

Creative Learning Center Weekly Menu CACFP 1

Type	Component	Minimum Serving			Date	Date	Date	Date	Date
Breakfast		1 & 2 years	3-5 years	6-12 years	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk, fluid	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Juice, fruit or vegetable	¼ cup	½ cup	½ cup	OJ	OJ	OJ	OJ	OJ
	Grains/Breads Dry cereal	½ slice ¼ cup	½ slice 1 ⅓ cup	1 slice ¾ cup	Pop Tart	Captain Crunch	Apple Muffin	Cinnamon Roll	Kix
Lunch	Meat or meat alternate	1 oz.	1 ½ oz.	2 oz.	Pizza	Chicken Nuggets	Turkey & Cheese Sandwich	Sloppy Joe Sandwich	Sausage Links
	Grains/Breads	½ slice	½ slice	1 slice	Crust	Bread/Butter	Saltines	Bun	Pancakes
	Fruit and /or vegetable and/or juice (to total 2 or more)	¼ cup total	½ cup total	¾ cup total	Applesauce Salad	Pears Green Beans	Mandarin Oranges Tomato Soup	Pineapple Peas	Peaches Carrots Sticks
	Milk, fluid	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
Snack (select 2)	Milk, fluid	½ cup	½ cup	1 cup	Cheese Slices	Milk		Milk	Milk
	Juice, fruit or vegetable	½ cup	½ cup	¾ cup	Apple Juice		Fruit Punch		
	Grains/Breads/ Cereal	½ slice ¼ cup	½ slice 1 ⅓ cup	1 slice ¾ cup	Popcorn	Vanilla Cookie	Cracker Mix	Oatmeal Cookie	Animal Crackers
	Meat or meat alternate	½ oz.	½ oz.	1 oz.					

Creative Learning Center Weekly Menu CACFP 2

Type	Component	Minimum Serving			Date	Date	Date	Date	Date
Breakfast		1 & 2 years	3-5 years	6-12 years	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk, fluid	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Juice, fruit or vegetable	cup	½ cup	½ cup	OJ	OJ	Grape Juice	OJ	OJ
	Grains/Breads Dry cereal	½ slice ¼ cup	½ slice 1 ⅓ cup	1 slice ¾ cup	Cheerios	Waffles	Crispix	Danish Roll	Fruit Loops
Lunch	Meat or meat alternate	1 oz.	1 ½ oz.	2 oz.	Turkey Corn Dog	Bologna/Cheese Sandwich	Taco Beef/Cheese	Chicken Patty	Sausage Patty
	Grains/Breads	½ slice	½ slice	1 slice	Breading	Bread	Flour Shell	Bun	Biscuit Hash Brown
	Fruit and /or vegetable and/or juice (to total 2 or more)	¼ cup total	½ cup total	¾ cup total	Pineapple	Pears	Applesauce	Peaches	OJ Mixed Fruit
					Baked Beans	Vegetable Soup	Lettuce	Carrots	
Milk, fluid	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	
Snack (select 2)	Milk, fluid	½ cup	½ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Juice, fruit or vegetable	½ cup	½ cup	¾ cup		Jell-O and Fruit			
	Grains/Breads/ Cereal	½ slice ¼ cup	½ slice 1 ⅓ cup	1 slice ¾ cup	Sugar Cookie		Oreo	Mandarin Oranges	Fig Newton
	Meat or meat alternate	½ oz.	½ oz.	1 oz.					

