

Site Name: CRHS Menu

Month/Year: September 2025

Milk Reminders:

One Year Olds → Whole unflavored milk
2-5 Year Olds → Unflavored 1% or skim (fat free) milk
6 and older → Flavored or unflavored 1% or skim (fat free) milk
*2% milk can **ONLY** be served to ages 24 months-25 months



BREAK for a PLATE
CARE CENTERS

CACFP MENU PLANNING

BREAKFAST					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Components	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Dates:						
	1/2 cup 4 oz.	3/4 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	Adults	Labor Day					
	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1 cup 8 oz.	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Manager's Choice	
					1/2 cup	Warm Apples	Tropical Fruit	Mixed Fruit			
					2 oz. eq.	WG French Toast Sticks	Oatmeal	WG Biscuits			
LUNCH/SUPPER											
Components	1/2 cup 4 oz.	3/4 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	Whole/1%	Whole/1%	Whole/1%	Whole/1%		
	1 oz.	1 1/2 oz.	2 oz.	2 oz.	2 oz.	Beefy Mac	Fish	Hamburgers			
	1/8 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	Oranges	Watermelon	Apples			
	1/8 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Green Beans	Cabbage	Peas & Carrots			
	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Roll	Hushpuppies	WG Buns			
SNACK											
Components	1/2 cup 4 oz.	1/2 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.						
	1/2 oz.	1/2 oz.	1 oz.	1 oz.	1 oz.	Yogurt		Swiss Cheese			
	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	Blueberries	Plums				
	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup						
	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.		WG Goldfish	Saltine Crackers			

Breakfast: Meat/Alternates may be used to substitute the entire grain component a maximum of 3 times per week.

Lunch/Supper: All 5 components must be served.

Snacks: Select any 2 of the 5 components

*Water must be available during meal service

Reminders: Juice is served once per day. Menu must be posted & current for parents. Store the menu with records at the end of the month. **Label WG**

Site Name: CRHS Menu

Month/Year: September 2025

Milk Reminders:

One Year Olds → Whole unflavored milk

2-5 Year Olds → Unflavored 1% or skim (fat free) milk

6 and older → Flavored or unflavored 1% or skim (fat free) milk

*2% milk can **ONLY** be served to ages 24 months-25 months



BREAK for a PLATE
CARE CENTERS

CACFP MENU PLANNING

BREAKFAST					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Components	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Dates:						
	1/2 cup 4 oz.	3/4 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	Adults						
	1/2 cup 4 oz.	3/4 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.						
	1/2 cup 4 oz.	3/4 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.						
	1/2 cup 4 oz.	3/4 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.						
Milk						Whole/1%	Whole/1%	Whole/1%	Whole/1%	Manager's Choice	
Fruit/Vegetable						Strawberries	Honeydew	Apples	Bananas		
Grain						Assorted Cereal	Grits	WG Crossiants	Breakfast Pizza		
LUNCH/SUPPER											
Milk						Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%	
Meat/Alternate						Chicken Tacos	Beef Stirfry	Spaghetti w/ Meat Sauce	Chicken Salad		
Fruit						Oranges	Pears	Watermelon	Early Peas		
Vegetable						Corn	Broccoli & Cauliflower	Green Beans	Granny Smith Apples		
Grain						WG Tortilla	WG Roll	(WG Noodles)	WG Pita Pockets		
SNACK											
Milk						1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.		
Meat/Alternate						1 oz.	1 oz.	1 oz.	1 oz.	String Cheese	Yogurt
Fruit						1/2 cup	1/2 cup	1/2 cup	1/2 cup	Peaches	Strawberries
Vegetable						1/2 cup	1/2 cup	1/2 cup	1/2 cup		
Grain						1 oz.	1 oz.	1 oz.	1 oz.	Graham Crackers	Graham Crackers

Breakfast: Meat/Alternates may be used to substitute the entire grain component a maximum of 3 times per week.

Lunch/Supper: All 5 components must be served.

Snack: Select one 2 of the 5 components

Reminders: Juice is served once per day. Menu

must be posted & current for parents. Store the

menu with records at the end of the month. **1 school W/C**

Site Name: CRHS Menu

Month/Year: September 2025

Milk Reminders:

One Year Olds → Whole unflavored milk
2-5 Year Olds → Unflavored 1% or skim (fat free) milk
6 and older → Flavored or unflavored 1% or skim (fat free) milk
*2% milk can **ONLY** be served to ages 24 months-25 months



