

5-Week Menu Based on the Child and Adult Care Food Program Standards for 3-5 Year-Old Children

Week 1	Minimum Serving Size 3-5 Years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast						
Milk	3/4 c (177 ml)	Skim milk	Skim milk	Skim milk	Skim milk	Skim milk
Fruit or Vegetable	1/2 c (118 ml)	Banana	Pineapple	Strawberries	Pears	Cantaloupe
Grain or Meat/ Meat Alt	1/2 oz (14 g) equivalent	Yogurt	Corn puffs cereal	Scrambled eggs	Ham	English muffin
Other						
Lunch		Spaghetti with Meat Sauce	Baked Chicken	Tuna Salad	Pinto Beans & Corn Bread	Turkey Chop Suey
Meat/ Meat Alt	1 1/2 oz (43 g)	Ground beef	Chicken	Tuna	Pinto beans	Turkey
Grain	1/2 oz (14 g) equivalent	WGR pasta	WGR roll	WGR crackers	WGR cornbread	Brown rice
Fruit or Vegetable	1/4 c (59 ml)	Tomato paste in sauce	Pears	Cucumber salad	Watermelon	Applesauce
Vegetable	1/4 c (59 ml)	Tossed salad	Green beans	Steamed carrots	Turnip greens	Peas
Milk	3/4 c (177 ml)	Skim milk	Skim milk	Skim milk	Skim milk	Skim milk
Other		Italian salad dressing				
PM Snack						
Fruit	1/2 c (118 ml)	Orange juice		Apple		
Vegetable	1/2 c (118 ml)				Marinara sauce and potato wedges	Cauliflower & broccoli
Meat/ Meat Alt	1/2 oz (14 g) equivalent	Mozzarella cheese				
Grain	1/2 oz (14 g) equivalent		Graham crackers			WGR crackers
Milk	1/2 c (118 ml)		Skim milk	Skim milk	Skim milk	
Other						Creamy vegetable dip

WGR = Whole grain rich

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Week 2	Minimum Serving Size 3-5 Years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast						
Milk	3/4 c (177 ml)	Skim milk	Skim milk	Skim milk	Skim milk	Skim milk
Fruit or Vegetable	1/2 c (118 ml)	Peaches	Honeydew melon	Hash brown potatoes	Orange	Pineapple
Grain or Meat/ Meat Alt	1/2 oz (14 g) equivalent	Bagel	Scrambled eggs	Ham	Toasted oat cereal	Turkey breakfast sausage
Other						
Lunch		Lemon Baked Salmon Cake	Roasted Turkey	Beef Paprikash	Chicken Salad	BBQ Pulled Pork
Meat/ Meat Alt	1 1/2 oz (43 g)	Salmon/egg	Turkey	Beef	Chicken	Pork
Grain	1/2 oz (14 g) equivalent	WGR pasta	WGR roll	Brown rice	WGR breadstick	WGR cornbread
Fruit or Vegetable	1/4 c (59 ml)	Strawberries	Sweet potatoes	Peaches	Pears	Coleslaw
Vegetable	1/4 c (59 ml)	Broccoli	Green beans	Tomato, onion, pepper in main dish	Peas	Pinto beans
Milk	3/4 c (177 ml)	Skim milk	Skim milk	Skim milk	Skim milk	Skim milk
Other						
PM Snack		Black Bean, Tomato and Corn Salsa				
Fruit	1/2 c (118 ml)		Blueberries	Apple juice		Watermelon
Vegetable	1/2 c (118 ml)	Black Bean, Tomato and Corn Salsa				
Meat/ Meat Alt	1/2 oz (14 g) equivalent		Yogurt			
Grain	1/2 oz (14 g) equivalent	Pita Bread		WGR soft pretzel	Graham crackers	
Milk	1/2 c (118 ml)				Skim milk	Skim milk
Other						

