

CACFP Menu for Children (5-Day)

Site/Center Name: Carnival Child Development Center									
Type	Component	Minimum Serving							
Breakfast		1 & 2 years	3 - 5 years	6 - 18 years	Monday	Tuesday	Wednesday	Thursday	Friday
	Fluid milk	1/2 cup	3/4 cup	1 cup	*Whole Milk or 1% Milk	*Whole Milk or 1% Milk	*Whole Milk or 1% Milk	*Whole Milk or 1% Milk	*Whole Milk or 1% Milk
	Juice, fruit Or vegetable	1/4 cup	1/2 cup	1/2 cup	Mandarin Oranges	Fresh Peaches	Fruit Cocktail	Pineapples	Mandarin Oranges
	Grains/Breads Dry cereal	1/2 slice 1/4 cup or 1/3 oz.	1/2 slice 1/4 cup or 1/2 oz.	1 slice 1/2 cup or 1 oz.	Enriched Biscuit	Enriched Waffles W/Turkey Bacon	Enriched Blueberry Bagel	Corn Flakes Cereal	Whole Grain Banana Muffin
Lunch or Supper	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Turkey Patties	Chicken Nuggets	Hamburgers	Enriched Cheese Pizza	Baked Chicken W/Mac & Cheese
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Whole Grain Bun	Slice of Whole Grain Bread	Whole Wheat Bun	Enriched Bread	Whole Grain Bread
	Fruit & Vegetables	1/8 cup total	1/4 cup total	Fruit ½ cup Vege ¼ Cup	Green Beans	Baked Carrots	Corn	Carrot Sticks	Carrot Sticks
					Fruit Cocktail	Apple Sauce	Diced Pears	Apple Sauce	Pineapples
Milk, fluid	1/2 cup	3/4 cup	1 cup	*Whole Milk or 1% Milk	*Whole Milk or 1% Milk	*Whole Milk or 1% Milk	*Whole Milk or 1% Milk	*Whole Milk or 1% Milk	
Snack (select 2)	Milk, fluid	1/2 cup	1/2 cup	1 cup	Mandarin Oranges/Water	Apple Slices w/Water	100% Grape Juice	Water	100% Orange Juice
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grains/Breads/ Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice ½ cup	Blueberry Muffins	Yogurt	Cheese Doritos	Ritz Crackers & Cheese Sticks	Animal Crackers
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.					

This institution is an equal opportunity provider.

*Toddlers, 1 – 2 years of age must be served whole milk per State Day Care Licensing Rules

