

# 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

March 25-29, 2024

REVISED 03/20/24

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY - 25	TUESDAY - 26	WEDNESDAY - 27	THURSDAY - 28	FRIDAY - 29
BREAKFAST	Milk	1/2 cup 4oz	3/4 cup 6oz	FAT FREE# or WHOLE		FAT FREE# or WHOLE	FAT FREE# or WHOLE	
	Fruit/Vegetable	1/4 cup	1/2 cup	Peaches <i>See age range for serving size</i>	NO	Diced Pears <i>See age range for serving size</i>	Apple Slices 2-3 pcs ages 1-2 3-4 pcs ages 3-5	NO
	Grain/Meat+	1/2 oz eq	1/2 oz eq	Cheerios^ 1/2 c all ages	SCHOOL	WG Pancakes^#+-- up to 2pcs for all ages	Cheerios^ or Mini Wheats cereal 1/2 c all ages	SCHOOL
LUNCH	Milk	1/2 cup 4oz	3/4 cup 6oz	FAT FREE# or WHOLE		FAT FREE# or WHOLE	FAT FREE# or WHOLE	
	Vegetable	1/8 cup	1/4 cup	Broccoli <i>See age range for serving size</i>	PRINCE	Peas 1/8 cup of each for ages 1-2 1/4 c of each for ages 3-5	Diced Carrots <i>incl. in main dish</i> <i>See age range for serving size</i>	GOOD
	Fruit	1/8 cup	1/4 cup	Applesauce <i>See age range for serving size</i>	KUHIO	Peaches <i>See age range for serving size</i>	Diced Strawberries <i>See age range for serving size</i>	FRIDAY
	Grain	1/2 oz eq	1/2 oz eq	WW Bread^ 1 slice ages 1-2 up to 2 slices ages 3-5	DAY	WG Waffles^#+-- -1 each for all ages sugar free syrup incl. but optional	WG Pita Pocket^ -1 each for all ages	
	Meat/Meat Alternate	1 oz	1 1/2 oz	Roast Beef Sandwich 1 slice ages 1-2 up to 2 slices ages 3-5 Swiss# - 1 slice (optional)	OBSERVED	WG Chicken Nuggets^-- 4 pcs ages 1-2 up to 6 pcs ages 3-5	Egg*+ Salad Pita Pocket (V) 1/8 c ages 1-2 1/4 c ages 3-5	OBSERVED
SNACK	Water	1/2 cup 4oz	1/2 cup 4oz	WATER		WATER	WATER	
	Fruit	1/2 cup	1/2 cup	Diced Mango <i>See age range for serving size</i>	NO	Orange Wedges - 3-4 pcs all ages	100% Apple Juice 1/2 c or 4oz all ages	NO
	Grain	1/2 oz eq	1/2 oz eq	Graham Crackers -- - 1 sheet/4 pcs all ages	SCHOOL	Club Crackers 4 pcs all ages	Carrot Cake Muffin^#+ 1 square for all ages	SCHOOL
	Meat/Meat Alternate	1/2 oz	1/2 oz	-----		-----		

+ 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

Children may have 2<sup>nds</sup> of food if there are extras available after all children are served.



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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