**CACFP 5-Day Menu Week**

 Week of 04-01-2024 thru 04.05.2024 Beverly

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CACFP Meal Pattern | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |

**BREAKFAST**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Fluid Milk | Milk | Milk | Milk  | Milk | Milk |
| Fruit and or Vegetable |  Fresh Fruit |  Fresh Fruit |  Fresh Fruit |  Fresh Fruit |  Fresh Fruit |
| Alternate or Grains | Whole Grain Cinamon Muffins | Whole Wheat Bagel W/ Crean Cheese | Whole Grain Cereal | Whole Grain Banana Muffin | Whole Grain Cereal |
| Meat or Alternate |  |  |  |   |   |

 **LUNCH / SUPPER**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Meal | Cheese Raviolis | Breakfast for Lunch  | Chef Salad w/Egg & Ham | Greek Bowl | Turkey Sandwich  |
| Meat or Alternate | Cheese | Eggs/Cheese | Egg/Ham  | Chicken | Turkey/Cheese |
| Vegetable | Steamed Corn, Tomatoes | Eggs, Potatoes /mix vegies | Mix Vegetables  |  Steamed Green Beans/Mixed Vegetables | Cucumbers |
| Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Grain | Whole Wheat Pasta | Whole Grain Toast |  Whole Grain Bread | Whole Grain Rice | Whole Grain Bread |
| Meat or Alternate | Spaghetti Pasta w/Tomato Sauce |  | Chef Salad w/Egg | Rice w/ Vegetables and Beans | Cheese or Turkey Sandwich |

**AFTERNOON SNACK (serve any 2 of the following foods).**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Fluid Milk | Milk/Water | Milk/Water | Milk/Water | Milk/Water | Milk/Water  |
| Vegetable |  |   |  |  |  |
| Fruit | Assorted Fresh Fruit |   | Assorted Fresh Fruit  |  |  |
| Alternate Grain |  WW Cheese its | Graham Crackers |  Whole Grain Goldfish Crackers | Blueberry Yogurt Muffin  |  |
| Meat or Alternate |  |  Vanilla Yogurt |    |   | Oatmeal Banana Cookie |

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USDA is an equal opportunity provider and employer. **\*Ages 1-2 Whole Milk/Water \* Ages 2+ 1% Milk/Water**