

CACFP (Child Care) Menus

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast Applesauce</p> <p>French Toast Sticks (HM or frozen) USDA J-03</p>  <p>Fluid Milk¹</p>	<p>Orange Juice</p> <p>Raisin Bread Toast (WG)</p> <p>Fluid Milk¹</p>	<p>Purple Plums (fresh or canned)</p> <p>Toasted Mini Bagel w/cream cheese</p> <p>Fluid Milk¹</p>	<p>Hash Brown Potatoes (Fresh or frozen)</p> <p>Scrambled eggs</p> <p>Fluid Milk¹</p>	<p>Banana</p> <p>Ready-to-Eat Cereal (WG)</p>  <p>Fluid Milk¹</p>
<p>Lunch/Supper All Beef Frankfurter³ WW Hot Dog Buns (WG)</p> <p>Whole Kernel Corn</p> <p>Creamy Cole Slaw USDA Recipe E60</p> <p>Fluid Milk¹</p>	<p>Chicken Chalupa (diced chicken, cheese, enriched chalupa shell) (MSR)</p> <p>Lettuce & Tomato</p> <p>Peach Half (fresh, frozen or canned)</p> <p>Fluid Milk¹</p>	<p>Egg Salad Sandwich USDA Recipe F-10 (WG bread or crackers)</p> <p>Sliced Cucumbers</p> <p>Red Seedless³ Grapes</p> <p>Fluid Milk¹</p>	<p>Chicken Noodle Casserole USDA Recipe D170</p> <p>Mixed Green Lettuce Salad</p> <p>Apricot Halves (canned)</p>  <p>Fluid Milk¹</p>	<p>Cheese Pizza (HM or commercial) USDA Recipe D-30</p> <p>Red Bell Pepper Strips</p> <p>Broccoli & Cauliflower Medley (Fresh or Frozen)</p> <p>Fluid Milk¹</p>
<p>Snacks Peanut Butter & (WG) Ritz Crackers</p>  <p>Water²</p>	<p>Cottage Cheese</p> <p>Pineapple Chunks</p> <p>Water²</p>	<p>Black Bean Hummus USDA Recipe E-24</p> <p>Corn Tortillas</p> <p>Water²</p>	<p>Vanilla Yogurt</p> <p>Mixed Berries (fresh or frozen)</p> <p>Water²</p>	<p>Lady Bugs on a Log (dried cranberries, sunflower butter, celery sticks) (RIMT®)</p> <p>Water²</p>

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

³ Cut 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.

