**CACFP 5-Day Menu Week**

 Week of 10.14.2024 thru 10.18.2024 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/ Cream Cheese | Whole Grain Cereal | Whole Grain Muffin | Whole Grain Cereal |
| Meat or Alternate |  |  |  |   |   |

 **LUNCH / SUPPER**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Meal | Closed for PD Day  | Rigatoni Pink Pomodoro  | Chicken Ceasar Salad  | Vegetable & Bean Risotto  | Cheese & Pepperoni Quesadillas  |
| Meat or Alternate |  | Ground Beef  |  Chicken  | Mushrooms / Chickpeas  |  Cheese  |
| Vegetable |  | Side Salad/Tomatoes | Cucumbers & Romaine |  Steamed Green Beans | Potato Baked Fries  |
| Fruit |  | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Fluid Milk |  | Milk | Milk | Milk | Milk |
| Grain |  | Whole Wheat Pasta |  Whole Grain Bread | Whole Grain Rice | Whole Wheat Tortilla |
| Meat or Alternate |  | Rigatoni w/Sauce & Cheese | Ceasar Salad- No Chicken |  | Cheese or Pepperoni Quesadillas  |

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

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

The U.S. Department of Agriculture prohibits, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual’s income is derived from any public assistance program or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and /or employment activities.)If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at <http://www.ascr.usda.gov/complaint_filing_cust.html> , or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all the information requested in the form. Send your completed complaint form or letter to us by mail to the U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).
USDA is an equal opportunity provider and employer. **\*Ages 1-2 Whole Milk/Water \* Ages 2+ 1% Milk/Water**