**CACFP 5-Day Menu Week**

Week of 01.13.2025 thru 01.17.2025 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 | Fusilli Shrimp Scampi | Taco-Tuesday | Minestrone Soup | Big Mac Bowl | Fish Sticks |
| Meat or Alternate | Shrimp | Ground Beef /Cheese | Beans | Ground Beef / Cheese | Haddock |
| Vegetable | Garden Salad/Tomatoes | Romaine/Tomatoes | Mixed Vegetables/Cucumber Slices | Steamed Green Beans | Baked Tater Tots |
| Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Grain | Whole Wheat Pasta | Corn Tortillas | Whole Wheat Pasta | Whole Grain Rice | Whole Grain Breading |
| Meat or Alternate | Pomodoro Pasta w/Cheese | Vegetable, Cheese, and Bean Taco |  | Rice and Beans | Plant-Based Nuggets |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Fluid Milk | Milk/Water | Milk/Water | Milk/Water | Milk/Water | Milk/Water |
| Vegetable |  |  |  | Tomato Salsa |  |
| Fruit | Assorted Fresh Fruit |  | Assorted Fresh Fruit |  |  |
| Alternate Grain | Whole Wheat Cracker Cheez-it | 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**