

TRACEN Petaluma CACFP WEEKLY- CHILD MENU (1-12 years)

Week/Month: _____

Cycle Week: C Spring/Summer REVIEWED BY: _____

DATE: _____

	Under 3	3 to 5	6 to 12	MEALS	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	¼ CUP	½ CUP	½ CUP	Fruit, Juice or Vegetables	Strawberries	Oranges	Mixed Fruit	Blueberries	Apples
	¼ CUP or ½ Slice	1/3 CUP or ½ Slice	1/3 CUP or ½ Slice	Cereal, Bread or Alt	Cheerios	Waffles (CN) w/ syrup	English Muffin w/ butter	Pancakes w/ syrup	French Toast w/ syrup
	½ Cup	¾ Cup	1 Cup	Fluid Milk	MILK	MILK	MILK	MILK	MILK
					Sandwich	Beef & Veggie Soup (USDA H11A)	Chicken Salad (USDA E07)	Mac & Ham Salad (USDA E10A)	Tuna Melt (USDA F01)
LUNCH	1 Ounce	1½ Ounces	2 Ounces	Meat or Meat Alternate	Sliced Cheese	Ground Beef	Diced Chicken	Diced Ham	Tuna
	1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate	Whole Wheat Bread	Garlic Bread	Saltine Crackers	Whole Wheat Pasta	English Muffin
	¼ CUP TOTAL	½ CUP TOTAL	¾ CUP TOTAL	Vegetable	Sliced Tomatoes	Mixed Veggies	Celery Sticks	Peas	Carrot Sticks
	¼ CUP TOTAL	½ CUP TOTAL	¾ CUP TOTAL	Fruit	Pears	Peaches	Apricots	Tropical Fruit	Banana
	½ CUP	¾ CUP	1 CUP	Fluid Milk	MILK	MILK	MILK	MILK	MILK
AFTERNOON SNACK (Select 1 each from 2 different food groups)	½ CUP ½ Ounce ½ Slice ½ CUP	½ CUP ½ Ounce ½ Slice ½ CUP	¾ CUP 1 Ounce 1 Slice 1 CUP	Fruit, Juice, or Vegetable Meat or Alternate Bread or Alternate Fluid Milk	Bagels w/ cream cheese & Oranges	Tuna Salad & Saltine Crackers	Goldfish & Apples	Yogurt & Strawberries	Cheese Roll Up

USDA-CACFP Non-Discrimination statement: The benefits of the Child Care Food Program are available to all enrolled children at no separate charge without regard to race, color, national origin, gender, religion, age, disability, or political beliefs, and that anyone who believes they have been discriminated against should write immediately to the USDA Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or Call 202-720-5964.