

March 10-16, 2024  
**CELEBRATE NATIONAL**



Eat the rainbow during the week with this menu inspired by the colors of National CACFP Week! Each day focuses on one of five colors of the rainbow.

Find the recipes featured in this menu at [cacfp.org/recipes](http://cacfp.org/recipes).

		AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Berry Blast Smoothie Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Dried Cherries & Cranberries	Mandarin Orange	Mashed Avocado	Blueberry Lemon Parfait Blueberries	Berry Blast Smoothie Frozen Mixed Berries
	Grain or Meat/Meat Alternate <sup>1</sup>	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Oatmeal	Pumpkin Pancakes WGR Pancakes	WGR Toast	Blueberry Lemon Parfait Lemon Yogurt	Hard Boiled Egg
LUNCH/SUPPER	Milk <sup>2</sup>	1/2 cup	3/4 cup	1 cup	1 cup <sup>3</sup>	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Pizza Kebab Cherry Tomatoes & Marinara Sauce	Yellow Bell Pepper	Asian Chicken & Broccoli Broccoli	Grilled Mushrooms	Telly's Tasty Plum Salsa Tomatoes & Onion
	Fruit <sup>3</sup>	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Red Apple Slices	Cantaloupe	Kiwi	Grilled Zucchini	Telly's Tasty Plum Salsa Plums
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Pizza Kebab Turkey Pepperoni & Mozzarella	Chicken Chimichanga Chicken	Asian Chicken & Broccoli Chicken	Sticky BBQ Tempeh Tempeh	Baked Fish
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Pizza Kebab Whole Wheat Pita	Chicken Chimichanga Whole Wheat Tortilla	White Rice	Blue Cornbread Muffins Mini Cornbread Muffin	WGR Roll
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup		Mexican Street Corn in a Cup Corn	Sour Cucumber Bites Cucumber		
	Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Rad Rhubarb Rhubarb & Strawberries		Honeydew Melon		Purple Grape Halves
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Greek Yogurt	Mexican Street Corn in a Cup Cotija Cheese & Greek Yogurt		1-2-3 Dip! Chickpea Hummus	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq				Whole Grain Blue Corn Tortilla Chips	Crackers

<sup>1</sup>Meat and meat alternates may be served in place of the entire grain component at breakfast a maximum of three times per week.

<sup>2</sup>A serving of milk is not required at supper meals for adults.

<sup>3</sup>The fruit component at lunch and supper may be substituted by a second, different vegetable.

oz eq = ounce equivalents

Grains in **bold** signify a whole grain-rich serving.



CACFP is an indicator of quality care.  
 This institution is an equal opportunity provider.

# SAMPLE MENU

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BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	<b>Berry Blast Smoothie</b> Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Dried Cherries & Cranberries	Mashed Avocado	<b>Berry Blast Smoothie</b> Frozen Mixed Berries	<b>Blueberry Lemon Parfait</b> Blueberries	Mandarin Orange
	Grain or Meat/Meat Alternate <sup>1</sup>	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	<b>Oatmeal</b>	<b>WGR Toast</b>	Hard Boiled Egg	<b>Blueberry Lemon Parfait</b> Lemon Yogurt	<b>Pumpkin Pancakes</b> <b>WGR Pancakes</b>
LUNCH/SUPPER	Milk <sup>2</sup>	1/2 cup	3/4 cup	1 cup	1 cup <sup>3</sup>	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	<b>Pizza Kebab</b> Cherry Tomatoes & Marinara Sauce	<b>Asian Chicken &amp; Broccoli</b> Broccoli	<b>Telly's Tasty Plum Salsa</b> Tomatoes & Onion	Grilled Mushrooms	Yellow Bell Pepper
	Fruit <sup>3</sup>	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Red Apple Slices	Kiwi	<b>Telly's Tasty Plum Salsa</b> Plums	Grilled Zucchini	Cantaloupe
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	<b>Pizza Kebab</b> Turkey Pepperoni & Mozzarella	<b>Asian Chicken &amp; Broccoli</b> Chicken	Baked Fish	<b>Sticky BBQ Tempeh</b> Tempeh	<b>Chicken Chimichanga</b> Chicken
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	<b>Pizza Kebab</b> <b>Whole Wheat Pita</b>	White Rice	<b>WGR Roll</b>	<b>Blue Cornbread Muffins</b> Mini Cornbread Muffin	<b>Chicken Chimichanga</b> <b>Whole Wheat Tortilla</b>
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup		<b>Sour Cucumber Bites</b> Cucumber			<b>Mexican Street Corn in a Cup</b> Corn
	Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup	<b>Rad Rhubarb</b> Rhubarb & Strawberries	Honeydew Melon	Purple Grape Halves		
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Greek Yogurt			<b>1-2-3 Dip!</b> Chickpea Hummus	<b>Mexican Street Corn in a Cup</b> Cotija Cheese & Greek Yogurt
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq			Crackers	<b>Whole Grain Blue Corn Tortilla Chips</b>	

<sup>1</sup>Meat and meat alternates may be served in place of the entire grain component at breakfast a maximum of three times per week.

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