

SEAGULL SCHOOLS CACFP WEEKLY MENU

Week of: May 6-10, 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	6-May	7-May	8-May	9-May	10-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 Peaches	Frozen Diced Strawberries	Apple	Banana	Frozen Blueberries
		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: 1/2 a banana 3-5 Yr: 1 whole banana	1-2 Yr: 1/4 c. 3-5 Yr:- 1/2 c.
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	Cheerios [^]	Buttermilk Biscuit#	WW Tortilla w/cheese#	Apple-Cinnamon Bun	Kix
Serving Instructions (Minimum)		All Ages: 1/2 c.	All Ages: 1/2 a biscuit	All Ages: 1 tortilla, 1 slice cheese	All Ages: 1 bun	All Ages: 1/2 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	Tossed Salad w/ dressing	Tomato & Lettuce	Bell Peps/Carrots/Celery	Cucumber
		Serving Instructions (Minimum)		1-2 Yr: 1/8 c. 3-5 Yr: 1/4 c.	1-2 Yr: 1/4 c. 3-5 Yr: 1/2 c.	1-2 Yr: 1/8 c. 3-5 Yr: 1/4 c.	Included in main dish	1-2 Yr: 1/8 c. 3-5 Yr: 1/4 c.
	Fruit	1/8 cup	1/4 cup	Frozen Apple Slices	Canned Diced Pears	Canned Tropical Fruit	Canned Pineapple Chunks	Orange Wedges
		Serving Instructions (Minimum)		1-2 Yr: 1/8 c. 3-5 Yr: 1/4 c.	DRAINED 1-2 Yr: 1/8 c. 3-5 Yr:- 1/4 c.	DRAINED 1-2 Yr: 1/8 c. 3-5 Yr:- 1/4 c.	DRAINED 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 [^]	Brioche Bun#	Brown Rice [^]	WW Pita 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: 1/4 c	All Ages: 1 half-moon
Meat/ Meat Alternate	1 oz	1 1/2 oz	Ham & Swiss# Sandwich	Beef Chili	Chicken Patty-- on Bun w/cheese#	Sweet & Sour Pork--!	Tuna Salad+* Sandwich w/Amer. cheese#	
	Serving Instructions (Minimum)		1-2 Yr: 1 slc. ham/1 slc chs 3-5 Yr: 2 slc. ham/1 slc chs	1-2 Yr: 1/4 c. 3-5 Yr: 1/2 c.	All Ages: 1/2 patty/1 slc chs	1-2 Yr: 1/2 c. 3-5 Yr: 3/4 c.	1-2 Yr: 1/8 c. tuna/1 slc chs 3-5 Yr: 1/4 c. tuna/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	Canned Pineapple Chunks	Orange Wedges	----	Frozen Diced Mango	Canned Applesauce
		Serving Instructions (Minimum)		DRAINED All Ages: 1/2 c.	All Ages: 1 orange	----	All Ages: 1/2 c.	All Ages: 1/2 c.
	Grain	1/2 oz eq	1/2 oz eq	Cheezit#	Club Crackers	Ritz Crackers--	Animal Crackers--	Graham Crackers--
		Serving Instructions (Minimum)		All Ages: 10 pcs	All Ages: 4 pcs.	All Ages: 4 pieces	All Ages: 8 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:	+ May Contain Mayo	! May Contain Sesame
^ Whole Grain Rich	* May Contain Egg	-- May Contain Soy
WW Whole Wheat	VEG Vegetarian	# May Contain Milk/Dairy/Cheese