

CACFP 4-Week Cycle Menu

The following resource was designed to help Child and Adult Care Food Programs (CACFP) provide nutritious and varied meals that meet USDA meal pattern guidelines. Please reference the CACFP Meal Patterns to determine the minimum quantities of each meal component that is required for each age range.

Notes:

Meat or Meat Alternate – Can be served in place of grains/breads up to three times per week at breakfast.

Grains – At least one serving of grains per day must be whole grain-rich. The cycle menu below expands upon this requirement as most grains listed are whole grain-rich.

Milk – **1 year old:** Unflavored whole milk; **2-5 year old:** unflavored skim or 1% low fat milk; **6 years and older** – unflavored skim or 1% low fat milk or flavored skim/fat-free milk.

Water should be offered throughout the day and at snack if another option such as milk or juice are not offered.

Many foods can be choking hazards for children four years of age and younger. Please take proper precautions to reduce the risk for choking.

Bold and underlined items have a standardized recipe available. Please refer to the recipe resource pages at the end of this handout. You may need to log in or create a free account to access recipes through the Institute for Child Nutrition (ICN).

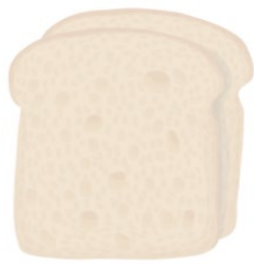
Items with an asterisk (*) by them indicate that this component is utilized in the recipe listed or in combination with another meal component.



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Meal Component		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Grains OR Meat/Meat Alternate (M/MA no more than 3 times/week)	Whole Wheat English Muffin with Reduced Fat Cream Cheese	Cheerios®	<u>Scrambled Eggs</u>	Whole Grain Waffle	Vanilla Yogurt
	Fruit or Vegetable	Strawberries	Banana	Blueberries	Mandarin Oranges	Peaches
	Milk	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)
Lunch or Supper	Meat/Meat Alternate	Hamburger	<u>Oven Fried Chicken</u>	<u>Quick Quesadilla</u>	<u>Tuna Noodle Casserole</u>	<u>Grilled Cheese Sandwich</u>
	Vegetable	Baked Sweet Potato Wedges	Green Beans	Sugar Snap Peas	Cooked Carrots	Romaine Lettuce Side Salad
	Fruit	Honeydew	Mixed Fruit	Pears	Applesauce	Blackberries
	Grains	Whole Wheat Bun	Brown Rice	*Whole Wheat Tortilla	*Whole Wheat Macaroni Noodles	*Whole Wheat Bread
	Milk	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)
Snack	Offer two of the following: Meat/Meat Alternate	Almond or Sun Butter		Cottage Cheese		Cheese Stick
	Vegetable		Cucumber Slices and Cherry Tomatoes		Bell Pepper Strips	
	Fruit	Sliced Apples		Pineapple		Grapes
	Grains		Wheat Thins®		WG Pretzel Sticks	
	Milk	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)			Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	
	Other		Water	Water		Water



Meal Component		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Grains OR Meat/Meat Alternate (M/MA no more than 3 times/week)	Whole Wheat Raisin Toast	Hard Boiled Eggs	Whole Grain Mini Bagels & Almond or Sun Butter	<u>Spiced Oatmeal</u>	Honey Kix©
	Fruit or Vegetable	Mangoes	Mixed Berries	Cantaloupe	Diced Apples	Banana
	Milk	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)
Lunch or Supper	Meat/Meat Alternate	Chicken Patty	<u>Bean Tostada</u>	<u>Spaghetti & Meat Sauce</u>	<u>Vegetable Frittata</u>	<u>Cheese Pizza</u>
	Vegetable	Cooked Broccoli	Mixed Greens Side Salad	Mixed Vegetables	Hashbrowns	Red & Orange Bell Pepper Strips
	Fruit	Watermelon	Orange Slices	Grapes	Mixed Fruit	Strawberries
	Grains	Brown Rice	*Whole Grain Yellow Corn Tostada Shells	*Whole Wheat Spaghetti Noodles	Whole Wheat English Muffin	*Whole Grain-Rich Pizza Dough
	Milk	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)
Snack	Offer two of the following: Meat/Meat Alternate	<u>Hummus</u>		Cheese Cubes		
	Vegetable	Carrot Sticks		Cauliflower		
	Fruit		100% Apple Juice		Apricots	Blueberries
	Grains		Whole Grain Fish Crackers		Triscuit© Crackers	Mini Rice Cakes
	Milk	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)			Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	
	Other			Water		Water



