**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**