Month/Year: October 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

	Grain	Vegetable	Fruit	Meat/Alternate		Milk			Grain	Vegetable		Fruit		Meat/Alternate		Milk			Grain	Fruit/Vegetable		Milk	Components	*Components*		
eq.	1/2 02.	½ cup	½ cup	½ oz.	4 oz.	½ cup	SN	eq.	½ oz.	1/8 cup	cup	1/8		1 oz.	4 oz.	½ cup	LUNCH	eq.	½ oz.	1/4 cup	4 oz.	½ cup	1-2	Ages		BREA
eq.	½ oz.	½ cup	½ cup	½ oz.	6 oz.	½ cup	SNACK	eq.	½ oz.	1/4 cup		½ cup	oz.	1 1/2	6 oz.	3/4 cup	LUNCH/SUPPER	eq.	½ oz.	½ cup	6 oz.	3/4 cup	3-5	Ages		BREAKFAST
eq.	1 oz.	3/4 cup	3/4 cup	1 oz.	8 oz.	1 cup		eq.	1 oz.	½ cup		1/4 cup		2 oz.	8 oz.	1 cup	~	eq.	1 oz.	½ cup	8 oz.	1 cup	6-12	Ages		
eq.	1 oz.	% cup	% cup	1 oz.	8 oz.	1 cup		eq.	1 oz.	½ cup		1/4 cup		2 oz.	8 oz.	1 cup		eq.	1 oz.	½ cup	8 oz.	1 cup	13-18	Ages		
eq.	1 oz.	½ cup	½ cup	1 oz.	8 oz.	1 cup		eq.	2 oz.	½ cup		½ cup		2 oz.	8 oz.	1 cup		eq.	2 oz.	½ cup	8 oz.	1 cup		Adults	Dates:	
																										Monday
						- 2																				Tuesday
Graham Crackers				Yogurt				1/2 Slice of WG Bread		English Peas	Pears		Turkey		Whole/1% Milk			VVG VVame Sticks		Peaches	Whole/1%				_	Wednesday
S			Oranges	Sliced Cheese				Brown Rice		Mixed Vegetables	Fresh Strawberries		Chicken a'la Kin		Whole/1% Milk			VVG Crossiants		Applesauce	Whole/1%				2	Thursday
		Carrots		Turkey Ham				WG Hamburger Buns	1	es Broccoli	Sweet Potato Fries	2	Chicken a'la King BBQ Chicken Sandwich		Whole/1% Milk			ANG English Multins		Blueberries	VVhole/1%		Scrambled Eggs		3	Friday
													3													Saturday
																										Sunday

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.

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CARE CENTERS

CACFP MENU PLANNING

Fruit	Fruit	Meat American	Meat/Alternate	Milk			Grain	Vegetable	Fruit		Meat/Alternate		Milk			Grain	Fruit/Vegetable		Milk	*Components*		
	½ cup	½ cup	½ oz.	½ cup 4 oz.	SN	eq.	½ oz.	1/8 cup	1/8 cup		1 oz.	4 oz.	½ cup	LUNCH	eq.	½ oz.	1/4 cup	4 oz.	½ cup	Ages 1-2		BREA
1/ 07	½ cup	½ cup	½ 0Z.	½ cup 6 oz.	SNACK	eq.	% oz.	1/4 cup	1/4 cup	OZ.	1 1/2	6 oz.	3/4 cup	LUNCH/SUPPER	eq.	½ oz.	½ cup	6 oz.	3/4 cup	Ages 3-5		BREAKFAST
1 oz.	3/4 cup	% cup	1 oz.	1 cup 8 oz.		eq.	1 oz.	½ cup	1/4 cup		2 oz.	8 oz.	1 cup	~	eq.	1 oz.	½ cup	8 oz.	1 cup	Ages 6-12		
1 oz.	% cup	% cup	1 oz.	1 cup 8 oz.		eq.	1 oz.	½ cup	½ cup		2 oz.	8 oz.	1 cup		eq.	1 oz.	½ cup	8 oz.	1 cup	Ages 13-18		
1 0Z.	½ cup	½ cup	1 oz.	1 cup 8 oz.		eq.	2 oz.	½ cup	1/4 cup		2 oz.	8 oz.	1 cup		eq.	2 oz.	½ cup	8 oz.	1 cup	Adults	Dates:	
	Hummus	M				WG Buns)	Oven Baked Frie	Citrus Salad	Hamburger Sliders		Whole/1%					Peaches	Whole/1%			6	Monday
Chin	Cowboy Caviar	Make your owr		Nutrition Activity		Non Salted Crackers		Veggies in Soup	Oranges	Chicken Vegetable Sou		Whole/1%					Applesauce	Whole/1%			7	Tuesday
MC Coldieb Crackers		Mixed Fruit				Tortilla Chips		_	Mangoes	laco Soup		Whole/1% Milk			Breakfast Muffins		Mixed Berries	Whole/1%			8	Wednesday
Whoat Thins			Colby Jack Cheese			Soft Fortilla) !	Refried Beans	Pineapples	Chicken Burrito		Whole/1% Milk			Breakfast Muffins WG Cheese Loast	1	Bananas	Whole/1%			9	Thursday
															181	. T.				School Closed	10	Friday
								-												èd		Saturday
																					83	Sunday

