

(4)



Academy Of Young Minds CACFP Menu



Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
Breakfast	Age of child	1 & 2 years	3-5 years	6-12 years	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Whole Milk or 2% Milk	Whole Milk or 2% Milk	Whole Milk or 2% Milk	Whole Milk or 2% Milk	Whole Milk or 2% Milk
	Juice, fruit or vegetable	1/4 cup	1/2 cup	1/2 cup	Pineapple	Orange Slices	Bananas	Peaches	Apple Smiles
	Grains/Breads Dry Cereal	1/2 slice 1/4 cup 1/3 oz.	1/2 slice 1/3 cup 1/2 oz.	1 slice 3/4 cup 1 oz.	Chex Cereal	Bacon & Cheese Biscuit	Cinnamon Coffee Cake	Croissants w/Strawberry Jam	Scrambled Eggs w/English Muffins
Lunch	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Salami & Cheese Roll-ups	Rigatoni w/Meatsauce	Sloppy Joes	Beef Soft Tacos w/lettuce, tomato cheese	Turkey & Cheese Sub
	Grains/breads/pasta/noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Tortilla Bread	Rigatoni Noodles	Hamburger Bun	Tortilla Shells	Bun
	Fruit/Vegetable	1/4 total	1/2 cup total	3/4 cup total	Peaches Green Beans	Applesauce Carrots	Pears Tater-tots	Mand. Oranges Corn	Pineapple Peas & Carrots
	Milk, Fluid	1/2 cup	3/4 cup	1 cup	Whole Milk or 2% Milk	Whole Milk or 2% Milk	Whole Milk or 2% Milk	Whole Milk or 2% Milk	Whole Milk or 2% Milk
P.M. Snack (select 2 items)	Milk/Fluid	1/2 cup	1/2 cup	1 cup	100% Fruit Juice	Chocolate Milk	100% Fruit Juice	Whole Milk or 2% Milk	100% Fruit Juice
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grain/bread dry cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Bread Sticks w/Cheese Sauce	Frosted Blueberry Bread	Pepperoni & Cheese Ritz Crackers	Warm Chocolate Brownies	Nacho's w/Cheese Sauce
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.					