**CACFP 5-Day Menu Week**

Week of 03.17.2025 through 03.21.2025 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 | 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 | Rigatoni Bolognese | Chicken Salad Sandwich | Breakfast for Lunch | Mexican Rice bowl | French Bread Cheese Pizza |
| Meat or Alternate | Ground Beef / Prosciutto | Chicken | Ham / Egg / Cheese | Chicken / Cheese / Beans | Cheese |
| Vegetable | Garden Salad / Tomatoes | Cucumbers Sliced | Home Fried Potatoes | Spanish Green Beans | 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 | Whole Wheat Roll | Whole Grain Bread | Whole Grain Rice | Whole Wheat Bread |
| Meat or Alternate | Rigatoni Marinara & Cheese | Black Bean Burger |  | Vegetable/Beans/Cheese Bowl | Plant base chicken 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 |  |  |
| Alternate Grain | Whole Grain Cheez-Its | Graham Crackers | Whole Grain Goldfish Crackers |  | Oatmeal Banana Rounds |
| Meat or Alternate |  | Vanilla Yogurt |  | Apple Yogurt Muffin |  |

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