

# SEAGULL SCHOOLS CACFP WEEKLY MENU

Week of: April 22 - 26, 2024

**CACFP is an indicator of quality child care.**

This institution is an equal opportunity provider.

MEAL	COMPONENT	AGE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-2 Yr	3-5 Yr	22-Apr	23-Apr	24-Apr	25-Apr	26-Apr
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	Canned Tropical Fruit	Frozen Diced Mango	Apple	Frozen Blueberries	Banana
		Serving Instructions (Minimum)		DRAINED 1-2 Yr: 1/4 c. 3-5 Yr: 1/2 c.	1-2 Yr: 1/4 c. 3-5 Yr: 1/2 c.	1-2 Yr: 1/2 an apple 3-5 Yr: 1 whole apple	1-2 Yr: 1/4 c. 3-5 Yr: 1/2 c.	1-2 Yr: 1/2 a banana 3-5 Yr: 1 whole banana
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq	<b>Cheerios<sup>^</sup></b>	<b>WW Bread Thin</b>	Yogurt	<b>WW Eng. Muffin w/ Jelly</b>	<b>Mini Wheats</b>
Serving Instructions (Minimum)		All Ages: 1/2 c.	All Ages: 1 Thin	All Ages: 1 container (4oz)	All Ages: 1/2 each	All Ages: 1 c.		
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	Broccoli	Mashed Potatoes#	Zucchini	Coleslaw*+	Cucumber
		Serving Instructions (Minimum)		1-2 Yr: 1/8 c. 3-5 Yr: 1/4 c.	1-2 Yr: 1/8 c. 3-5 Yr: 1/4 c.	<i>Included in Main Dish</i>	1-2 Yr: 1/8 c. 3-5 Yr: 1/4 c.	1-2 Yr: 1/8 c. 3-5 Yr: 1/4 c.
	Fruit	1/8 cup	1/4 cup	Orange Wedges	Applesauce	Tossed Salad	Canned Peaches	Orange Wedges
		Serving Instructions (Minimum)		1-2 Yr: 1/2 of an orange 3-5 Yr: 1/2 of an orange	1-2 Yr: 1/8 c. 3-5 Yr: 1/4 c.	1-2 Yr: 1/4 c. 3-5 Yr: 1/2 c.	DRAINED 1-2 Yr: 1/8 c. 3-5 Yr: 1/4 c.	1-2 Yr: 1/2 of an orange 3-5 Yr: 1/2 of an orange
	Grain	1/2 oz eq	1/2 oz eq	<b>WW Tortilla</b>	Hawaiian Roll#	<b>WW Roll#</b>	<b>WW Tortilla</b>	<b>WW Bread</b>
Serving Instructions (Minimum)		All Ages: 1 tortilla	All Ages: 1 Roll	All Ages: 1 Roll	All Ages: 1 tortilla	1-2 Yr: 1 slice 3-5 Yr: 2 slices		
Meat/ Meat Alternate	1 oz	1 1/2 oz	Ham & Swiss# Roll Up	Roast Pork w/ gravy #	Vegetable Lasagna #	Teriyaki Chicken--!	Egg Salad+* Sandwich w/Amer. cheese#	
	Serving Instructions (Minimum)		1-2 Yr: 1 slc. ham/1 slc chs 3-5 Yr: 2 slc. ham/2 slc chs	1-2 Yr: 1/8 c. 3-5 Yr: 1/4 c.	All Ages: 1 piece	1-2 Yr: 1/8 c. 3-5 Yr: 1/4 c.	1-2 Yr: 1/8 c. egg mix/1 slc chs 3-4 Yr: 1/4 c. egg mix/1 slc. chs	
SNACK	Water	1/2 cup 4oz	1/2 cup 4oz	WATER	WATER	WATER	WATER	WATER
	Fruit	1/2 cup	1/2 cup	Raisins	Banana	-----	Canned Diced Pears	Canned Tropical Fruit
		Serving Instructions (Minimum)		All Ages: 1/4 c.	All Ages: 1 each	-----	DRAINED All Ages: 1/2 c.	DRAINED All Ages: 1/2 c.
	Grain	1/2 oz eq	1/2 oz eq	<b>Applesauce Cake#*</b>	Graham Crackers--	Ritz--	<b>WW Bread Thin</b>	Cheezit#
Serving Instructions		All Ages: 1 square	All Ages: 1 sheet/4pcs	All Ages: 4 pieces	1 Thin	All Ages: 10 pieces		
Meat/Meat Alternate	1/2 oz	1/2 oz	-----	-----	String Cheese#	-----	-----	
	Serving Instructions (Minimum)		-----	-----	All Ages: 1 stick	-----	-----	

\* 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

**KEY:**

<sup>^</sup> Whole Grain Rich  
WW Whole Wheat

+ May Contain Mayo  
\* May Contain Egg  
VEG Vegetarian

! May Contain Sesame  
-- May Contain Soy  
# May Contain Milk/Dairy/Cheese