


PLEASE POST

Connecting Kids To Meals

CACFP Menu OCTOBER 2024 Hot (LUNCH/DINNER)

WEEK 2	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	
PROTEIN (2oz)	WG Peanut Butter & Strawberry Jelly Sandwich 1oz (1) w/ Chicken buffalo bites 1oz (1)	WG Galaxy Pizza 2oz (1)	WG Mac & Cheese 2/3 Cup (6oz)	WG Cheesy - Pull Apart 2oz (1)	
Vegetable (1/2 cup)	Celery Stick 1/2 Cup (3 sticks) w/ Ranch Cup (1)	Broccoli 1/4-Cup (1) & Carrots Stick 1/2 Cup (2 bag) w/ Ranch (1)	Lettuce 1/4 Cup (1) & Cherry Tomato 1/4 Cup (1 bag) w/ French Dressing (1)	Salsa 1/4 Cup & Carrots Sticks 1/4 Cup (1bag) w/ Ranch (1)	
Whole Grain (1oz)	WG Pretzel 1oz (1)	WG Garden Salsa Sunchip 1oz (1)	WG Nacho Doritos 1oz (1)	WG Tortilla Chips 1oz (1)	
Fruit (1/4c-1/2c)	Whole Fresh Apple 1/2 Cup (1)	Fresh Bananas 1/2 Cup (1)	Mixed Fruit 1/2 Cup (1)	Pear 1/2Cup (1)	
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	
WEEK 3	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
PROTEIN (2oz)	WG Beef,beans & cheese Burrito 2oz(1) w/ Taco Sauce (1)	WG Chicken Tenders 2oz (2) w/ Sweet & soul Sauce (1)	Beef Walking Taco meat 2oz /Sour cream 1oz (1) & Shredded Cheese 1oz (1)	WG Chicken Sausage Waffle 2oz (1) w/ Syrup Cup 1oz (1)	WG Chicken Corn dog 2oz (1) w/ Ketchup & Mustard (1 each)
Vegetable (1/2 cup)	Green beans 1/2 Cup w/ red & green peppers 1oz (1)	Fire Roasted Sweet Potato 1/2 Cup (1)	Lettuce 1/4 Cup (1) & Salsa 1/4 Cup (1) w/ Ranch (1)	Round Hash Browns 1/2 Cup (2)	Carrots Sticks 1/2Cup (2 bags) w / Ranch (1)
Whole Grain (1oz)	WG Cheez - It's Crackers 1oz (1)	WG Giant Goldfish Crackers 1oz (1)	WG Nacho Doritos 1oz (1)	WG Bug Bites 1oz (1)	WG Scooby - Doo Crackers 1oz (1)
Fruit (1/4c-1/2c)	Craisins 1/2 Cup (1)	Pear 1/2 Cup (1)	Fresh Bananas 1/2 Cup (1)	Mandarin Oranges 1/2 Cup (1)	Craisins 1/2 Cup (1)
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)
WEEK 1	Monday 14 Columbus Day	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
PROTEIN (2oz)	WG Cheesy - Pull Apart 2oz (1) w/ Salsa Cup 1oz (1)	WG Chicken Drumstick 2oz (1) w/ BBQ Sauce (1)	Fajita Chicken 2oz (1) w/ Sour cream 1oz (1) & Shredded Cheese 1oz (1)	WG Turkey Sausage egg & cheese wrap 1.25oz (1)	WG Grilled Cheese 2oz (1)
Vegetable (1/2 cup)	Guacamole 1/4 Cup (1)	Potato Salad 1/2 Cup (1)	Lettuce 1/4 Cup (1) & Salsa 1/4 Cup (1)	Round Hash Browns 1/2 Cup (2)	Carrots Sticks 1/4Cup (1 bags) ,Cherry Tomato 1/4 Cup (1 bag) w / Ranch (1)
Whole Grain (1oz)	WG Tortilla Chip 1oz (1)	WG Scooby - Doo Crackers 1oz (1)	WG Tortilla Wrap 1oz (1)	WG Pretzel 1oz (1)	WG Hot Baked Cheetos 1oz (1)
Fruit (1/4c-1/2c)	Mandarin Oranges 1/2 Cup (1)	Peach 1/2 Cup (1)	Pineapple 1/2 Cup (1)	Fresh Slice Apple 1/4 Cup (1) w/Peanut Butter Cup (2)	Mixed Fruit 1/2 Cup (1)
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)
WEEK 2	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
PROTEIN (2oz)	WG Beef Fiestada 2oz (1)	WG Peanut Butter & Strawberry Jelly Sandwich 1oz (1) w/ Chicken buffalo bites 1oz (1)	WG Mac & Cheese 2/3 Cup (6oz)	WG Galaxy Pizza 2oz (1)	WG Cheesy - Pull Apart 2oz (1)
Vegetable (1/2 cup)	Sweet Corn 1/2 Cup (1)	Celery Stick 1/2 Cup (3 sticks) w/ Ranch Cup (1)	Broccoli 1/4 Cup (1) & Carrots Stick 1/4 Cup (1bag) w/ Ranch (1)	Lettuce 1/4 Cup (1) & Cherry Tomato 1/4 Cup (1 bag) w/ French Dressing (1)	Salsa 1/4 Cup & Carrots Sticks 1/4 Cup (1bag) w/ Ranch (1)
Whole Grain (1oz)	WG Cheddar Goldfish Crackers 1oz (1)	WG Pretzel 1oz (1)	WG Garden Salsa Sunchip 1oz (1)	WG Nacho Doritos 1oz (1)	WG Tortilla Chips 1oz (1)
Fruit (1/4c-1/2c)	Peach 1/2 Cup (1)	Whole Fresh Apple 1/2 Cup (1)	Fresh Bananas 1/2 Cup (1)	Mixed Fruit 1/2 Cup (1)	Pear 1/2Cup (1)
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)
WEEK 3	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	 <p>HAPPY COLUMBUS DAY</p>
PROTEIN (2oz)	WG Beef,beans & cheese Burrito 2oz(1) w/ Taco Sauce (1)	WG Chicken Tenders 2oz (2) w/ Sweet & soul Sauce (1)	Beef Walking Taco meat 2oz /Sour cream 1oz (1) & Shredded Cheese 1oz (1)	WG Chicken Sausage Waffle 2oz (1) w/ Syrup Cup 1oz (1)	
Vegetable (1/2 cup)	Green beans 1/2 Cup w/ red & green peppers 1oz (1)	Fire Roasted Sweet Potato 1/2 Cup (1)	Lettuce 1/4 Cup (1) & Salsa 1/4 Cup (1) w/ Ranch (1)	Round Hash Browns 1/2 Cup (2)	
Whole Grain (1oz)	WG Cheez - It's Crackers 1oz (1)	WG Giant Goldfish Crackers 1oz (1)	WG Nacho Doritos 1oz (1)	WG Bug Bites 1oz (1)	
Fruit (1/4c-1/2c)	Craisins 1/2 Cup (1)	Pear 1/2 Cup (1)	Fresh Bananas 1/2 Cup (1)	Mandarin Oranges 1/2 Cup (1)	
Chocolate (NF) Milk 8oz (1) or White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	Chocolate (NF) Milk 8oz (1)	White 1% Milk 8oz (1)	

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MENU IS SUBJECT TO CHANGE 9/17/2024

APPROVED 9/17/2024