

SEAGULL SCHOOLS, INC. PRESCHOOL

^WHL GRAIN RICH #MAY CONTAIN MILK/CHEESE +MAY CONTAIN MAYO *MAY CONTAIN EGG
!MAY CONTAIN SESAME --MAY CONTAIN SOY WW = WHOLE WHEAT V=VEGETARIAN

CACFP is an indicator of quality child

CACFP WEEKLY MENU

April 1-5, 2024

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY - 11	TUESDAY - 12	WEDNESDAY - 13	THURSDAY - 14	FRIDAY - 15
BREAKFAST	Milk	1/2 cup 4oz	3/4 cup 6oz	FAT FREE# or WHOLE	FAT FREE# or WHOLE	FAT FREE# or WHOLE	FAT FREE# or WHOLE	FAT FREE# or WHOLE
	Fruit/Vegetable	1/4 cup	1/2 cup	Tropical Fruit <i>See age range for serving size</i>	Mango <i>See age range for serving size</i>	Apple Slices 2-3 pcs ages 1-2 3-4 pcs ages 3-5	Banana - 1 each <i>1/2 for ages 1-2</i>	Peaches <i>See age range for serving size</i>
	Grain/Meat+	1/2 oz eq	1/2 oz eq	Kix or Life Cereal <i>1/2 c all ages</i>	Bagel w/Jelly (optional) <i>-1/2 each</i>	WG French Toast Sticks^#-- <i>-up to 4 pcs all ages</i>	English Muffin w/Jelly (optional) <i>-1/2 each</i>	Kix or Life Cereal <i>1/2 c all ages</i>
LUNCH	Milk	1/2 cup 4oz	3/4 cup 6oz	FAT FREE# or WHOLE	FAT FREE# or WHOLE	FAT FREE# or WHOLE	FAT FREE# or WHOLE	FAT FREE# or WHOLE
	Vegetable	1/8 cup	1/4 cup	Diced Carrots <i>See age range for serving size</i>	Potato Salad+* <i>See age range for serving size</i>	Corn <i>See age range for serving size</i>	Lettuce/Tom/Cucumbers <i>1/8 c total ages 1-2 1/4 c total ages 3-5</i>	Cucumber <i>See age range for serving size</i>
	Fruit	1/8 cup	1/4 cup	Orange Wedges - 1-2 pcs ages 1-2 2-3 pcs ages 3-5	Peaches <i>See age range for serving size</i>	Orange Wedges - 1-2 pcs ages 1-2 2-3 pcs ages 3-5	Tropical Fruit <i>See age range for serving size</i>	Orange Wedges - 1-2 pcs ages 1-2 2-3 pcs ages 3-5
	Grain	1/2 oz eq	1/2 oz eq	WW Bread^ 1 slice ages 1-2 2 slices ages 3-5	Brown Rice^ <i>-1/4 c for all ages</i>	Hoagie Roll <i>-1 each for all ages</i>	Hawaiian Roll# <i>-1 roll each for all ages</i>	WG Pita Pocket^ <i>-1 each for all ages</i>
	Meat/Meat Alternate	1 oz	1 1/2 oz	Ham & Cheese Sandwich 1 slice ages 1-2 up to 2 slices ages 3-5 Swiss# - 1 slice (optional)	Chicken Long Rice -- 1/8 c ages 1-2 1/4 c ages 3-5	Meatball Sub# -- 2 meatballs w/sauce ages 1-2 3 meatballs w/sauce ages 3-5 1/2 slice of Swiss cheese#	Somen Salad w/diced ham & egg* 1/4 c total of for ages 1-2 1/2 c total for ages 3-5	Tuna Salad Pita Pocket*+ <i>-1/4 c tuna mix -1 slice American cheese#</i>
SNACK	Water	1/2 cup 4oz	1/2 cup 4oz	WATER	WATER	WATER	WATER	WATER
	Fruit	1/2 cup	1/2 cup	Apple Slices 2-3 pcs ages 1-2 3-4 pcs ages 3-5	Banana <i>- 1 each all ages</i>	Pears <i>See age range for serving size</i>	-----	Apple Slices 2-3 pcs ages 1-2 3-4 pcs ages 3-5
	Grain	1/2 oz eq	1/2 oz eq	-----	Graham Crackers -- <i>1 sheet/4 pcs all ages</i>	Club Crackers <i>- 4 pcs all ages</i>	Ritz -- <i>4 pcs all ages</i>	Cheezit <i>- 10 pcs all ages</i>
	Meat/Meat Alternate	1/2 oz	1/2 oz	String Cheese# <i>- 1 stick all ages</i>	-----	-----	String Cheese# <i>- 1 stick all ages</i>	-----

+ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruit component at lunch may be substituted by a second vegetable. oz eq = ounce equivalent



Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free



At least one serving of grains per day
must be whole grain-rich.



One 8 oz. glass of water per year of
age until 8 years old.



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