**CACFP 5-Day Menu Week**

Week of 10.21.2024 thru 10.25.2024 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 Muffin | Whole Grain Cereal |
| Meat or Alternate |  |  |  |  |  |

**LUNCH / SUPPER**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Meal | Shrimp Scampi Pasta | Taco Tuesday | Breakfast 4 Lunch w/Sausage | Greek Bowl | Cheeseburger |
| Meat or Alternate | Shrimp | Ground Beef | Egg and Cheese | Chicken | Ground Beef/Cheese |
| Vegetable | Mixed Vegetables / Tomatoes | Tomatoes / Romaine | Home Baked Fries | Corn/ Carrots | Potato Fries |
| Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Grain | Whole Wheat Bread | Corn Tortillas | Whole Grain Bread | Whole Grain Rice | Whole Wheat Roll |
| Meat or Alternate | Plain Pasta with Sauce & Cheese | Vegetable, Cheese & Bean Tacos |  | Rice & Beans | Grilled Cheese |

**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 | Tomato Salsa |  |
| Alternate Grain | WW Cheez It Crackers | Graham Crackers | Whole Grain Goldfish Crackers | Corn 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**