

Week 2/Winter 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
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	Cantaloupe	Banana	Pears	Fresh Apple Slices	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.	Egg patty and cheese on whole grain English muffin	Cheerios w/ milk	Breakfast casserole w/turkey ham, cheese, & hash brown	Blueberry Muffin	Cinnamon Cream cheese mini bagels
	Lunch or Supper	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	White chicken Chili	Cheesy Rotini Pasta w/ vegetables	Veggie Burger w/cheese	Broccoli & cheese stuffing w/chicken
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	Whole Wheat Bun	Stuffing	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	Corn	Tossed salad w/ dressing	Baked tri colored potatoes	Green beans	Mixed Veggies
					Pears	Fresh Orange Slices	Pineapple	Peaches	Fresh strawberries
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	100% Juice	Milk	100% 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	Graham Crackers w/ (sun butter)	Cantaloup Slices I & T chunked cantaloup	Pepper Slices w/ ranch	Sun chips and salsa	Cooked apples w/ cinnamon & brown sugar
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.					

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.