

**USDA IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER**

**CACFP Menu for Children (5-Day)**

Site/Center Name: Chardon Community Day Care 10/31/11 – 11/4/11									
Type	Component	Minimum Serving			Date:10/31/11	Date:11/1/11	Date:11/2/11	Date:11/3/11	Date:11/4/11
<b>Breakfast</b>		<b>1 &amp; 2 years</b>	<b>3 - 5 years</b>	<b>6 - 12 years</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Juice, fruit Or vegetable	1/4 cup	1/2 cup	1/2 cup	Oranges	Apples	Banana's	Oranges	Apples
	Grains/Breads Dry cereal	1/2 slice 1/4 cup or 1/3 oz.	1/2 slice 1/3 cup or 1/2 oz.	1 slice 3/4 cup or 1 oz.	Lucky Charms	Warm Pop Tarts	Cheerios	French toast sticks	Caption Crunch
<b>Lunch or Supper</b>	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Ground Turkey	Chicken Patty's cheese	Meatballs	Turkey lunchmeat	Chicken Nuggets
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Hamburger Helper	Buns and sauce	Subs and Tator tots	Bread	French Fries
	Fruit and/or vegetable and/or juice (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Mixed Veggies	Corn	Green beans	Carrots	Mixed Veggies
					Peaches	Apple sauce	Fruit cocktails	Apples	Pineapple
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
<b>Snack (select 2)</b>	Milk, fluid	1/2 cup	1/2 cup	1 cup	Milk	Grape Juice	Milk	Milk	Apple Juice
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	English Muffins and Jelly	Vanilla wafers pumpkin pudding	Apple Cinnamon Muffin's	Cinnamon dipped biscuits	Cheese Quesadillas
	Grains/Breads/ Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Peanut butter crackers	Rice Crispy Treats	Chex mix	Frito and salsa	Oreo and animal cookies
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.	Apple Juice	Milk	Grape Juice	Orange Juice	Milk

For more information on additional food components and amounts, please refer to CACFP Child Care Meal Pattern Chart in "What's in a Meal?".  
This institution is an equal opportunity provider.

Rev. 8/06

**Whole Milk – Babies – 3Yrs    1% Milk – 3 yrs & up**