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BREAK for a PLATE
CARE CENTERS

CACFP MENU PLANNING

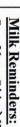
											•	
		WG Round Crackers	WG Crackers WG Round Crackers	Chex Mix	Teddy Grahams		en	B	PA	Pa	2	
							1 oz.	1 oz.	1 oz.	½ oz.	½ 0Z.	Grain
							½ cup	3% cup	3/4 cup	1/2 cup	½ cup	Vegetable
		Apples					½ cup	3/4 cup	3/4 cup	½ cup	½ cup	Fruit
			Sliced Turkey	Cheese Cubes	Yogurt		1 oz.	1 oz.	1 oz.	½ oz.	½ oz.	Meat/Alternate
							8 0Z.	8 0Z.	8 0Z.	6 0Z.	4 oz.	
			Birthday Celebration	Bir			1 cup	1 cup	1 cup	½ cup	½ cup	Milk
										SNACK	SN	
		Compread	WG Egg Noodles Compread	VVG ROII	Rice Pliat		eq.	eq.	eq.	eq.	eq.	
			1				2 oz.	1 oz.	1 oz.	½ oz.	½ oz.	Grain
		Turnip Greens	Italian Mix	Broccoli	Green Beans		½ cup	½ cup	½ cup	1/4 cup	1/8 cup	Vegetable
		Pineapples Sweet Potatoes	Pineapples	Pears	Peaches		1/4 cup	1/4 cup	1/4 cup	½ cup	cup	Fruit
		Turkey nam	Deel Suoganon	Cnicken Nuggets	Hamburger Patties wiGravy Chicken Nuggets					OZ.		
			Boof Ctropport	Chickon Ningaph	Dation Williams	•	2 oz.	2 oz.	2 oz.	1 1/2	1 oz.	Meat/Alternate
		VVnoie/ 1%	Whole/1% Milk	VVnole/1% Milk	Whole/1%		8 oz.	8 oz.	8 oz.	6 oz.	4 oz.	
		100					1 cup	1 cup	1 cup	3/4 cup	½ cup	Milk
									R	LUNCH/SUPPER	LUNCH	
		Dreakiast Pizza	AAC BISCUITS	WG Cheese Toast	Apple Munins		eq.	eq.	eq.	eq.	eq.	
							2 oz.	1 oz.	1 oz.	½ oz.	½ oz.	Grain
		Oranges	Bananas	Mixed Fruit	Applesauce		½ cup	½ cup	½ cup	½ cup	½ cup	Fruit/Vegetable
		Whole/1%	Whole/1%	Whole/1%	Whole/1%		8 oz.	8 oz.	8 oz.	6 oz.	4 oz.	
							1 cup	1 cup	1 cup	3/4 cup	½ cup	Milk
			Turkey Bacon			HOLIDAY		13-18	6-12	3-5	1-2	
- 3			,				Adults	Ages	Ages	Ages	Ages	*Components*
		17	16	15	14	13	Dates:					
Sunday	Saturday	Friday	Thursday	Wednesday	Tuesday	Monday				BREAKFAST	BREA	

