

# SEAGULL SCHOOLS CACFP WEEKLY MENU

Week of: April 29 - May 3, 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	29-Apr	30-Apr	1-May	2-May	3-May
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 Diced Pears	Canned Peaches	Apple	Banana	Frozen Blueberries
		Serving Instructions (Minimum)		DRAINED 1-2 Yr: 1/4 c. 3-5 Yr:- 1/2 c.	DRAINED 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: 1/2 a banana 3-5 Yr: 1 whole banana	1-2 Yr: 1/4 c. 3-5 Yr:- 1/2 c.
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq	Life Cereal	WG French Toast <sup>^#+--</sup>	WG Pancakes <sup>^#+--</sup>	Sweetbread#	Chex Cereal
Serving Instructions (Minimum)		All Ages: 1 c.	All Ages: 4 pcs.	All Ages: 2 pcs.	All Ages: 1 slice	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	Diced Carrots	Cauliflower	Tossed Salad	Olives/Tomatoes/Cucumber/Cauli/ Garbanzo beans	Lettuce Leaf
		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.	1-2 Yr: 1/4 c. 3-5 Yr: 1/2 c.	Included in the main dish	1-2 Yr: 1/8 c. 3-5 Yr: 1/4 c.
	Fruit	1/8 cup	1/4 cup	Orange Wedges	Banana	Canned Tropical Fruit	Canned Applesauce	Orange Wedges
		Serving Instructions (Minimum)		1-2 Yr: 1/4 of an orange 3-5 Yr: 1/2 of an orange	All Ages: 1/2 each	DRAINED 1-2 Yr: 1/8 c. 3-5 Yr:- 1/4 c.	1-2 Yr: 1/8 c. 3-5 Yr: 1/4 c.	1-2 Yr: 1/4 of an orange 3-5 Yr: 1/2 of an orange
	Grain	1/2 oz eq	1/2 oz eq	WW Bread	Brown Rice <sup>^</sup>	Brioche Bun#	WW Roll#	WW Bread
		Serving Instructions (Minimum)		1-2 Yr: 1 slice 3-5 Yr: 2 slices	All Ages: 1/4 c	All Ages: 1 Roll	All Ages: 1 roll	1-2 Yr: 1 slice 3-5 Yr: 2 slices
	Meat/ Meat Alternate	1 oz	1 1/2 oz	Turkey & Swiss# Sandwich	Kalua Pig & Cabbage--	Hamburger w/Cheese#	Italian Pasta Salad# w/Chicken--	Chix Salad+* Sandwich w/Amer. cheese#
Serving Instructions (Minimum)		1-2 Yr: 2 slc. turkey/1 slc chs 3-5 Yr: 4 slc. turkey/1 slc chs	1-2 Yr: 1/4 c. 3-5 Yr: 1/2 c.	All Ages: 1 patty/1 slc chs	1-2 Yr: 1/4 c. 3-5 Yr: 1/2 c.	1-2 Yr: 1/8 c. chix mix/1 slc chs 3-4 Yr: 1/4 c. chix 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	Apple	Canned Pineapple Chunks	Frozen Diced Strawberries	Canned Peaches	Canned Diced Pears
		Serving Instructions (Minimum)		All Ages: 1 each	DRAINED All Ages: 1/2 c.	All Ages 1/2 c.	DRAINED All Ages: 1/2 c.	DRAINED All Ages: 1/2 c.
	Grain	1/2 oz eq	1/2 oz eq	-----	Ritz Crackers--	Club Crackers	Goldfish#	Graham Crackers--
		Serving Instructions (minimum)		-----	All Ages: 4 pcs.	All Ages: 4 pieces	All Ages: 22 pcs	All Ages: 1 sheet/4pcs
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