**CACFP 5-Day Menu Week**

Week of 02.17.2025 through 02.21.2025 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 |
| Alternate or Grains |  | Whole Wheat Bagel W/ Cream Cheese | Whole Grain Cereal | Whole Grain banana Muffin | Whole Grain Cereal |
| Meat or Alternate |  |  |  |  |  |

**LUNCH / SUPPER**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Meal | **C** | Rigatoni Bolognese | Breakfast for Lunch | Mexican rice bowl | Plant-Based Nuggets |
| Meat or Alternate | **L** | Ground Beef | Ham / Egg / Cheese | Chicken / cheese / Beans | Plant-Based |
| Vegetable | **O** | Sliced Cucumbers | Tater Tots | Spanish green beans | Baked Potato Fries |
| Fruit | **S** | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Fluid Milk | **E** | Milk | Milk | Milk | Milk |
| Grain | **D** | Whole Wheat Pasta | Whole Grain Wrap | Whole Grain rice | Whole Wheat Roll |
| Meat or Alternate |  | Pasta w/Chickpeas & Cheese |  | Rice vegs tomatoes |  |

**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 | Apple | Fruit Assortment |
| Alternate Grain |  | Graham Crackers | Whole Grain Goldfish Crackers | Apple yogurt muffin |  |
| 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**