

Sample Breakfast Menu—Child and Adult Care Food Program

Site: _____ Dates: From _____ to _____

Monday	Tuesday	Wednesday	Thursday	Friday
Whole grain pancake (WGR) Strawberries Milk	Scrambled egg* with Green Pepper and mushrooms Milk	Blueberry muffin (A-03) Orange slices Milk	Turkey patty* Cooked apples Milk	Yogurt*/*** Strawberries Milk
Cheerios** Banana Milk	Cottage Cheese* Mixed berries Milk	Waffle Melon Milk	Scrambled Egg* Pancake Apple slices Milk	Bagel Cantaloupe Milk
Egg* Diced potatoes Milk	Rice Krispies** Peaches Milk	Sliced turkey* Bagel Tomato slices Milk	Hardboiled egg* Pineapple and strawberry kabobs Milk	Banana bread square (A-13) Kiwi Milk
Yogurt*/*** smoothie with Mixed berries Milk	Whole wheat toast (WGR) Nut butter Banana Milk	Scrambled Tofu* with Black beans Milk	Whole grain tortilla (WGR) Mixed berries, warmed Milk	Scrambled egg* Hash browns Milk

*Meat/meat alternate may be served in place of the entire grains component at breakfast a maximum of three times per week. You can always serve both the grain and meat/meat alternate as long as one of the components meets the minimum required serving size.

**Breakfast cereals must contain no more than six grams of sugar per dry ounce.

***If serving yogurt it must not contain more than 23 grams of sugar per six ounces.

All milk is either skim (fat free) or one percent (low fat). Whole milk is served to children 1-2 years.

WGR is Whole Grain Rich.

Sample Lunch/Supper Menu—Child and Adult Care Food Program

Site: _____ Dates: From _____ to _____

Monday	Tuesday	Wednesday	Thursday	Friday
Beef taco with Whole grain tortilla (WGR) Refried beans Shredded lettuce Milk	Chicken leg Brown rice Mixed veggies Pineapple Milk	Beef Spaghetti (D-03)* Whole grain pasta (WGR) Green beans Milk	Scrambled egg Whole wheat toast (WGR) Hash browns Strawberries Milk	Chicken breast Peppy quinoa salad (B-27r)* Bell pepper Cucumbers Milk
Cheesy chicken pizza on Whole grain bagel (WGR) Tomato sauce Pears Milk	Black bean taco Whole grain corn tortilla (WGR) Tomato Guacamole/avocado Milk	Chicken breast Whole wheat bun (WGR) Broccoli Grapes Milk	Turkey patty Wild rice Peas Bell peppers Milk	Chili con carne (D-25)* Biscuit Orange Milk
Scrambled egg Pancake Cucumbers Apple slices Milk	Bean taco (D-24) Whole grain tortilla (WGR) Shredded lettuce Salsa Milk	Tofu with black beans Quinoa Orange slices Milk	Chicken thigh Brown rice Carrots Strawberries Milk	Beefy pizza on English muffin Tomato sauce Apple slices Milk
BBQ shredded chicken Brown rice Roasted potatoes Green beans Milk	Sliced turkey on Whole wheat bagel (WGR) Tomato slices Banana Milk	Sloppy joe (F-12)* on Whole wheat bun (WGR) Cucumbers Watermelon Milk	Hardboiled egg Whole grain toast (WGR) Romaine lettuce salad Strawberries Milk	Baked ham Cornbread (enriched mix) Sweet potato Pineapple Milk

*The Institute of Child Nutrition provides [recipes](#) with crediting information. Recipes can be found by searching “USDA CACFP recipes.”

Sample Snack Menu—Child and Adult Care Food Program

Site: _____ Dates: From _____ to _____

Monday	Tuesday	Wednesday	Thursday	Friday
Celery with Peanut butter and raisins Milk	Banana bread square (A-13) Kiwi and orange slices Water	Cheese slice Broccoli and cauliflower Low-fat dip Water	Cornbread (enriched mix) Applesauce Water	Yogurt Strawberries Water
Whole grain rich crackers (WGR) Cherry tomatoes and snap peas Water	Hardboiled egg Pineapple, banana, and strawberry fruit kabobs Water	String cheese Bell pepper strips and cucumbers with low-fat dip Water	Bagel Cantaloupe Cream cheese Water	Woven wheat crackers (WGR) Milk
Watermelon Cucumbers Water	Flour tortilla with melted Natural cheese Salsa Water	Hummus* Carrot sticks and cucumber slices Water	Peanut butter Apple slices Water	Bread sticks with Marinara sauce Milk
Pretzels Orange slices Water	Peanut butter toast Milk	Yogurt Pear slices Water	Cottage cheese Peaches Water	Whole-corn tortilla chips (WGR) Black beans and salsa Water

*Hummus recipe: Blend 1- 15 ounce can garbanzo beans, 2 cloves garlic, ¼ cup lemon juice, 2 tablespoons olive oil, and 1 teaspoon cumin together until smooth. Makes 12- ½ ounce meat/meat alternate servings.

This snack menu is a sample only. Daily recorded menus must include actual food items served and servings must meet the CACFP minimum portion sizes by age group.