**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**