**CACFP 5-Day Menu Week**

 Week of 11.04.2024 thru 11.08.2024 Beverly

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CACFP Meal Pattern | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |

**BREAKFAST**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Fluid Milk | Milk | Milk | Milk  | Milk |  |
| Fruit and or Vegetable |  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 |  |
| Meat or Alternate |  |  |  |   |   |

 **LUNCH / SUPPER**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Meal | Ravioli Pomodoro | Chicken Salad Sandwich  | Breakfast for Lunch  | Mexican Chicken Bowl  |  |
| Meat or Alternate | Cheese / Tomatoes  | Chicken  | Ham / Eggs /Cheese | Chicken / Black Beans  |  |
| Vegetable | Garden Salad | Cucumbers  | Home Fries | Coleslaw  |  |
| Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |  |
| Fluid Milk | Milk | Milk | Milk | Milk |  |
| Grain | Whole Grain Bread | Whole Grain Bread |  Whole Grain Bread | Whole Grain Rice |  |
| Meat or Alternate | Pasta Pomodoro w/Lentils | Vegetable & Cheese Wrap |  | Rice and Beans w/Veggies Bowl |  |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Fluid Milk | Milk/Water | Milk/Water | Milk/Water | Milk/Water |  |
| Vegetable |  |   |  |  |  |
| Fruit | Assorted Fresh Fruit |   | Assorted Fresh Fruit  | Assorted Fresh Fruit  |  |
| Alternate Grain |  WW Cheez it Crackers | Graham Crackers |  Whole Grain Goldfish Crackers | Pretzel Tiny Twists |  |
| 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**