

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

Week/Month: _____

Cycle Week: C Fall/Winter 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	Apples	Pears	Oranges	Strawberries	Bananas
	¼ CUP or ½ Slice	1/3 CUP or ½ Slice	1/3 CUP or ½ Slice	Cereal, Bread or Alt	French Toast (CN) w/ syrup	Cheerios	Biscuits (CN) w/ butter	Waffles (CN) w/ syrup	Pancakes w/ syrup
	½ Cup	¾ Cup	1 Cup	Fluid Milk	MILK	MILK	MILK	MILK	MILK
					Bean Soup (USDA H08)	Chili Con Carne (USDA D25)	Chicken & Noodles (USDA D17)	BBQ Pork (USDA F08)	Baked Fish (USDA D09)
LUNCH	1 Ounce	1½ Ounces	2 Ounces	Meat or Meat Alternate	Pinto Beans	Ground Beef & Pinto Beans	Diced Chicken	Ground Pork	Fish
	1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate	Garlic Bread (CN)	Brown Rice	Whole Wheat Pasta	Whole Wheat Bun	Rolls
	¼ CUP TOTAL	½ CUP TOTAL	¾ CUP TOTAL	Vegetable	Diced Tomato, Celery, Onion, Carrots	Diced Green Peppers & Tomatoes	Carrots	Diced Onion & Tomato Paste	Green Beans
	¼ CUP TOTAL	½ CUP TOTAL	¾ CUP TOTAL	Fruit	Peaches	Apricots	Pineapple	Mixed Fruit	Apples
	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	Yogurt & Blueberries	Cheese Roll-up	Banana Muffin (USDA A04) & Milk	Sliced Cheese & Saltine Crackers	Animal Cookies & Pineapple

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.