

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

Week/Month: _____ Cycle Week: B 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	Oranges	Strawberries	Apples	Mixed Fruit	Blueberries
	¼ CUP or ½ Slice	1/3 CUP or ½ Slice	1/3 CUP or ½ Slice	Cereal, Bread or Alt	Bagels w/ cream cheese	Pancakes (CN) w/ syrup	Kix	Biscuits (CN) w/ syrup	Oatmeal (CN)
	½ Cup	¾ Cup	1 Cup	Fluid Milk	MILK	MILK	MILK	MILK	MILK
					Cheese Pizza (USDA D23A)	Beef & Spaghetti Casserole (USDA D03)	BBQ Chicken (USDA D29)	Sandwich	Tuna Patties (USDA D10)
LUNCH	1 Ounce	1½ Ounces	2 Ounces	Meat or Meat Alternate	Shredded Cheese	Ground Beef	Chicken	Sliced Ham/Sliced Cheese	Tuna
	1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate	Pizza Crust	Whole Wheat Pasta	Roll	Whole Wheat Bread	Bread Crumbs
	¼ CUP TOTAL	½ CUP TOTAL	¾ CUP TOTAL	Vegetable	Diced Onions & Tomato Paste	Diced Onion & Tomato Paste	Broccoli	Carrots	Mixed Veggies
	¼ CUP TOTAL	½ CUP TOTAL	¾ CUP TOTAL	Fruit	Peaches	Apricots	Pineapple	Pears	Bananas
	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	Cheerios & Milk	Apple Crisp (USDA B19) & Milk	Graham Crackers & Milk	Broccoli w/ ranch & Saltine Crackers	Muffins & Milk

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.