

Site Name: _____ CRHS Menu _____

Month/Year: October 2025



BREAK for a PLATE
CARE CENTERS

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

CACFP MENU PLANNING

BREAKFAST						Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Components	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults	Dates:						
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.			Whole/1%	Whole/1%	Whole/1%		
Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup			Peaches	Applesauce	Blueberries		
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.		WG Waffle sticks	WG Crossiants	WG English Muffins			
LUNCH/SUPPER												
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.			Whole/1% Milk	Whole/1% Milk	Whole/1% Milk		
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.			Turkey	Chicken ala King	BBQ Chicken Sandwich		
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup			Pears	Fresh Strawberries	Sweet Potato Fries		
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup			English Peas	Mixed Vegetables	Broccoli		
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.		1/2 Slice of WG Bread	Brown Rice	WG Hamburger Buns			
SNACK												
Milk	½ cup 4 oz.	½ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.							
Meat/Alternate	½ oz.	½ oz.	1 oz.	1 oz.	1 oz.			Yogurt	Sliced Cheese	Turkey Ham		
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup				Oranges			
Vegetable	½ cup	½ cup	¾ cup	¾ cup	½ cup				Carrots			
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.		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 any 2 of the 5 components.

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						Dates:	6	7	8	9	10	
Components	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults						School Closed	
Milk	½ cup 4 oz.	¾ 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	¼ cup	½ cup	½ cup	½ cup	½ cup	Peaches	Applesauce	Mixed Berries	Bananas			
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.			Breakfast Muffins	WG Cheese Toast			
LUNCH/SUPPER												
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	Whole/1%	Whole/1%	Whole/1% Milk	Whole/1% Milk			
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.	Hamburger Sliders	Chicken Vegetable Soup	Taco Soup	Chicken Burrito			
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup	Citrus Salad	Oranges	Mangoes	Pineapples			
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup	Oven Baked Fries	Veggies in Soup	Celery Sticks	Refried Beans			
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Buns	Non Salted Crackers	Tortilla Chips	Soft Tortilla			
SNACK												
Milk	½ cup 4 oz.	½ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.		Nutrition Activity			Colby Jack Cheese		
Meat/Alternate	½ oz.	½ oz.	1 oz.	1 oz.	1 oz.							
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup		Make your own	Mixed Fruit				
Vegetable	½ cup	½ cup	¾ cup	¾ cup	½ cup	Hummus	Cowboy Caviar					
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	Tortilla Chips	Corn Chips	WG Goldfish Crackers	Wheat Thins			

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Components	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults	Dates: 13	14	15	16	17		
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	HOLIDAY			Whole/1% Turkey Bacon	Whole/1% Whole/1%		
Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup		Applesauce	Mixed Fruit	Bananas	Oranges		
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.		Apple Muffins	WG Cheese Toast	WG Biscuits	Breakfast Pizza		
LUNCH/SUPPER												
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.		Whole/1%	Whole/1% Milk	Whole/1% Milk	Whole/1%		
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.		Hamburger Patties w/Gravy	Chicken Nuggets	Beef Stroganoff	Turkey Ham		
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup		Peaches	Pears	Pineapples	Sweet Potatoes		
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup		Green Beans	Broccoli	Italian Mix	Turnip Greens		
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.		Rice Pilaf	WG Roll	WG Egg Noodles	Cornbread		
SNACK												
Milk	½ cup 4 oz.	½ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.				Birthday Celebration			
Meat/Alternate	½ oz.	½ oz.	1 oz.	1 oz.	1 oz.		Yogurt	Cheese Cubes	Sliced Turkey			
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup					Apples		
Vegetable	½ cup	½ cup	¾ cup	¾ cup	½ cup							
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.		Teddy Grahams	CheX Mix	WG Crackers	WG Round Crackers		

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						Dates:	20	21	22	23	24	
Components	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults							
Milk	½ cup 4 oz.	¾ 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%	Turkey Bacon MANAGERS CHOICE	
Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup	Warm Apples	Mixed Fruit	Warm Strawberries	Bananas			
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Cinnamon Toast	Grits/ cheese	WG Pancakes	WG Biscuits			
LUNCH/SUPPER												
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	Whole/1%	Whole/1%	Whole/1% Milk	Whole/1% Milk	Whole/1%		
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.	Chicken Stirfry	Lasagna	Baked Chicken	Fish			
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup	Fresh Strawberries	Oranges	Spinach	Fruit Salad			
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup	Stirry Veggies	Broccoli	Red Beans & Rice	Cabbage			
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Rice	WG Noodles	(WG Rice)	Hush Puppies			
SNACK												
Milk	½ cup 4 oz.	½ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.							
Meat/Alternate	½ oz.	½ oz.	1 oz.	1 oz.	1 oz.	1/2 Pimento Cheese Sandwich		Cheese Cubes	Sliced Turkey			
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup		Peaches					
Vegetable	½ cup	½ cup	¾ cup	¾ cup	½ cup							
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	(WG Bread)	Captain's Wafers	Soft Pretzels	WG Cheeze-Its			

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Components	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults	27	28	29	30	31		
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	MANAGER'S CHOICE	Whole/1%	Whole/1%	Whole/1%	Whole/1%		
Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup		Strawberries	Warm Strawberries		Apples		
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.		WG Pancakes	WG Pancakes		WG Cinnamon Toast		
LUNCH/SUPPER												
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	Whole/1%	Whole/1%	Whole/1% Milk	Whole/1% Milk	Whole/1%		
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.		Chicken Tenders	Baked Chicken		Macaroni & Cheese		
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup		Oranges	Spinach		Tropical Fruit		
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup		Broccoli	Red Beans & Rice		Green Beans		
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.		WG Roll	(WG Rice)		(WG Noodles)		
SNACK												
Milk	½ cup 4 oz.	½ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.							
Meat/Alternate	½ oz.	½ oz.	1 oz.	1 oz.	1 oz.		1/2 slice of Turkey	Yogurt				
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup			1/2 Banana		Watermelon		
Vegetable	½ cup	½ cup	¾ cup	¾ cup	½ cup							
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.		Round Crackers			Graham Crackers		

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