**CACFP 5-Day Menu Week**

 Week of 04.29.2024 thru 05.03.2024 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 | Macaroni Bolognese | Taco Tuesday  | Tuna Sandwich  | Rice Stir Fry | Upside Down Grilled Cheese  |
| Meat or Alternate | Ground Beef  | Ground Turkey | Tuna | Chicken | Cheese  |
| Vegetable | Steamed Corn and Vegetables.  | Coleslaw Cabbage/Carrots  | Celery and Mixed 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 | Corn Tortillas  |  Whole Grain Bread | Whole Wheat Rice | Whole Grain Bread |
| Meat or Alternate | Pasta w/Cheese | Turkey or Cheese Taco  |  Cheese Sandwich  | Rice w/Mixed Vegetables & Beans  | Black Bean Burger |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Fluid Milk | Milk/Water | Milk/Water | Milk/Water | Milk/Water | Milk/Water  |
| Vegetable |  |   |  | Tomato sauce  |  |
| Fruit | Assorted Fresh Fruit |   | Assorted Fresh Fruit  |  |  |
| Alternate Grain |  WW Ritz Crackers | Graham Crackers |  Whole Grain Goldfish Crackers | Tortilla chips  |  |
| 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**