

Menu Ideas Using the New CACFP Meal Pattern

These menus were designed to have a whole grain-rich (WGR) foods served at breakfast on M, W, F and at snack on T and Th. The five weeks of menus use WGR breads for toast and French toast, WW tortillas, brown rice, and some ready-to-eat cereals and crackers. Whole grain-rich versions of other breads, buns, pasta, and grains may be used even though they are not designated as such on these menus. Using a prior meal's leftovers was kept in mind in choosing menu items. For example, if opening a juice or a purchasing fresh fruit such as grapes during the week, that food was served twice within a few days. Planned leftovers from family suppers were also incorporated at times.

1

BREAKFAST					
Fruit or Vegetable	Applesauce	Banana	Orange Juice	Blueberries	Banana
Grains or Meat/Alt	Cinnamon Toast WGR	Pancakes	Cheerios / Kix WGR	Yogurt	Strwb. Mini-Wheats WGR
Milk	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *
LUNCH					
Meat/Meat Alternate	Ham	Chicken	Gr. Beef	Deli Turkey / Cheese	Eggs
Vegetable	Green Beans	Stir Fry Vegetables	Spaghetti Sauce	Tomato Soup	Pepper Strips
Fruit or Vegetable	Potatoes	Peaches	Broccoli	Pears	Pineapple
Grains	Dinner Roll	Bread	Pasta	Oyster Crackers	Toast
Milk	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *
SNACK					
2 components	WM / 1% *	Cheese	Banana	OJ	PB
	Animal Crackers	WW Tortilla WGR	WM / 1% *	Scooby Doo Crackers WGR	Banana

2

BREAKFAST					
Fruit or Vegetable	Raisins	Tangerines	Apple Juice	Banana	Pineapple
Grains or Meat/Alt	Oatmeal WGR	Eggs	Alpha-bits / Life WGR	Rice Krispies	Toast WGR
Milk	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *
LUNCH					
Meat/Meat Alternate	Chic. Nug. / Baked Beans	Gr. Beef	Grilled Cheese	Chicken Casserole	Fish Sticks / PB
Vegetable	Carrot Sticks	Oven Fries	Peas	Corn	Mixed Vegetables
Fruit or Vegetable	Pears	Pickles	Watermelon	Roasted Cauliflower	Kiwi / Oranges
Grains	Bread	Hamb. Bun	Bread	Noodles	Bread
Milk	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *
SNACK					
2 components	Bread Sticks	Apple Slices	WM / 1%*	Apple Juice	WM / 1% * (in smoothie)
	Pizza Sauce	Chex Mix WGR	Muffin	WW Goldfish Cr. WGR	Pretzels

* Whole milk (WM) served to one-year-old children and 1% or skim milk served to children ages 2-12.
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BREAKFAST					
Fruit or Vegetable	Tangerines	Banana Slices	Grapes	Strawberries	Banana
Grains or Meat/Alt	French Toast WGR	Rice Cake / PB	Cheerios / Dora WGR	Toaster Waffle	Life / Mini-Wheats WGR
Milk	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *
LUNCH					
Meat/Meat Alternate	Eggs	Pizza / added Cheese	Chicken	String Cheese	Chili Mac - Gr. Beef
Vegetable	Hash Brown Wedge	Celery & Carrots & Cukes	Mashed Potato	Vegetable Soup	Chili Beans / Tom. Sauce
Fruit or Vegetable	Mandarin Oranges	Pineapple	Gr. Beans	Peaches / Pineapple	Apple Slices
Grains	Bread	Pizza Crust	Bread	Crackers	Macaroni
Milk	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *
SNACK					
2 components	Grapes	OJ	WM / 1% *	OJ	Hummus
	Crackers	Cereal Mix WGR	Muffin	Teddy Grahams WGR	Celery Sticks

4

BREAKFAST					
Fruit or Vegetable	Blueberries	Apple Slices / Banana	Blueberries	Banana	Apple Juice
Grains or Meat/Alt	Cheerios / Chex WGR	PB	Oatmeal WGR	Rice Krispies	Toast / PB WGR
Milk	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *
LUNCH					
Meat/Meat Alternate	Baked Pork Loin	Refried Beans / Cheese	Tater Tot Hotdish (Gr. Beef)	Deli Roast Beef	HM Chz. Pizza Sandwich
Vegetable	Baked Sweet Potatoes	Mixed Vegetables	Tater Tots	Broccoli w/ Dip	Pizza Sauce / Peppers
Fruit or Vegetable	Sugar Snap Peas	Pears	Corn (separate)	Fruit Salad	Peaches
Grains	Dinner Roll	WW Tortilla Shell	Bread	Bread	Bread Sand. Rounds
Milk	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *
SNACK					
2 components	Apple Juice	WM / 1% *	Yogurt	WM / 1% *	Watermelon
	Asst. Veggie Tray	WW Goldfish Cr. WGR	Strawberries	HM Banana Bread WGR	Crackers / Pretzels

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Fruit or Vegetable	Orange Wedges	Banana	Grapes	Kiwi	Tropical Juicy Juice
Grains or Meat/Alt	Life / Berry Kix WGR	Muffin	Tortilla W/ PB WGR	Toaster Waffle	Choc. Mini Wheats WGR
Milk	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *
LUNCH					
Meat/Meat Alternate	Ch. Nuggets / Yogurt	Meatballs / Cheese	Eggs	Turkey Burger	Sausage
Vegetable	Sweet Potato Fries	Calif. Blend Vegetables	Potato	Corn	Carrot / Celery
Fruit or Vegetable	Fruit Salad with Yogurt	Grapes	Apple Slices	Lettuce	Strawberries
Grains	Bread	Pasta	Toast	Bun	Pancakes
Milk	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *	WM / 1% *
SNACK					
2 components	Cucumbers w/ Ranch	WM / 1% *	Raisins & Dried Pineapple	Tropical Juicy Juice	Apple Slices
	Crackers	Cheerios WGR	Pretzels	SunChips WGR	Cinnamon Toast

ADDITIONAL SNACK MENU IDEAS

SNACK	<i>Ants on a Log</i>	<i>HM Mac & Cheese</i>			
2 components	Raisins, Celery	Cheese	Hummus	Mixed Berries	Hardboiled Egg
	Peanut Butter	WW Macaroni WGR	Snap Peas	HM French Toast Sticks WGR	Crackers

SNACK				<i>HM Pizza Bagel</i>	
2 components	1/2 String Cheese	Peanut Butter	WM / 1% (in a cup)	Cheese	WM / 1%
	Corn Bread WGR	WW Froz. Waffle WGR	Oatmeal Square Cereal WGR	WW Bagel Thins WGR	Bread (Jam Sandwich)

SNACK					
2 components	Apple Crisp (fruit component)	WM / 1%	Crackers	WM / 1%	Cheese Cubes
	WM / 1%	HM Oatmeal Muffin WGR	Assorted Veggies w/ Dip	HM Zucchini Bread WGR	Grapes

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