BREAK for a PLATE
CARE CENTERS

CACFP MENU PLANNING

BREAKFAST					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Components	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Dates:	Adults					
Milk	1/2 cup 4 oz.	3/4 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	Whole/1%	Whole/1%	Whole/1%	Manager's Choice	
Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	Pineapples	Blueberries	Apples	Bananas	
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	2 oz. eq.	Blueberry Muffins	WG Bagels	WG French Toast Sticks	Corn Flakes	
LUNCH/SUPPER											
Milk	1/2 cup 4 oz.	3/4 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	Whole/1%	Whole/1%	Whole/1%	Whole/1%	
Meat/Alternate	1 oz.	1 1/2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	Grilled Chicken	Beef Burrito	Sloppy Joes	Chicken Tetrazzini	
Fruit	1/8 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	Pineapples	Apples	Fruit Salad	Cantaloupe	
Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	Green Beans	Tomato salad	Oven baked Fries	Spinach	
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	2 oz. eq.	WG Rolls	WG Tortilla	WG Bun	WG Pasta	
SNACK											
Milk	1/2 cup 4 oz.	1/2 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.			Nutrition Activity		
Meat/Alternate	1/2 oz.	1/2 oz.	1 oz.	1 oz.	1 oz.	1 oz.	Turkey Ham	Wow Butter	Sliced Cheddar Cheese		
Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	1/2 cup			Sliced Fresh Apples	Oranges	
Vegetable	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	1/2 cup					
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	1/2 Slice of WG Bread	WG Breadsticks		VW Round Crackers	

Breakfast: Meat/Alternates may be used to substitute the entire grain component a maximum of 3 times per week.

Lunch/Supper: All 5 components must be served.

Snack: Select any 2 of the 5 components

*Water must be available during meal service

Reminders: Juice is served once per day. Menu must be posted & current for parents. Store the menu with records at the end of the month. **Label WG.**

Site Name: CRHS Menu

Month/Year: September 2025

Milk Reminders:

One Year Olds → Whole unflavored milk
2-5 Year Olds → Unflavored 1% or skim (fat free) milk
6 and older → Flavored or unflavored 1% or skim (fat free) milk
*2% milk can **ONLY** be served to ages 24 months-25 months



BREAK for a PLATE
CARE CENTERS

CACFP MENU PLANNING

BREAKFAST					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Components	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Dates: Adults	22	23	24	25	26	
Milk	1/2 cup 4 oz.	3/4 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%	
Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	Strawberries	Applesauce	Mixed Berries			
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG English Muffins	WG Cheese Toast	Cream of Wheat			
LUNCH/SUPPER											
Milk	1/2 cup 4 oz.	3/4 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%	
Meat/Alternate	1 oz.	1 1/2 oz.	2 oz.	2 oz.	2 oz.	Beefy Spanish Rice	Chicken Noodle Casserole	Turkey/Turkey Ham			
Fruit	1/8 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	Oranges	Peaches	Sweet Potatoes			
Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Early Peas	California Blend	Seasoned Greens			
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	(WG Rice)	WG Noodles	Cornbread			
SNACK											
Milk	1/2 cup 4 oz.	1/2 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.						
Meat/Alternate	1/2 oz.	1/2 oz.	1 oz.	1 oz.	1 oz.	Cheese Cubes					
Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup		Kiwi	Carrots, Broccoli & Celery			
Vegetable	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup						
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	WW Crackers	Soft Pretzels	WW Round Crackers			

Breakfast: Meat/Alternates may be used to substitute the entire grain component a maximum of 3 times per week.

Lunch/Supper: All 5 components must be served.

Snack: Select any 2 of the 5 components

Reminders: Juice is served once per day. Menu must be posted & current for parents. Store the menu with records at the end of the month

*Water must be available during meal service

Label WG

Site Name: CRHS Menu

Month/Year: September 2025

Milk Reminders:

One Year Olds → Whole unflavored milk
2-5 Year Olds → Unflavored 1% or skim (fat free) milk
6 and older → Flavored or unflavored 1% or skim (fat free) milk
*2% milk can **ONLY** be served to ages 24 months-25 months



BREAK for a PLATE
CARE CENTERS

CACFP MENU PLANNING

BREAKFAST					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Dates:		Adults	29	30					
Components	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Turkey Bacon	Scrambled Eggs					
Milk	1/2 cup 4 oz.	3/4 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	Whole/1%	Whole/1%					
Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Mixed Berries	Blueberries					
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	WG Waffles	Grits					
LUNCH/SUPPER											
Milk	1/2 cup 4 oz.	3/4 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	Whole/1%	Whole/1%					
Meat/Alternate	1 oz.	1 1/2 oz.	2 oz.	2 oz.	Grilled Chicken	Beef Burrito					
Fruit	1/8 cup	1/4 cup	1/4 cup	1/4 cup	Pineapples	Apples					
Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Green Beans	Tomato salad					
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	WG Rolls	WG Tortilla					
SNACK											
Milk	1/2 cup 4 oz.	1/2 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	Whole/1% Milk						
Meat/Alternate	1/2 oz.	1/2 oz.	1 oz.	1 oz.		Wow Butter					
Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup							
Vegetable	1/2 cup	1/2 cup	3/4 cup	3/4 cup							
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	Rice Krispies	Animal Crackers					

Breakfast: Meat/Alternates may be used to substitute the entire grain component a maximum of 3 times per week.

Lunch/Supper: All 5 components must be served.

Snack: Select any 2 of the 5 components

*Water must be available during meal service

Reminders: Juice is served once per day. Menu must be posted & current for parents. Store the menu with records at the end of the month. **Label W/G.**