**CACFP Menu for Children (5-Day)**

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| **Site/Center Name: Premier Kids Academy** | | | | | | | | | |
| **Type** | **Component** | **Minimum Serving** | | |  |  |  |  |  |
| **Breakfast** |  | **1 & 2**  **years** | **3 - 5**  **years** | **6 - 18**  **years** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Fluid milk | 1/2 cup | 3/4 cup | 1 cup | \*Whole Milk or 1% Milk | \*Whole Milk or 1% Milk | \*Whole Milk or 1% Milk | \*Whole Milk or 1% Milk | \*Whole Milk or 1% Milk |
| Juice, fruit  Or vegetable | 1/4 cup | 1/2 cup | 1/2 cup | Fresh Peaches | Mandarin Oranges | Fruit Cocktail | Pineapples | Apple Sauce |
| Grains/Breads  Dry cereal | 1/2 slice  1/4 cup  or 1/3 oz. | 1/2 slice  1/4 cup  or 1/2 oz. | 1 slice  1/2 cup  or 1 oz. | Enriched Biscuit | Enriched Waffles W/Turkey Bacon | Enriched Blueberry Bagel | Oatmeal | Whole Grain Banana Muffin |
| **Lunch or Supper** | Meat or meat alternate | 1 oz. | 1 1/2 oz. | 2 oz. | Turkey Patties | Chicken Nuggets | Hamburgers | Enriched Cheese Pizza | Baked Chicken W/Mac & Cheese |
| Grains/Breads  Pasta/Noodles | 1/2 slice  1/4 cup | 1/2 slice  1/4 cup | 1 slice  1/2 cup | Whole Grain Bun | Slice of Whole Grain Bread | Whole Wheat Bun | Enriched Bread | Whole Grain Bread |
| Fruit & Vegetables | 1/8 cup total | 1/4 cup total | Fruit ½ cup  Vege  ¼ Cup | Green Beans | Baked Carrots | Corn | Carrot Sticks | Carrot Sticks |
| Fruit Cocktail | Apple Sauce | Diced Pears | Apple Sauce | Pineapples |
| Milk, fluid | 1/2 cup | 3/4 cup | 1 cup | \*Whole Milk or 1% Milk | \*Whole Milk or 1% Milk | \*Whole Milk or 1% Milk | \*Whole Milk or 1% Milk | \*Whole Milk or 1% Milk |
| **Snack**  **(select 2)** | Milk, fluid | 1/2 cup | 1/2 cup | 1 cup | Mandarin Oranges/Water | Water | 100% Grape Juice | Water | 100% Orange Juice |
| Juice, fruit or vegetable | 1/2 cup | 1/2 cup | 3/4 cup |
| Grains/Breads/Dry Cereal | 1/2 slice  1/4 cup | 1/2 slice  1/4 cup | 1 slice  ½ cup | Blueberry Muffins | Pretzels & Cheese | Cool Ranch Doritos | Ritz Crackers & Cheese Sticks | Animal Crackers |
| Meat or meat alternate | 1/2 oz. | 1/2 oz. | 1 oz. |

****This institution is an equal opportunity provider.

\*Toddlers, 1 – 2 years of age must be served whole milk per State Day Care Licensing Rules