

# SEAGULL SCHOOLS CACFP BREAKFAST & SNACK MENU

CACFP is an indicator of quality child care.

## MENU 3 (EGG, SOY & DAIRY FREE)

Week of: Mar 2 - 6, 2026

This institution is an equal opportunity provider.

MEAL	COMPONENT	AGE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-2 Yr	3-5 Yr	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar
BREAKFAST	Milk	1/2 cup 4oz	3/4 cup 6oz	OAT MILK	OAT MILK	OAT MILK	OAT MILK	OAT MILK
	Fruit/Vegetable	1/4 cup	1/2 cup	Tropical Fruit	Apple Sauce	Frozen Mango	Banana	Canned Pineapple
		Serving Instructions (Minimum)		<u>DRAINED</u> 1-5 Yr. 1/2 c.	1-5 Yr. 1/2 c.	1-5 Yr. 1/2 c.	1-5 Yr. 1	<u>DRAINED</u> 1-5 Yr. 1/2 c.
	Grain/Meat <small>meat and meat alts may be served in place of the entire grains component at breakfast a maximum of 3x per week</small>	1/2 oz eq	1/2 oz eq	Cheerios Cereal ^	Chex Cereal ^	Life Cereal ^	Mini Wheats Cereal ^	Cheerios Cereal ^
Serving Instructions (Minimum)		1-5 Yr. - 1/2 c.	1-5 Yr. - 1/2 c.	1-2 Yr. - 1/2 c. 3-5 Yr. - 1/2 c. Adult - 3 c.	1-5 Yr. - 1/2 c.	1-5 Yr. - 1/2 c.		

SNACK	Water	1/2 cup 4oz	1/2 cup 4oz	WATER	WATER	WATER	WATER	WATER
	Fruit/Vegetable	1/2 cup	1/2 cup	Canned Peaches	Mandarin Orange	Apples	Frozen Blueberries	Tropical Fruit
		Serving Instructions (Minimum)		<u>DRAINED</u> 1-5 Yr. 1/2 c.	<u>DRAINED</u> 1-5 Yr. 1/2 c.	1-5 Yr. 1	1-5 Yr. 1/2 c.	<u>DRAINED</u> 1-5 Yr. 1/2 c.
	Grain	1/2 oz eq	1/2 oz eq	Triscuit Crackers	Good & Gather Crackers !	Simple Mills Pita Veggie Cracker	Good & Gather Crackers !	Triscuit Crackers
		Serving Instructions (Minimum)		1-5 Yr. - 4 pcs	1-5 Yr. - 3 pcs	1-5 Yr. - 4 pcs	1-5 Yr. - 3 pcs	1-5 Yr. - 4 pcs
	Meat/Meat Alt.	1/2 oz	1/2 oz					---
Serving Instructions (Minimum)						---		

**Dietary Component Key:** ! May Contain Sesame

-- May Contain Soy

Menu subject to change without notice

^ Whole Grain Rich + May Contain Mayo

# May Contain Milk/Dairy/

Highlighted items represent substitutes to accommodate students with allergies

WW Whole Wheat \* May Contain Egg

Cheese