**CACFP 5-Day Menu Week**

Week of 07.29.2024 thru 08.02.2024 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/ Cream Cheese | Whole Grain Cereal | Whole Grain Banana Muffin | Whole Grain Cereal |
| Meat or Alternate |  |  |  |  |  |

**LUNCH / SUPPER**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Meal | Double Cheese Sandwich | Chicken Chop Suey | Ham and Cheese Sandwich | Big Mac Bowl | Turkey and Cheese Wrap |
| Meat or Alternate | Cheese | Chicken | Ham / Cheese | Beef /Bacon | Turkey and Cheese |
| Vegetable | Coleslaw Cabbage Carrots | Steamed Corn/ Bean Sprouts | Cucumbers | Steamed Green Beans | Carrots |
| Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Grain | Whole Grain Bread | Whole Wheat Roll | Whole Grain Bread | Whole Grain Rice | Whole Wheat Wrap |
| Meat or Alternate | Ham Sandwich | Meatless Chop Suey | Ham or Cheese sandwich | Rice w/Beans | Turkey or 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 | Salsa |  |
| Alternate Grain | WW Ritz Crackers | Graham Crackers | Whole Grain Goldfish Crackers | Tortilla chips | Oatmeal Banana Rounds |
| 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**