Meal Component		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Grains OR Meat/Meat Alternate (M/MA no more than 3 times/week)	Bite Sized Frosted Shredded Wheat®	<u>Whole Grain Pancakes</u>	Vanilla Yogurt	Almond or Sun Butter & Banana Rollup with Whole Wheat Tortilla	<u>Scrambled Eggs</u>
	Fruit or Vegetable	Mixed Fruit	Blueberries	Peaches	Banana	Sliced Apples
	Milk	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)
Lunch or Supper	Meat/Meat Alternate	Turkey & Cheese Sliders on Whole Wheat Bun	<u>Macaroni & Cheese</u>	<u>Crunchy Hawaiian Chicken Wrap</u>	<u>Black Beans & Rice</u>	<u>Sloppy Joes</u>
	Vegetable	<u>Baked Beans</u>	Roasted Zucchini	*Veggies in Wrap	<u>Mexicali Corn</u>	Wax Beans
	Fruit	Grapes	Mangoes	Pears	Mandarin Oranges	Pineapple
	Grains	*Whole Wheat Bun	*Whole Wheat Noodles	*Whole Wheat Tortillas	*Brown Rice	*Whole Wheat Bun
	Milk	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)
Snack	Offer two of the following: Meat/Meat Alternate	Cottage Cheese			Hard Boiled Egg	Ants on a Log - Almond or Sun Butter
	Vegetable	Tomato Slices				Celery Sticks
	Fruit		Cantaloupe	Strawberries		Raisins
	Grains			Graham Crackers	Wheat Thins®	
	Milk		Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)		Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	
	Other	Water		Water		Water



Meal Component		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Grains OR Meat/Meat Alternate (M/MA no more than 3 times/week)	<u>Turkey Sausage</u>	Whole Wheat Toast with Jelly	Cheerios©	Whole Grain Waffle	<u>Spiced Oatmeal</u>
	Fruit or Vegetable	Hashbrown	Applesauce	Strawberries	Apricots	Mangoes
	Milk	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)
Lunch or Supper	Meat/Meat Alternate	Chicken Nuggets	<u>Mexicali Taco Boat</u>	<u>Barbecued Turkey on a Roll</u>	<u>Mini Salmon Loaves</u>	<u>Chic' Penne</u>
	Vegetable	*Veggies in Pasta Salad	*Veggies in Taco Boat	Peas & Carrots	Mixed Vegetables	Cooked Broccoli
	Fruit	Kiwi	Grapes	Pears	Honeydew	Blueberries
	Grains	<u>Pasta Salad</u>	Brown Rice	*Whole Wheat Bun	<u>Savory Rice Pilaf</u>	*Whole Wheat Penne Pasta
	Milk	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)
Snack	<i>Offer two of the following: Meat/Meat Alternate</i>	Cheese Cubes		Almond or Sun Butter		Hummus
	Vegetable		<u>Parmesan Zucchini Chips with Tomato Sauce</u>			Cauliflower & Carrots
	Fruit	Sliced Apples			Mixed Berries	
	Grains			Mini Rice Cakes	Cheese Snack Crackers	
	Milk		Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)	Unflavored whole milk (age 1); Unflavored skim or 1% low fat milk (ages 2-5)		
	Other	Water			Water	Water



Standardized Recipes

Oven Fried Chicken - <https://theicn.org/cnrb/recipes-for-centers-main-dishes/oven-fried-chicken-usda-recipe-for-cacfp/>

Scrambled Eggs - <https://theicn.org/cnrb/recipes-for-centers-vegetables/scrambled-eggs-usda-recipe-for-cacfp/>