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eq.	½ oz.	½ cup	½ cup		½ oz.	4 oz.	½ cup	SN	eq.	½ oz.	cup	cup	1/8	1 oz.	4 oz.	½ cup	LUNCH	eq.	½ oz.	1/4 cup	4 oz.	½ cup		* Ages		BRE/
eq.	½ oz.	½ cup	½ cup		½ oz.	6 oz.	½ cup	SNACK	eq.	½ oz.	1/4 cup		1/4 cup	1 ½ oz.	6 oz.	3/4 cup	LUNCH/SUPPER	eq.	½ oz.	½ cup	6 oz.	3/4 cup	3-5	Ages		BREAKFAST
eq.	1 oz.	3/4 cup	¾ cup		1 oz.	8 oz.	1 cup		eq.	1 oz.	½ cup		1/4 cup	2 oz.	8 oz.	1 cup	₹	eq.	1 oz.	½ cup	8 oz.	1 cup	6-12	Ages		
eq.	1 oz.	3/4 cup	% cup		1 oz.	8 oz.	1 cup		eq.	1 oz.	½ cup		½ cup	2 oz.	8 oz.	1 cup		eq.	1 oz.	½ cup	8 oz.	1 cup	13-18	Ages		
eq.	1 oz.	½ cup	½ cup	1/2 Pir	1 oz.	8 oz.	1 cup		eq.	2 oz.	½ cup		½ cup	2 oz.	8 oz.	1 cup		eq.	2 oz.	½ cup	8 oz.	1 cup		Adults	Dates:	
(WG Bread)				1/2 Pimento Cheese Sandwich					WG Rice	;)	Stirfry Veggies	Fresh Strawberries		Chicken Stirfry	vvnole/1%			WG Cinnamon Toast		Warm Apples	VVIIOIE/ 1%	10/10/			20	Monday
Captain's Warers			Peaches						WG Noodles		Broccoli	Oranges		Lasagna	Whole/1%			Grits/ cheese)	Mixed Fruit	VVIIOIE/ 1%	10/10/		A	21	Tuesday
Soft Pretzels				Cheese Cubes					(WG Rice)		Red Beans & Rice	Spinach		Baked Chicken	VVnole/1% Milk			WG Pancakes WG Biscuits	; ;	Warm Strawberries Bananas	VVIIOIE/ 170	10/10/10/			22	Wednesday
WG Cheeze-It's				Sliced Lurkey	2: 1				Hush Puppies		Cabbage	Fruit Salad		Fish	Whole/1% Milk			WG Biscuits	; ;	Bananas	VVIIOIE/ 1%	10/10/10/	Turkey Bacon		23	Thursday
															VVnole/ 1%					- 2	VVIIOIE/ 1 %	Mb-1-140/	MANAGER'S CHOICE		24	Friday
																										Saturday
																										Sunday

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eq.	½ oz.	½ cup	½ cup	½ oz.	4 oz.	½ cup	SN	eq.	½ oz.	1/8	cup	1/8		1 oz.	4 oz.	½ cup	LUNCH	eq.	½ oz.	1/4 cup	4 oz.	½ cup	1-2	Ages		BREA
eq.	½ oz.	½ cup	½ cup	½ oz.	6 0Z.	½ cup	SNACK	eq.	1/2 OZ.	1/4 cup		1/4 cup	0Z.	1 1/2	6 oz.	3/4 cup	LUNCH/SUPPER	eq.	½ oz.	½ cup	6 oz.	3/4 cup	3-5	Ages		BREAKFAST
eq.	1 oz.	3% cup	3/4 cup	1 oz.	8 0Z.	1 cup		eq.	1 oz.	½ cup		1/4 cup		2 oz.	8 oz.	1 cup	70	eq.	1 oz.	½ cup	8 oz.	1 cup	6-12	Ages		
eq.	1 oz.	3% cup	3/4 cup	1 oz.	8 oz.	1 cup		eq.	1 oz.	½ cup		1/4 cup		2 oz.	8 oz.	1 cup		eq.	1 oz.	½ cup	8 oz.	1 cup	13-18	Ages		
eq.	1 oz.	½ cup	½ cup	1 oz.	8 oz.	1 cup		eq.	2 oz.	½ cup	•	1/4 cup		2 oz.	8 oz.	1 cup		eq.	2 oz.	½ cup	8 oz.	1 cup		Adults	Dates:	
															Whole/1%						vvnole/1%	100	MANAGER'S CHOICE		27	Monday
Round Crackers				1/2 slice of Turkey Yogurt				WG ROII	5	Broccoli	Oranges		Chicken Tenders		Whole/1%			VVG Pancake		Strawberries	VVnoie/ 1%	10/10/			28	Tuesday
			1/2 Banana	Yogurt				(VVG Rice)		Red Beans & Rice	Spinach		Baked Chicken	_	Whole/1% Milk			VVG Pancakes VVG Pancakes		Warm Strawberries	vvnoie/1%	10/10/			29	Wednesday
															Whole/1% Milk					Č.	vvnole/ 1%	10/10/	Teacher's Choice		30	Thursday
Graham Crackers			Watermelon					(VVG Noodles)		Green Beans	Tropical Fruit		Macaroni & Cheese		Whole/1%			AAC CILITATION LOAS		Apples	VVnoie/ 1%	Mb-1-140/	# P		31	Friday
5,													se		The state of the s							×				Saturday
																										Sunday

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