**CACFP 5-Day Menu Week**

 Week of 12.16.2024 thru 12.20.2024 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/ Crean Cheese | Whole Grain Cereal | Whole Grain Muffin | Whole Grain Cereal |
| Meat or Alternate |  |  |  |   |   |

 **LUNCH / SUPPER**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Meal | Italian Rigatoni  | Tuna-Egg Salad Sandwich  | Soup di Jour  | Mexican Rice Bowl  | Fish Sticks  |
| Meat or Alternate | Sausage  | Tuna / Egg  | Vegetables/Beans  | Chicken / Cheese  | Haddock  |
| Vegetable | Steamed Corn/Tomatoes | Cucumbers Sliced  | Coleslaw/Mixed Vegetables | Spanish Green Beans  | Backed Potato Fries  |
| Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Grain | Whole Wheat Pasta | Whole Wheat Roll |  Whole Grain Bread | Whole Grain Rice | Whole Grain Breading |
| Meat or Alternate | Penne Pasta w/Cheese | Tuna or Egg Salad Sandwich |  | 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 |  |   |  |  |  |
| Fruit | Assorted Fresh Fruit |   | Assorted Fresh Fruit  | Apple | Fruit Smooties |
| Alternate Grain |  Cracker Cheez-it Whole Grain | Graham Crackers |  Whole Grain Goldfish Crackers | Apple yogurt muffin |  |
| Meat or Alternate |  |  Vanilla Yogurt |    |  |  |

The U.S. Department of Agriculture prohibits, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual’s income is derived from any public assistance program or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and /or employment activities.)If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at <http://www.ascr.usda.gov/complaint_filing_cust.html> , or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all the information requested in the form. Send your completed complaint form or letter to us by mail to the U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).
USDA is an equal opportunity provider and employer. **\*Ages 1-2 Whole Milk/Water \* Ages 2+ 1% Milk/Water**