

CACFP Weekly Menu (5-Day) for Children: Week 1					Katering 4 Kids Center Menu				
Meal Type	Component	Minimum Serving	Minimum Serving	Minimum Serving	Monday	Tuesday	Wednesday	Thursday	Friday
	Age (years old)	1 & 2	3 – 5	6 – 12 13 – 18	2/28	3/1	3/2	3/3	3/4
	Age (years old)	1 & 2	3 – 5	6 – 12 13 – 18	Broccoli Mac & Cheese	Veggie Burger	Meatless BBQ Meatballs	Spaghetti w/ Veggie Crumble Sauce	Meatless Diced Chicken & Gravy
L u n c h	Fluid Milk (8oz = 1 cup)	4 oz.	6 oz.	8 oz.	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk
	Grains (WG-whole) - bread products - pasta/noodles	1/2 slice ½ oz eq	1/2 slice ½ oz eq	1 slice 1 oz eq	WG Elbow Pasta	WG Bun	Brown Rice	WG Spaghetti	WG Bread
	Meat or Meat alternate	1 oz.	1 1/2 oz.	2 oz.	Cheese	Veggie Burger	Vegetarian Meatball	Veggie Crumbles	Meatless Chicken
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Carrots	Mixed Vegetable	Sweet Peas	Green Beans	Mashed Potatoes
	Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Peaches	Tropical Fruit	Pineapples	Mandarins
	Food Substitutions due to Sensitivity or Allergy:				Elbow Pasta w/ diced chicken & gravy	No Cheese			

CACFP Weekly Menu (5-Day) for Children: WEEK 2					Katering 4 Kids Center Menu				
Meal Type	Component	Minimum Serving	Minimum Serving	Minimum Serving	Monday	Tuesday	Wednesday	Thursday	Friday
	Age (years old)	1 & 2	3 – 5	6 – 12 13 – 18	3/7	3/8	3/9	3/10	3/11
	Age (years old)	1 & 2	3 – 5	6 – 12 13 – 18	Veggie Crumble & Potato Burrito	Meatless Chicken Lasagna	Meatless Chicken & Vegetable Stew	Meatless Shepherd's Pie	Meatless Chicken Pizza
L u n c h	Fluid Milk (8oz = 1 cup)	4 oz.	6 oz.	8 oz.	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk
	Grains (WG-whole) - bread products - pasta/noodles	1/2 slice ½ oz eq	1/2 slice ½ oz eq	1 slice 1 oz eq	WG Tortilla	Egg Lasagna & WG Bread	Brown Rice	WG Bread	WG Pizza Crust

	Meat or Meat alternate	1 oz.	1 1/2 oz.	2 oz.	Veggie Crumbles	Meatless Chicken & Cheese	Meatless Chicken	Veggie Crumbles & Cheese	Meatless Chicken
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Tater Tots	Green Beans	Carrots	Mashed Potatoes	Sweet Peas
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit	Mandarins	Grapes	Pineapples	Diced Pears
	Food Substitutions due to Sensitivity or Allergy:								

CACFP Weekly Menu (5-Day) for Children: WEEK 3						Katering 4 Kids Center Menu				
Meal Type	Component	Minimum Serving	Minimum Serving	Minimum Serving	Monday	Tuesday	Wednesday	Thursday	Friday	
	Age (years old)	1 & 2	3 - 5	6 - 12 13 - 18	3/14	3/15	3/16	3/17	3/18	
	Age (years old)	1 & 2	3 - 5	6 - 12 13 - 18	Meatless BBQ Chicken Sandwich	Meatless Chicken Alfredo	Meatless Orange Chicken	Spaghetti w/ Veggie Crumble Sauce	Veggie Crumble Pizza	
Lunch	Fluid Milk (8oz = 1 cup)	4 oz.	6 oz.	8 oz.	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	
	Grains (WG-whole) - bread products - pasta/noodles	1/2 slice 1/2 oz eq	1/2 slice 1/2 oz eq	1 slice 1 oz eq	WG Bun	WG Penne Pasta	Brown Rice	WG Spaghetti	WG Pizza Crust	
	Meat or Meat alternate	1 oz.	1 1/2 oz.	2 oz.	Meatless Chicken	Meatless Chicken	Meatless Chicken	Veggie Crumbles	Veggie Crumbles & Cheese	
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Tater Tots	Steamed Broccoli	Stir-fry Vegetables	Carrots	Sweet Peas	
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit	Mandarins	Apple	Pineapples	Diced Pears	
	Food Substitutions due to Sensitivity or Allergy:									

CACFP Weekly Menu (5-Day) for Children: WEEK 4						Katering 4 Kids Center Menu				
Meal Type	Component	Minimum Serving	Minimum Serving	Minimum Serving	Monday	Tuesday	Wednesday	Thursday	Friday	
	Age (years old)	1 & 2	3 - 5	6 - 12 13 - 18	3/21	3/22	3/23	3/24	3/25	

	Age (years old)	1 & 2	3 – 5	6 – 12 13 – 18	Meatless Meatball Sub	Mac & Cheese	Veggie Crumble & Bean Chili	Meatless Chicken & Vegetable Stew	BBQ Chicken Pizza
L u n c h	Fluid Milk (8oz = 1 cup)	4 oz.	6 oz.	8 oz.	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk
	Grains (WG-whole) - bread products - pasta/noodles	1/2 slice ½ oz eq	1/2 slice ½ oz eq	1 slice 1 oz eq	WG Hotdog Bun	WG Elbow Pasta	Brown Rice	Brown Rice	WG Pizza Crust
	Meat or Meat alternate	1 oz.	1 1/2 oz.	2 oz.	Vegetarian Meatballs	Cheese	Veggie Crumbles	Meatless Chicken	Meatless Chicken
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Baked Beans	Sweet Potatoes	Carrots	Mixed vegetables	Sweet Peas
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit	Mandarins	Grapes	Pineapples	Diced Pears
Food Substitutions due to Sensitivity or Allergy:									

CACFP Weekly Menu (5-Day) for Children: WEEK 5						Katering 4 Kids Center Menu				
Meal Type	Component	Minimum Serving	Minimum Serving	Minimum Serving	Monday	Tuesday	Wednesday	Thursday	Friday	
	Age (years old)	1 & 2	3 – 5	6 – 12 13 – 18	3/28	3/29	3/30	3/31	4/1	
	Age (years old)	1 & 2	3 – 5	6 – 12 13 – 18	Veggie Burger	Penne Pasta w/ Veggie Crumble Sauce	Meatless Chicken Enchilada	Meatless Meatballs & Gravy	Meatless Chicken Pizza	
L u n c h	Fluid Milk (8oz = 1 cup)	4 oz.	6 oz.	8 oz.	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	4Fat free 2+years 4Whole Milk <2yrs 4Sensitivity: Soy Milk	
	Grains (WG-whole) - bread products - pasta/noodles	1/2 slice ½ oz eq	1/2 slice ½ oz eq	1 slice 1 oz eq	WG Bun	WG Spaghetti	WG Tortilla	Brown Rice	WG Pizza Crust	
	Meat or Meat alternate	1 oz.	1 1/2 oz.	2 oz.	Veggie Burger	Veggie Crumbles	Meatless Chicken	Vegetarian Meatballs	Meatless Chicken	
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Baked Beans	Steamed Broccoli	Baby Carrots	Corn	Sweet Peas	
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit	Mandarins	Apple	Pineapples	Diced Pears	
Food Substitutions due to Sensitivity or Allergy:										