

# Week 1/Winter menu

## CACFP Menu for Children

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
<b>Breakfast</b>	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	Mixed Fruit	Banana	Fresh Orange slices	Fresh Strawberries	Peaches
	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.	Turkey ham & Cheese Breakfast quesadilla	Cereal with milk	Oatmeal w/ raisins on side	Whole grain pancakes	NF Van.Greek Yogurt w/ multigrain cheerios
	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Egg salad	Turkey Meatballs	Grilled Turkey and cheese sandwich	Chili Mac & cheese	Grilled Chicken alfredo pasta
<b>Lunch or Supper</b>	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Whole wheat Crackers	Whole wheat breadstick	Wheat bread	Pasta in Mac & cheese	Whole wheat spaghetti
	Fruit and/or vegetable and/or juice (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Sweet potato fries	Mashed potatoes w/gravy	Chicken noodle soup	Fresh broccoli w/ranch	Peas
					Pears	Mandarin Oranges	Apple slices & cooked carrots	Banana	Peaches
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
<b>Snack (select 2)</b>	Milk, fluid	1/2 cup	1/2 cup	1 cup	Milk	Milk	Milk	Juice	Milk
	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	Cereal Trail Mix	Apple slices with (sun butter)	Carrot sticks with ranch I&T: cooked carrots with cinnamon	Fresh Orange Slices	Wheat crackers & cheese squares I&T cheese slices
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.		I & T: Applesauce			

For more information on additional food components and amounts, please refer to CACFP Child Care Meal Pattern Chart in "What's in a Meal?".  
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