



BREAK for a PLATE
CARE CENTERS

Site Name: CRHS Menu

Month/Year: May 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

CACFP MENU PLANNING

		BREAKFAST					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Components	Ages	Ages	Ages	Ages	Dates:								
	1-2	3-5	6-12	13-18	Adults	1	2						
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%				
Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup	1/2 Banana			1/2 Banana				
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	Cheerios			Cheerios			Breakfast Burrito	
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%				
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.	Beefy Mac			Beefy Mac			Tacos	
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup	Apricots			Apricots			Oranges	
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup	Sweet Peas			Sweet Peas			Corn	
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Noodles			WG Noodles			Soft Tortilla	
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			Yogurt				
Fruit	½ cup	½ cup	¾ cup	¾ cup	¾ cup	Blueberries			Blueberries			Pineapple Rings	
Vegetable	½ cup	½ cup	¾ cup	¾ cup	¾ cup	Salsa						Salsa	
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	Tortilla Chips						Tortilla Chips	

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.**



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		Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Dates: Adults	5	6	7	8	9		
Components													
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%	Teacher's Choice		
Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	Peaches	Mixed Fruit	Pears	Apples			
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	2 oz. eq.							
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%	Whole/1%		
Meat/Alternate	1 oz.	1 1/2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	Hamburger Steak	Sliced Turkey	Spaghetti	Turkey Ham			
Fruit	1/8 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	Strawberries	Tropical Fruit	Fruit Salad	Sweet Potatoes			
Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	Cabbage	Roasted Potatoes	Green Beans	Collard Greens			
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	2 oz. eq.	Cornbread	WG Roll	WG Spaghetti	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.	1 cup 8 oz.			Whole/1%				
Meat/Alternate	1/2 oz.	1/2 oz.	1 oz.	1 oz.	1 oz.	1 oz.		String Cheese		Cheese			
Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	1/2 cup				Plums			
Vegetable	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	1/2 cup	Broccoli & Carrots				Salsa		
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	Cheezee Its	Animal Crackers	Teddy Grahams	Trail Mix	Tortilla Chips		

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.

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BREAKFAST				Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Components	Ages	Ages	Ages	Dates:	13	14	15	16	17	
	1-2	3-5	6-12	Adults	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice	
Milk	1/2 cup 4 oz.	3/4 cup 6 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						
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	2 oz. eq.						
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%	Whole/1%	Whole/1%	Whole/1%	
Meat/Alternate	1 oz.	1 1/2 oz.	2 oz.	2 oz.						
Fruit	1/8 cup	1/4 cup	1/4 cup	1/4 cup						
Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup						
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	2 oz. eq.						
SNACK										
Milk	1/2 cup 4 oz.	1/2 cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.					Happy Birthday	
Meat/Alternate	1/2 oz.	1/2 oz.	1 oz.	1 oz.					Head Start	
Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup						
Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup						
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.						

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		BREAKFAST					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Dates: Adults	19	20	21	22	23		
Components							Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice	Recruitment Day		
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%	Centers Closed		
Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup							
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	2 oz. eq.							
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.							
Fruit	1/8 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup							
Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup							
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	2 oz. eq.							
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.		Cook's Favorite Nutrition Activity					
Meat/Alternate	1/2 oz.	1/2 oz.	1 oz.	1 oz.	1 oz.	1 oz.							
Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	1/2 cup							
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.							

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Components	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults	Dates:			26	27	28	29	30		
	Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	Memorial Day	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice	
Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	Holiday	Whole/1%	Whole/1%	Whole/1%	Whole/1%		
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	2 oz. eq.	2 oz. eq.	2 oz. eq.							
LUNCH/SUPPER															
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 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 ½ oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.							
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup	¼ cup	¼ cup	¼ cup							
Vegetable	1/8 cup	¼ cup	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup							
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.							
SNACK															
Milk	½ cup 4 oz.	½ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 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 oz.	1 oz.	1 oz.							
Fruit	½ cup	½ cup	¾ cup	¾ cup	¾ cup	¾ cup	¾ cup	½ cup							
Vegetable	½ cup	½ cup	¾ cup	¾ cup	¾ cup	¾ cup	¾ cup	½ cup							
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.							

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