**CACFP 5-Day Menu Week**

Week of 02.10.2025 through 02.14.2025 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 Apple Cinamon Muffins | Whole Wheat Bagel W/ Cream Cheese | Whole Grain Cereal | Whole Grain Banana Muffin | Whole Grain Cereal |
| Meat or Alternate |  |  |  |  |  |

**LUNCH / SUPPER**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Meal | Fusilli Shrimp Scampi | Taco-Tuesday | Minestrone Soup | Greek Bowl | Cheese Pizza |
| Meat or Alternate | Shrimp /Cheese | Ground Beef/Cheese | Beans | Chicken / Feta Cheese | Cheese |
| Vegetable | Cucumbers | Romaine/Tomatoes | Sliced Cucumbers/Potatoes | Steamed Green Beans | Tomatoes/Baked Potato Fries |
| Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Grain | Whole Wheat Pasta | Corn Tortilla | Whole Wheat Pasta | Whole Grain Rice |  |
| Meat or Alternate | Pomodoro Pasta w/Cheese | Vegetable/Beans/Cheese Tacos |  | Rice, Beans, Cheese | Black Bean Burger |

**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 | Tomato Salsa | Mixed Fruit |
| Alternate Grain | Whole Grain Cheese-Its | Graham Crackers | Whole Grain Goldfish Crackers | Corn Tortilla Chips |  |
| Meat or Alternate |  | Vanilla Yogurt |  |  | Smoothies |

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