

CACFP WEEKLY MENU		CENTER: WENZLER LEARNING CENTER				DATE: May 13-17			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 5/13	Tuesday 5/14	Wednesday 5/15	Thursday 5/16	Friday 5/17
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Strawberries	Bananas	Pears	Applesauce	Pineapples
	Grains/Meat Alternates	1/2oz eq	1/2 oz eq	1 oz eq	Cheerios	WW Waffles	Cheerios	Bagels	Toast
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Meat/Alternates	1 oz	1 1/2 oz	2 oz	Chicken Nuggets	Beef Tacos	All Beef Hot Dog	Cheesy Beef Casserole	Cheese Pizza
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Carrots	Corn	French Fries	Green Beans	Broccoli
	Fruit	1/8 cup	1/4 cup	1/4 cup	Banana	Pears	Applesauce	Pineapples	Mixed Fruit
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Bun	WG Tortilla	WG Bread	WG Bread	WG Crust
Snack**	Meat/Alternates	1/2 oz	1/2 oz	1 oz		Cheese		Yogurt	Cheese
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	Juice		Peaches		
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Goldfish	Pretzels	Brenda's Trail Mix	Cheezits	Crackers

Meat and meat alternates may be used to substitute the entire grains component a maximum of 3x per week

** Select 2 of the 5 components for snack