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Week 3	Minimum Serving Size 3-5 Years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast						
Milk	3/4 c (177 ml)	Skim milk	Skim milk	Skim milk	Skim milk	Skim milk
Fruit or Vegetable	1/2 c (118 ml)	Cantaloupe	Banana	Pineapple	Blueberries	Apple
Grain or Meat/ Meat Alt	1/2 oz (14 g) equivalent	Ham	WGR corn puffs cereal	Scrambled eggs	Yogurt	Fruit and Bran Muffin
Other						
Lunch						
Meat/ Meat Alt	1 1/2 oz (43 g)	Ground Beef	Chicken	Pinto beans & cheese	Fish	Turkey
Grain	1/2 oz (14 g) equivalent	WGR roll	WGR breadstick	Cilantro brown rice	Mediterranean quinoa salad	WGR pasta
Fruit or Vegetable	1/4 c (59 ml)	Watermelon	Mandarin orange	Peaches	Summer squash	Pineapple
Vegetable	1/4 c (59 ml)	Corn	Spinach, romaine lettuce	Tomatoes, lettuce	Peas	Broccoli
Milk	3/4 c (177 ml)	Skim milk	Skim milk	Skim milk	Skim milk	Skim milk
Other		Ketchup, mustard				
PM Snack						
Fruit	1/2 c (118 ml)	Apple			Honeydew melon	
Vegetable	1/2 c (118 ml)			Cauliflower & carrots		Cherry Tomato & Corn Salad
Meat/ Meat Alt	1/2 oz (14 g) equivalent	Cheddar cheese				
Grain	1/2 oz (14 g) equivalent		Graham Crackers	WGR crackers		Pita bread
Milk	1/2 c (118 ml)		Skim milk		Skim milk	
Other				Creamy vegetable dip		

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Week 4	Minimum Serving Size 3-5 Years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast						
Milk	3/4 c (177 ml)	Skim milk	Skim milk	Skim milk	Skim milk	Skim milk
Fruit or Vegetable	1/2 c (118 ml)	Banana	Peaches	Strawberries	Honeydew melon	Pineapple
Grain or Meat/ Meat Alt	1/2 oz (14 g) equivalent	Toasted oat cereal	Turkey breakfast sausage	Waffle	Ham	Scrambled eggs
Other				Pancake syrup		
Lunch		Frittata	Baked Chicken	Ginger Pork	Turkey Pita Sandwich	Taco Salad
Meat/ Meat Alt	1 1/2 oz (43 g)	Egg & cheese	Chicken	Pork	Turkey	Ground beef & cheese
Grain	1/2 oz (14 g) equivalent	WGR toast	WGR pasta	Brown rice	WGR pita	WGR tortilla
Fruit or Vegetable	1/4 c (59 ml)	Orange	Peas	Pineapple	Pinto beans	Pears
Vegetable	1/4 c (59 ml)	Hash brown potatoes	Summer squash	Carrots	Cucumbers	Tossed salad
Milk	3/4 c (177 ml)	Skim milk	Skim milk	Skim milk	Skim milk	Skim milk
Other					Creamy vegetable dip	Salsa, ranch dressing
PM Snack				Garden Pasta Salad		
Fruit	1/2 c (118 ml)		Pear		Apple juice	
Vegetable	1/2 c (118 ml)	Broccoli and cauliflower		Cucumber, tomato, beans, onion,		
Meat/ Meat Alt	1/2 oz (14 g) equivalent		Monterey Jack cheese			
Grain	1/2 oz (14 g) equivalent	WGR crackers		WGR pasta	Trail mix	Graham crackers
Milk	1/2 c (118 ml)					Skim milk
Other		Creamy vegetable dip				

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Week 5	Minimum Serving Size 3-5 Years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast						
Milk	3/4 c (177 ml)	Skim milk	Skim milk	Skim milk	Skim milk	Skim milk
Fruit or Vegetable	1/2 c (118 ml)	Orange	Pears	Hash brown potatoes	Peaches	Cantaloupe
Grain or Meat/ Meat Alt	1/2 oz (14 g) equivalent	Oatmeal	Scrambled eggs	Turkey breakfast sausage	Ham	English muffin
Other						
Lunch						
Meat/ Meat Alt	1 1/2 oz (43 g)	Roasted Turkey	Meatloaf	Macaroni & tuna salad	Cheesy Rice Casserole	Crispy Baked Chicken
Grain	1/2 oz (14 g) equivalent	WGR cornbread	WGR roll	WGR pasta	Brown rice	Mediterranean quinoa salad
Fruit or Vegetable	1/4 c (59 ml)	Turnip greens	Apple	Pineapple	Banana	Pears
Vegetable	1/4 c (59 ml)	Carrots	Green beans	Peas	Broccoli	Sweet potato
Milk	3/4 c (177 ml)	Skim milk	Skim milk	Skim milk	Skim milk	Skim milk
Other						
PM Snack						
Fruit	1/2 c (118 ml)	Watermelon		Strawberries		Orange juice
Vegetable	1/2 c (118 ml)		Broccoli and cucumbers			
Meat/ Meat Alt	1/2 oz (14 g) equivalent			Yogurt		
Grain	1/2 oz (14 g) equivalent	WGR soft pretzel	WGR crackers		Graham crackers	Trail Mix
Milk	1/2 c (118 ml)				Skim milk	
Other			Creamy vegetable dip			

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