Creative Learning Center Weekly Menu

CACFP 3

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	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Juice, fruit or vegetable	¼ cup	½ cup	½ cup	OJ	OJ	OJ	OJ	OJ
	Grains/Breads Dry cereal	½ slice ¼ cup	½ slice 1 ⅓ cup	1 slice ¾ cup	Nutri Grain Bar	Cinnamon Toast	Frosted mini Wheat	Bagel	Frosted Flakes
	Meat or meat alternate	1 oz.	1 ½ oz.	2 oz.	Fish Sandwich	Chili Cheese Slices	Salisbury Steak	Chicken Nuggets	Scrambled Eggs Ham
Lunch	Grains/Breads	½ slice	½ slice	1 slice	Bun	Saltines	Bread and Butter	Dinner Roll	Biscuit
	Fruit and /or vegetable and/or juice (to total 2 or more)	¼ cup total	½ cup total	¾ cup total	Mandarin Oranges	Pineapple	Mixed Fruit	Peaches	Applesauce
					Green Beans	Kidney Beans	Mashed Potatoes Peas	Salad	Carrots
	Milk, fluid	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
Snack (select 2)	Milk, fluid	½ cup	½ cup	1 cup		Milk	Cheese Sticks	Milk	Yogurt
	Juice, fruit or vegetable	½ cup	½ cup	¾ cup	Grape Juice	Orange Slices	Apple Juice	Fruit Salad	Apple Juice
	Grains/Breads/ Cereal	½ slice ¼ cup	½ slice 1 ⅓ cup	1 slice ¾ cup	Bread Sticks				
	Meat or meat alternate	½ oz.	½ oz.	1 oz.					

Creative Learning Center Weekly Menu

CACFP 4

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	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Juice, fruit or vegetable	¼ cup	½ cup	½ cup	OJ	OJ	OJ	OJ	OJ
	Grains/Breads	½ slice	½ slice	1 slice		Danish Roll		Donuts	
	Dry cereal	¼ cup	1 ⅓ cup	¾ cup	Rice Krispies		Fruit Loops		Golden Grahams
Lunch	Meat or meat alternate	1 oz.	1 ½ oz.	2 oz.	Meatballs Spaghetti Sauce	Macaroni/Cheese Ham	Hot Dog	Cheese Burger	Chicken Breast
	Grains/Breads	½ slice	½ slice	1 slice	Spaghetti	Pasta	Bun	Bun	Rice
	Fruit and /or vegetable and/or juice (to total 2 or more)	¼ cup total	½ cup total	¾ cup total	Pears	Pineapple	Peaches	Applesauce	Apricots
					Salad	Carrot Sticks	Baked Beans	Corn	Green Beans
	Milk, fluid	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
Snack (select 2)	Milk, fluid	½ cup	½ cup	1 cup		Milk	Milk	Milk	
	Juice, fruit or vegetable	½ cup	½ cup	¾ cup	Grape Juice		Banana Chocolate Syrup	Fruit Cup	Apple Juice
	Grains/Breads/ Cereal	½ slice ¼ cup	½ slice 1 ⅓ cup	1 slice ¾ cup	Popcorn	Graham Crackers			Cheese Its
	Meat or meat alternate	½ oz.	½ oz.	1 oz.	Cheese Cubes				

Creative Learning Center Weekly Menu

CACFP 5

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	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Juice, fruit or vegetable	¼ cup	½ cup	½ cup	OJ	OJ	OJ	OJ	OJ
	Grains/Breads	½ slice	½ slice	1 slice		Pop Tart	French Toast	Blueberry Muffin	
	Dry cereal	¼ cup	1 ⅓ cup	¾ cup	Cocoa Rice Krispies				Cheerios
Lunch	Meat or meat alternate	1 oz.	1 ½ oz.	2 oz.	Johnny Marzetti	Chicken Fingers	Hamburger Sandwich	Turkey Hot Shot	Ham/Cheese
	Grains/Breads	½ slice	½ slice	1 slice	Pasta	Rice	Bun	Bread Mashed Potatoes	Bread
	Fruit and /or vegetable and/or juice (to total 2 or more)	¼ cup total	½ cup total	¾ cup total	Peaches	Pears	Pineapple	Applesauce	Mixed Fruit
					Mixed Veggies	Tossed Salad	Diced Carrots	Green Beans	Carrots/Celery Pickles
	Milk, fluid	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
Snack (select 2)	Milk, fluid	½ cup	½ cup	1 cup		Milk		Milk Pudding	
	Juice, fruit or vegetable	½ cup	½ cup	¾ cup	Fruit Punch	Apples/Dip	Grape Juice		Apple Juice
	Grains/Breads/ Cereal	½ slice ¼ cup	½ slice 1 ⅓ cup	1 slice ¾ cup	Goldfish Crackers		Sweet and Salty Mix	Vanilla Wafers	Soft Pretzels Dip
	Meat or meat alternate	½ oz.	½ oz.	1 oz.			cereal ,raisins, pretzels and crackers		