**CACFP 5-Day Menu Week**

Week of 11.11.2024 thru 11.15.2024 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 Wheat Bagel W/ Cream Cheese | Whole Grain Cereal | Whole Grain Muffin | Whole Grain Cereal |
| Meat or Alternate |  |  |  |  |  |

**LUNCH / SUPPER**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Meal | Closed  Veterans Day | Fusilli Scampi | Sausage Peppers and Onions | Veggie Bowl | Fish Sticks |
| Meat or Alternate |  | Chicken | Sausages | Chickpeas | Haddock |
| Vegetable |  | Garden Salad | Cucumbers, Peppers, Onions | Mixed Veggies | Potato Baked Fries |
| Fruit |  | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Fluid Milk |  | Milk | Milk | Milk | Milk |
| Grain |  | Whole Wheat Roll | Whole Wheat Pasta | Whole Grain Rice | Whole Grain Breading |
| Meat or Alternate |  | Fusilli Scampi w/Chickpeas | Black Bean Burger |  | Plant Based Nuggets |

**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 |  | Oatmeal Banana Rounds |
| Meat or Alternate |  | Vanilla Yogurt |  | Blueberry Yogurt Muffin |  |

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