**CACFP 5-Day Menu Week**

Week of 12.09.2024 thru 12.13.2024 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 | Fusilli Shrimp Scampi | Taco-Tuesday | Green Caldo Soup | Veggie Bowl | Dino-Chicken Nuggets |
| Meat or Alternate | Shrimp | Ground Beef/ Cheese | Chicken / Beans | Mushrooms / Chickpeas | Chicken |
| Vegetable | Mix Vegetables | Corn / Carrots/Romaine/Tomatoes | Cucumbers/Kale/Potatoes | Steamed Green Beans/Mixed Vegetables | Potato 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 Grain Bread | Whole Grain Rice | Whole Grain Breading |
| Meat or Alternate | Pomodoro Pasta | Vegetable and Cheese or Beef Tacos |  |  | 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 |  |  |  |  |  |
| Fruit | Assorted Fresh Fruit |  | Assorted Fresh Fruit | Fresh Fruit | Fruit Smoothie |
| Alternate Grain | Whole Grain Cheez-its | Graham Crackers | Whole Grain Goldfish Crackers | Baked Pretzel |  |
| 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**