

Site Name: CRHS Menu

Month/Year: April 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	1	2	3	4	4	4	4	
	1/2 cup 4 oz.	3/4 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.								
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%	Whole/1%	Whole/1%	
Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 Apple	1/2 Apple	Pineapples	1/2 Banana				
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Toast	WG Toast	Breakfast Burritos	Cheerios				
<b>LUNCH/SUPPER</b>													
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.	Lasagna	Lasagna	Chicken Tenders	Turkey Tetrazzini				
Fruit	1/8 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	Strawberries	Strawberries	Tropical Fruit	Mandarin Oranges				
Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Spinach Salad	Spinach Salad	Green Beans	Early Peas				
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Noodles	WG Noodles	1/2 Slice of WG Bread	(WG Noodles)				
<b>SNACK</b>													
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	Yogurt				
Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	Peaches	Peaches		Blueberries				
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.	Graham Crackers	Graham Crackers	Soft Pretzels					

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

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*Components*	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Dates: Adults	7	8	9	10	11			
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%	Whole/1%	Whole/1%	
Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	Peaches	1/2 Apple	Pineapples	1/2 Banana				
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Pancakes	WG Toast	Breakfast Burritos	Cheerios				
<b>LUNCH/SUPPER</b>													
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.	Country Fried Steak	Turkey	Chicken Spaghetti	Chicken salad				
Fruit	1/8 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	Strawberries	Tropical Fruit	Fruit Salad	Oranges				
Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Cabbage	Roasted Potatoes	Green Beans	Peas & Carrots				
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	Cornbread	WG Roll	(WG Noodles)	Crackers				
<b>SNACK</b>													
Milk	1/2 cup 4 oz.	1/2 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.			Milk	Nutrition Activity				
Meat/Alternate	1/2 oz.	1/2 oz.	1 oz.	1 oz.	1 oz.		String Cheese		Cream Cheese				
Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup		Peaches		Blueberries/Strawberries				
Vegetable	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	Broccoli & Carrots							
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	Cheeze-Its	Animal Crackers	Teddy Grahams	Graham Crackers				

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		BREAKFAST					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Ages	Ages	Ages	Dates:	14	15	16	17	18			
*Components*		1-2	3-5	6-12	13-18	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.	Turkey Sausage	School Closed	School Closed	School Closed			
Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	Whole/1%	Whole/1%					
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	2 oz. eq.	Pineapples	Applesauce					
							WG Biscuits	Oatmeal					
<b>LUNCH/SUPPER</b>													
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%					
Meat/Alternate	1 oz.	1 1/2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	Country Fried Steak	Turkey Ham					
Fruit	1/8 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	Strawberries	Collard Greens					
Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	Cabbage	Sweet Potatoes					
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	2 oz. eq.	Cornbread	Cornbread					
<b>SNACK</b>													
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.							
Meat/Alternate	1/2 oz.	1/2 oz.	1 oz.	1 oz.	1 oz.	1 oz.		Wow Butter					
Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	1/2 cup	Peaches						
Vegetable	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	1/2 cup	Salsa						
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	Tortilla Chips	Animal Crackers					

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		BREAKFAST					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Dates:	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	21	22	23	24	25		
<b>*Components*</b>						<b>Adults</b>	Turkey Sausage		Manager's Choice				
Milk	1/2 cup 4 oz.	1/4 cup 6 oz.	1/2 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	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	1/2 cup	Oranges	Apples	1/2 Banana	Fruit Mix			
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	Grits	WG Pancakes	WG Cinnamon Toast	WG Bagels			
<b>LUNCH/SUPPER</b>													
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.	BEG Chicken Sandwiches	Turkey Ham	Hamburgers	Salisbury Steak			
Fruit	1/8 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	Tropical Fruit	Collard Greens	Mixed Berries	Mashed Potatoes			
Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	Coleslaw	Sweet Potatoes	Oven baked Fries	Green Beans			
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Buns	Cornbread	1/2 Slice of WG Bread	1/2 Slice of WG Bread			
<b>SNACK</b>													
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.							
Meat/Alternate	1/2 oz.	1/2 oz.	1 oz.	1 oz.	1 oz.	1 oz.		Yogurt	Sliced Cheese				
Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	3/4 cup	1/2 cup	Applesauce			Pears			
Vegetable	1/2 cup	1/2 cup	3/4 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.	1 oz. eq.	Graham crackers	Animal Crackers	Saltines	Round Crackers			

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*Components*	Ages	Ages	Ages	Ages	Dates:								
	1-2	3-5	6-12	13-18	Adults	28	29	30					
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%				
Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	Blueberries	Apples						
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Muffins	WG French Toast Sticks						
<b>LUNCH/SUPPER</b>													
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%					
Meat/Alternate	1 oz.	1 1/2 oz.	2 oz.	2 oz.	2 oz.	Chicken Sandwiches	Crispitos						
Fruit	1/8 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	Pears	Fruit Salad						
Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Broccoli	Corn						
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Buns	WG Tortilla						
<b>SNACK</b>													
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.	String Cheese	Turkey						
Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup		Applesauce						
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.	Club Crackers	1/2 Slice of WG Bread						

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