

Site Name: CRHS Menu

Month/Year: January 2024

**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: 1	2	3	4	5		
*Components*	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Dates: Adults	1	2	3	4	5		
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	Happy New Year	Holiday	Holiday	Manager's Choice	Manager's Choice		
Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup							
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 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.				Whole/1%	Whole/1%		
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.							
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup							
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup							
Grain	½ oz. eq.	½ 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.							
Meat/Alternate	½ oz.	½ oz.	1 oz.	1 oz.	1 oz.							
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup							
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.							

**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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BREAKFAST						Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Dates:	8	9	10	11	12		
*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%		
Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup	Applesauce	Mandarin Oranges	Peaches	1/2 Banana	Mixed Fruit		
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	Cinnamon Toast Crunch	Crossiants	Blueberry Muffins	Cheerios	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%	Whole/1%	Whole/1%	Whole/1%		
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.	Hamburger Steak	Beef Goulash	Chicken Nuggets	Fish Nuggets	Beef Tacos		
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup	Pears	Strawberries	Pineapple Tidbits	Mixed Fruit	Tropical Fruit		
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup	Sweet Potato Fries	Steamed Broccoli	Early Peas	Cabbage	Corn		
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	1/2 Slice of WG Bread	(Noodles in Goulash)	WG Roll	Hushpuppies	Tortilla Shells		
SNACK												
Milk	½ cup 4 oz.	½ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.			Nutrition Activity				
Meat/Alternate	½ oz.	½ oz.	1 oz.	1 oz.	1 oz.	Cottage Cheese	Turkey Ham	Yogurt	Cheese Cubes	Wow Butter		
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup			Fruit Smoothie				
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.				Crackers	Graham Crackers		

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BREAKFAST						Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dates:						15	16	17	18	19		
*Components*	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults							
						Holiday	Scrambled Eggs	Turkey Bacon		Teacher's Choice		
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%		
Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup		Mandarin Oranges	Applesauce	Peaches			
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.		Grits	WG Biscuits	WG French Toast Sticks			
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%	Whole/1%		
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.		Chicken Spaghetti	Meatloaf	Chicken Wraps			
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup		Fruit Salad	Mashed Potatoes	Pears			
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup		Stirry Vegetables	Green Beans	Peas & Carrots			
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.		WG Spaghetti)	WG Roll	WG Tortillas)			
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.		1/2 Cheese Sandwich					
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup		Applesauce		Sliced Apples			
Vegetable	½ cup	½ cup	¾ cup	¾ cup	½ cup			Broccoli & Carrots				
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.			Goldfish Crackers	Apple Muffins			

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# CACFP MENU PLANNING

BREAKFAST						Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Dates:	22	23	24	25	26		
*Components*	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults					Manager's Choice		
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	Warm Apples	Pineapples	Tropical Fruit	Peaches			
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Waffles	Breakfast Burritos	WG Bagels	Cream of Wheat			
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%	Whole/1%	Whole/1%		
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.	Beef Stroganoff	Chicken Tacos	Sloppy Joes	White Chicken Chili			
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup	Oranges	Apples	Steamed Broccoli	Strawberries			
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup	Mixed Vegetables	Corn	Oven baked Fries	Early Peas			
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Noodles	WG Tortillas)	WG Buns	WG Tortillas)			
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.		String Cheese					
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup	Pears		Oranges	Applesauce			
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.	Crackers	Goldfish Crackers	Trail Mix	Crackers			

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BREAKFAST						Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Dates:	29	30	31				
<b>*Components*</b>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults			Manager's Choice				
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	Applesauce	Mixed Fruit					
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Cheese Toast	Breakfast Casserole					
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.	Chicken Veggies Soup	Spaghetti & Meat Sauce					
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup	Oranges	Peaches					
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup	Veggies in soup	Green Beans					
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	Crackers	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.	Wow Butter	Yogurt					
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup		Mixed Berries					
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.	Rice Cakes	Granola					

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