






CACFP (Child Care) Menus

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Scrambled Eggs w/tomatoes & potatoes USDA J-010  Fluid Milk ¹	Applesauce Waffles (HM or frozen) Fluid Milk ¹	Strawberries (fresh or frozen) Ready-to-Eat Cereal (WG)  Fluid Milk ¹	Peaches (fresh, frozen or canned) Toasted English Muffin (WG) Fluid Milk ¹	Banana WW Toast (WG) Fluid Milk ¹
Lunch/Supper Stir Fry Fajita Chicken, Squash, and Corn USDA D-60r Enriched White Rice Fruit Cocktail Fluid Milk ¹	Hamburger Patty Whole Wheat Hamburger Buns (WG) Sweet Potato Fries Lettuce, Tomato, & Pickles Fluid Milk ¹	Roasted Fish Crispy Slaw Wrap USDA F-13a Red & Green ³ Grapes  Fluid Milk ¹	Beef & Spaghetti Casserole USDA D-03 Spinach Salad Cantaloupe (or seasonal fruit) Fluid Milk ¹	Grilled Cheese Sandwich USDA Recipe F-13 Creamy Tomato Soup (canned or HM RIMT®) Pineapple Rings Fluid Milk ¹
Snacks Yogurt  Granola Cereal (WG) Water ²	Scoop it Up Cheese Spread (RIMT®) Crackers (WG) Water ²	Broccoli & Cauliflower Bites Dip for Fresh Vegetables USDA E-15 Orange Juice	Graham Crackers w/Sunflower butter Water ²	Cowboy Caviar ^{page 47} Recipe WW Pita Bread (WG)  Water ²

¹Whole unflavored milk children 1 to 2 years of age and nonfat or low-fat 1% unflavored fluid milk to children 2 years of age through 5 years;

²Water available at all meals

³Cut into small bite size pieces for 1 to 3 year olds; prevent choking

- Whole Grain – Rich (WG)
- Homemade – (HM)
- Multicultural Standardized Recipes (MSR)
- USDA – Standardized Recipes
- Rainbow In My Tummy® Standardized Recipes (RIMT®) – Contact your local Education Service Center (ESC) for RIMT® recipes listed on the menus.