Quick Quesadilla - <https://theicn.org/cnrb/recipes-for-centers-main-dishes/quick-quesadilla/>

Tuna and Noodle Casserole - <https://theicn.org/cnrb/recipes-for-centers-main-dishes/tuna-and-noodles-usda-recipe-for-cacfp/>

Grilled Cheese Sandwich - <https://theicn.org/cnrb/recipes-for-centers-sandwiches/tuscan-grilled-cheese-sandwich-usda-recipe-for-schools/>

Hummus - <https://theicn.org/cnrb/recipes-for-centers-vegetables/black-bean-hummus-usda-recipe-for-cacfp/>

Bean Tostada - <https://theicn.org/cnrb/recipes-for-centers-main-dishes/bean-tostada/>

Spaghetti and Meat Sauce - <https://theicn.org/cnrb/recipes-for-centers-main-dishes/spaghetti-and-meat-sauce-ground-beef-and-ground-pork-usda-recipe-for-cacfp/>

Spiced Oatmeal - <https://theicn.org/cnrb/recipes-for-centers-breakfast/spiced-oatmeal-usda-recipe-for-cacfp/>

Vegetable Frittata - <https://cdn.education.ne.gov/wp-content/uploads/2021/03/Vegetable-Frittata.pdf>

Cheese Pizza (two links) -

http://www.cacfpvdp.org/uploads/5/4/1/5/54150169/pizza_crust_wg_dough_pg_56.pdf

http://www.cacfpvdp.org/uploads/5/4/1/5/54150169/pizza_with_cheese_topping_pg_57.pdf

Baked Beans - <https://theicn.org/cnrb/recipes-for-centers-vegetables/baked-beans-with-canned-vegetarian-beans-usda-recipe-for-cacfp/>

Standardized Recipes

Pancakes - <https://theicn.org/cnrb/recipes-for-centers-breakfast/pancakes-usda-recipe-for-cacfp/>

Macaroni and Cheese - <https://theicn.org/cnrb/recipes-for-centers-grains-breads/macaroni-and-cheese-usda-recipe-for-cacfp/>

Crunchy Hawaiian Chicken Wrap - <https://theicn.org/cnrb/recipes-for-centers-grains-breads/crunchy-hawaiian-chicken-wrap/>

Black Beans and Rice - <https://theicn.org/cnrb/recipes-for-centers-main-dishes/cuban-black-beans-and-rice-usda-recipe-for-cacfp/>

Mexicali Corn - <https://theicn.org/cnrb/recipes-for-centers-grains-breads/mexicali-corn-usda-recipe-for-cacfp/>

Sloppy Joe - <https://theicn.org/cnrb/recipes-for-centers-sandwiches/sloppy-joe-on-a-roll-usda-recipe-for-cacfp/>

Turkey Sausage - https://theicn.org/cnrb/pdfs/cacfp/Turkey_Breakfast_Sausage_25-50_Draft3_F.pdf

Pasta Salad Recipe - <https://theicn.org/cnrb/recipes-for-centers-salads/pasta-salad-usda-recipe-for-cacfp/>

Mexicali Taco Boats - <https://theicn.org/cnrb/recipes-for-centers/recipes-for-centers-main-dishes/mexicali-taco-boat-usda-recipe-for-child-care-centers/>

Parmesan Zucchini Chips - <https://theicn.org/cnrb/ages-6-18/ages-6-18-6-servings/parmesan-zucchini-chips-cacfp-snack-menu-planner-family-recipes-ages-6-18/>

Barbecued Turkey on a Roll - <https://theicn.org/cnrb/recipes-for-centers-sandwiches/barbecued-turkey-on-a-roll-usda-recipe-for-cacfp/>

Mini Salmon Loaves - https://fns-prod.azureedge.us/sites/default/files/resource-files/Mini_Salmon_Loaves.25-50.pdf

Savory Rice Pilaf - <https://theicn.org/cnrb/recipes-for-centers-vegetables/savory-rice-pilaf/>

Chic' Penne - <https://theicn.org/cnrb/recipes-for-centers-grains-breads/chic-penne-usda-recipe-for-cacfp/>