

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Turkey Frittata<sup>1</sup> and Grapefruit Wedges with Milk</p>	 <p>Ready to Eat Cereal and Banana Slices with milk</p>	<p>WG Waffle<sup>2</sup> and Apple Sauce with Milk</p>	 <p><u>Cranberry Orange Muffin</u> and Orange Wedges with Milk</p>	<p>Yogurt<sup>1</sup> and Frozen Berries with Milk</p>
Lunch/ Supper	 <p>Hamburger, Baked Potato, and Honeydew Melon with Milk</p>	<p>Diced Baked Chicken Breast, WG<sup>2</sup> Bread Slice, Salad with Tomatoes, and Diced Peaches with Milk</p>	 <p>Pasta Salad and Cantaloupe Chunks with Milk</p>	<p>Quesadilla, Refried Beans, and Canned Pears with Milk</p>	<p>Cheese Squares, Multigrain Crackers, Carrots with Dip, 100% Apple Juice with Milk</p>
Snack	<p>Peanut Butter and Toast</p>	 <p>Milk and Graham Crackers</p>	<p>String Cheese and Cucumbers</p>	<p>Animal Crackers and Pineapple Tidbits</p>	 <p>Hummus and Zucchini</p>

Whole, unflavored milk for children 1-2 years old, 1% or non-fat unflavored milk for children 2-5 years old must be served at breakfast, lunch and supper.

<sup>1</sup>Meat/meat alternative can replace a grain at breakfast up to 3 times per week.

<sup>2</sup>WG= Whole Grain. At least one serving of grain each day must be whole grain or whole grain-rich across all meals.

For complete meal patterns please go to [www.fns.usda.gov](http://www.fns.usda.gov).



# caafp WEEK

## Sample Menu for Children B

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	 <p>Applesauce and Pancakes with Milk</p>	<p>Strawberries and Cheerios with Milk</p>	<p>Sliced Grapes and WG<sup>2</sup> Bagel with Cream Cheese with Milk</p>	 <p>Rainbow Fruit Medley and Oatmeal with Milk</p>	<p>Sliced Bananas and WG<sup>2</sup> English Muffin with Milk</p>
Lunch/ Supper	<p>Beef and Mushroom Stir Fry, <u>Indian Pilaf</u>, Peas, and Pineapple Bits with Milk</p>	 <p>Baked Chicken, Brown Rice, Broccoli, and Frozen Berry Mix with Milk</p>	<p>Cheese Quesadilla, Sweet potato fries, and Melon Cubes with Milk</p>	<p><u>Chicken Chalupa</u>, and Apple Slices with Milk</p>	 <p><u>Fish Roll-Up</u>, Dinner Roll, and Orange Wedges with Milk</p>
Snack	 <p>WG<sup>2</sup> Bagel and Canned Pears</p>	<p>Yogurt and Diced Peaches</p>	 <p>Muffin and Orange Wedges</p>	<p>Brown Rice Cake and Sunbutter Spread</p>	<p>Carrots with Dip and String cheese</p>

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