**CACFP 5-Day Menu Week**

Week of 04.22.2024 thru 04.26.2024 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 Muffins | Whole Wheat Bagel W/ Crean Cheese | Whole Grain Cereal | Whole Grain Banana Muffin | Whole Grain Cereal |
| Meat or Alternate |  |  |  |  |  |

**LUNCH / SUPPER**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Meal | American Chop Suey | Taco Tuesday | Chef Salad w/ Egg | Big Mac Bowl | Chicken Caesar Wrap |
| Meat or Alternate | Ground Beef/onions/bell peppers | Ground Turkey/ Cheese. | Egg & Cheese | Cheese/Ground Beef | Chicken/Cheese |
| Vegetable | Steamed Corn, Bell Peppers, Onions, | Coleslaw Cabbage/Carrots, Greens, Tomatoes | Mix vegies / tomatoes. | Green Beans /tomatoes | Cucumbers |
| Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Grain | Whole Wheat Pasta | Whole Wheat Corn Tortilla | Whole Wheat Pita Bread | Whole Wheat Rice | Whole Wheat Wrap |
| Meat or Alternate | Vegetable Pomodoro | Vegetable & Cheese taco | Chef Salad w/ Egg or Cheese | Vegetable Rice Bowl w/Cheese or Ground Beef | Cheese 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 | Blueberry | Banana |
| Alternate Grain | WW Ritz Crackers | Graham Crackers | Whole Grain Goldfish Crackers | Blueberry yogurt muffin | Oatmeal Banana Cookie |
| Meat or Alternate |  | Vanilla Yogurt |  |  |  |

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