	Hashbrown	Green Beans
					Apple Slices	Mandarin oranges	Mixed fruit	Baked cinnamon apples	Mixed Fruit
Milk, fluid		1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Snack (select 2)	Milk, fluid	1/2 cup	1/2 cup	1 cup	Milk	Milk	Milk	100% Juice	Water
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grains/Breads/ Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Sun Chips	Oatmeal raisin cookie	Apple Slices & graham crackers	Carroteenies and green pepper slices w/ranch	Plain Yogurt w/ Fresh Berries
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.	I & T: Crackers & cheese				

For more information on additional food components and amounts, please refer to CACFP Child Care Meal Pattern Chart in "What's in a Meal?".
This institution is an equal opportunity provider.