

Week 1 CACFP k-12

Meal	Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack	Grain: 1oz Fruit: 3/4 cup Milk: 1 cup	Maple Waffle Grahams WG 6.75oz Fruit Juice	Fun & Fitness CrackersWG 6.75oz Fruit Juice	Sport Grahams WG 6.75oz Fruit Juice	Cheese Puffs WG 6.75oz Fruit Juice	WG Herb Crackers 6.75oz Fruit Juice	Mixed Berry Animal Cracker WG 6.75oz Fruit Juice	WG Pizza Crackers Milk
Supper	Meat/MA: 2oz Grain: 1oz Vegetable: 1/2 cup Fruit: 1/4 cup Milk: 1 cup	Mozerella Cheese Pizza Crackers WG Green Beans Applesauce Milk	Chicken Pouch Wheat Crackers WG Mixed Vegetables Strawberry Applesauce Milk	Red Pepper Hummus Cup Tortilla Chips WG Carrots Applesauce Cinnamon Milk	Ranch Cheese Plank WG Tortilla Chips Corn Raisins Milk	Wow Butter Sunflower Seeds Wheat Crackers WG Corn Strawberry Applesauce Milk	Strawberry Yogurt Sunflower Seeds Wheat Crackers WG Carrots Raisins Milk	Vintage Cheddar Plank Pizza Crackers WG 4.23 oz Veg Juice Raisins Milk

Week 2 CACFP k-12

Meal	Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack	Grain: 1oz Fruit: 3/4 cup Milk: 1 cup	Cinnamon Waves WG 6.75oz Fruit Juice	Sport Grahams WG 6.75oz Fruit Juice	Nacho Spiker Crackers WG 6.75oz Fruit Juice	Food & Nutrition Cracker WG 6.75oz Fruit Juice	Presidents Crackers wg 6.75oz Fruit Juice	Maple Waffle Graham WG 6.75oz Fruit Juice	Mixed Bery animal cracker WG Milk
Supper	Meat/MA: 2oz Grain: 1oz Vegetable: 1/2 cup Fruit: 1/4 cup Milk: 1 cup	Apple Yogurt Sunflower seeds Wheat Crackers WG Corn Veg Cup Applesauce Milk	Cheddar Cheese Plank WG Herb Crckers Mixed Vegetables Applesauce Strawberry Milk	Wowbutter Sunflower seeds Pizza Crackers WG Carrots Veg Cup Applesauce Cinnamon Milk	Buffalo Cheese Plank Wheat Crackers WG Mixed Vegetables Applesauce Milk	Taco Hummus Pretzels WG Mixed Vegetables Raisins Milk	Chicken Pouch Tortilla Chips WG carrots Veg Cup Raisins Milk	Berry Yogurt Sunflower seeds WG Herb Crackers 4.23 oz Vegetable Juice Raisins Milk

Week3 CACFP k-12

Meal	Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack	Grain: 1oz Fruit: 3/4 cup Milk: 1 cup	WG Wheat Cracker 6.75oz Fruit Juice	Mixed Berry Animal Cracker WG 6.75oz Fruit Juice	Straw Waffle Grahams WG 6.75oz Fruit Juice	Food & Nutrition Cracker WG 6.75oz Fruit Juice	PresidentsCrackers wg 6.75oz Fruit Juice	Maple Waffle Grahams WG 6.75oz Fruit Juice	Nacho Spiker Crackers WG Milk
Supper	Meat/MA: 2oz Grain: 1oz Vegetable: 1/2 cup Fruit: 1/4 cup Milk: 1 cup	Vanilla Yogurt Sunflower Seeds Wheat Crackers WG Green Beans Strawberry Applesauce Milk	Hummus Pizza Crackers WG Carrots Raisins Milk	Buffalo Cheese Stick Nacho Spiker Crackers WG Mixed Vegetables Applesauce Milk	Berry Yogurt Sunflower seeds Pretzels WG Carrots Raisins Milk	Wowbutter Sunflower seeds Wheat Crackers WG Corn Veg Cup Applesauce Milk	Chicken Pouch Tortilla Chips WG Carrots Veg Cup Raisins Milk	Mozerella Cheese Plank Pizza Crackers WG 4.23 oz Vegetable Juice Applesauce Milk

Week 4 CACFP K-12

Meal	Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack	Grain: 1oz Fruit: 3/4 cup Milk: 1 cup	WG Pizza Crackers 6.75oz Fruit Juice	WG Herb Crackers 6.75oz Fruit Juice	Nacho Spiker Crackers WG 6.75oz Fruit Juice	Food & Nutrition Cracker WG 6.75oz Fruit Juice	PresidentsCrackers WG 6.75oz Fruit Juice	Maple Waffle GrahamsWG 6.75oz Fruit Juice	Mixed Berry Animal Cracker WG Milk
Supper	Meat/MA: 2oz Grain: 1oz Vegetable: 1/2 cup Fruit: 1/4 cup Milk: 1 cup	Ranch Cheese Plank Wheat Crackers WG Corn Veg Cup Raisins Milk	Vanilla Yogurt Sunflower Seeds Pretzels WG Mixed Vegetables Applesauce Milk	Taco Hummus Pretzels WG Green Beans Veg Cup Raisins Milk	Buffalo Cheddar Cheese Tortilla Chips WG Carrots Applesauce Cinnamon Milk	Vintage Cheddar Cheese Pizza Crackers WG Green Beans Veg Cup Applesauce Milk	Berry Yogurt Sunflower seeds Pretzels WG Carrots Veg Cup Raisins Milk	Chicken Pouch Wheat Crackers WG 4.23 oz Vegetable Juice Applesauce Milk

This institution is an equal opportunity provider.

Menus are subject to change due to availability.

All grains offered are made with 51% whole grain.

Condiments will be provided where appropriate.

Milk provided will be skim or 1%.