**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 |  |  |  |

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