

CACFP MENU PLANNER

FACILITY NAME: Children's Village Indianapolis

DATE: Week 2 Fall and Winter

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+
BREAKFAST 7:30	Milk	4 oz.	6 oz.	8 oz.	Milk	4 oz.	6 oz.	8 oz.	Milk	4 oz.	6 oz.	8 oz.	Milk	4 oz.	6 oz.	8 oz.	Milk	4 oz.	6 oz.	8 oz.
Milk	Peaches	2 oz.	4 oz.	4 oz.	Pineapple	2 oz.	4 oz.	4 oz.	Orange Slices F	2 oz.	4 oz.	4 oz.	Diced Pears	2 oz.	4 oz.	4 oz.	Mixed Fruit	2 oz.	4 oz.	4 oz.
Fruit/vegetable	English Muffin	½	½	1	WG Bagel with	1/4	1/4	1/2.	Honey Kix WG	4 oz.	4 oz.	8 oz.	WG Biscuit	½	1 oz.	1 oz.	French Toast	2	2	4
Grain (or meat meat alt 3/wk)	"Fried" Egg	½ oz.	½ oz.	1 oz.	Cream Cheese								Sausage Gravy	½ oz	½ oz	1 oz.	WG			
AM SNACK 9:30 (choose two):	Milk	4 oz.	4 oz.	8 oz.	Water	4 oz.	4 oz.	8 oz.	Water	4 oz.	4 oz.	8 oz.	Animal Crackers	8	8	15	WG Tortilla Chips			
Milk	Cheez-its WG	½ bag	½ bag	1 bag	Bosco Stick CN	½	½	1	Graham Crackers WG	2	2	4	Milk	4 oz.	4 oz.	8 oz.	Vegetable Salsa	½ oz.	½ oz.	1 oz.
Fruit					With cheese WG				Boiled Egg	½	1	1					Cheese Cubes	4 oz.	4 oz.	8 oz.
Vegetable																	Water			
Grain																				
Meat/meal alt.																				
LUNCH 11:30	Milk	4 oz.	6 oz.	8 oz.	Milk	4 oz.	6 oz.	8 oz.	Milk	4 oz.	6 oz.	8 oz.	Milk	4 oz.	6 oz.	8 oz.	Milk	4 oz.	6 oz.	8 oz.
Milk	Apricots	1 oz.	2 oz.	2 oz.	Fresco Fruit F	1 oz.	2 oz.	2 oz.	Peaches	1 oz.	2 oz.	2 oz.	Berry Blend	1 oz.	2 oz.	2 oz.	Pears	1 oz.	2 oz.	2 oz.
Fruit	Green Beans	1 oz.	2 oz.	4 oz.	Butternut	1 oz.	2 oz.	4 oz.	Peas	1 oz.	2 oz.	4 oz.	Mixed Veggies	1 oz.	2 oz.	4 oz.	Diced Tomatoes			
Vegetable	WG Macaroni	¼	½ cup	½ cup	Squash				Egg Noodles	2 oz.	2 oz.	4 oz.	WG Biscuit	½	½	1	Saltine Crackers	1 oz.	2 oz.	4 oz.
Grain	and Cheese HM	cup	1.5 oz.	2 oz.	White Rice	2 oz.	2 oz.	4 oz.	Tuna Casserole	1 oz.	1.5 oz.	2 oz.	Chicken Pot Pie HM	1/3 Cup	2/3 Cup	2/3 Cup	Chili with Ground Beef & Shredded Cheese	4	4	8
Meat/meal alt.					With Red Beans	2 oz.	4 oz.	6 oz.										2 oz	3oz.	4 oz.
PM SNACK 2:30 (choose two):	Water	4 oz.	4 oz.	8 oz.					Water	4 oz.	4 oz.	8 oz.	Water	4 oz.	4 oz.	8 oz.	Fresh Orange slices	4 oz.	4 oz.	6 oz.
Milk	Pepper Strips F	4 oz.	4 oz.	6 oz.	Veggie Juice	4 oz.	4 oz.	8 oz.	Celery Sticks	4 oz.	4 oz.	6 oz.	Pineapple	4 oz.	4 oz.	6 oz.				
Fruit	Rice Cakes	7	7	13	Triscuit Crackers	3	3	5	Saltine Crackers	4	4	8	Cottage Cheese	1 oz.	1 oz.	2 oz.	Water	4 oz.	4 oz.	8 oz.
Vegetable									Soy Nut Butter	1 T.	1 T.	2 T.					WG Snack Cracker	4	4	8
Grain																				
Meat/meal alt.																				

Denise Ferrell

Water is always available and offered throughout the day.

Milk

- 1 year olds: whole, unflavored
- 2-5 year olds: 1%, unflavored
- 6 years +: 1%, unflavored

Key

- WG = whole grain or whole grain rich
- HM = homemade
- CN = child nutrition label
- *= Toddler substitution

CACFP MENU PLANNER

FACILITY NAME: Children's Village Indianapolis

DATE: Week 2 Spring and Summer

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+
BREAKFAST 7:30	Milk	4 oz.	6 oz.	8 oz.	Milk	4 oz.	6 oz.	8 oz.	Milk	4 oz.	6 oz.	8 oz.	Milk	4 oz.	6 oz.	8 oz.	Milk	4 oz.	6 oz.	8 oz.
Milk	Peaches	2 oz.	4 oz.	4 oz.	Pineapple	2 oz.	4 oz.	4 oz.	Orange Slices F	2 oz.	4 oz.	4 oz.	Diced Pears	2 oz.	4 oz.	4 oz.	Mixed Fruit	2 oz.	4 oz.	4 oz.
Fruit/vegetable	English Muffin	½	½	1	WG Bagel with	¼	¼	½	Life Cereal	½	½	½	WG Biscuit	½	½	1	French Toast	1	2	2
Grain (or meat	"Fried" Egg	½ oz.	½ oz.	1 oz.	Cream Cheese				cup	cup	cup	Sausage Gravy	½ oz	½ oz	1 oz.	WG				
meat alt 3/wk)																				
AM SNACK 9:30																				
(choose two):	Milk	4 oz.	4 oz.	8 oz.	Water	4 oz.	4 oz.	8 oz.	Water	4 oz.	4 oz.	8 oz.	Yogurt	2 oz.	2 oz	4 oz.	Saltines	4	5	10
Milk													16	16.	31		WG Tortilla			
Fruit																	Chips			
Vegetable	Cheez-its WG	10	10	20	Bosco Stick CN	½	½	1	Graham	2	2	4	Pretzel Sticks				Vegetable Salsa	½ oz.	½ oz.	1 oz.
Grain					With cheese WG				Crackers WG	½	1	1		4 oz.	4 oz.	8 oz.	Cheese Cubes	4 oz.	4 oz.	8 oz.
Meat/meal alt.									Boiled Egg				Water				Water			
LUNCH 11:30																				
Milk	Milk	4 oz.	6 oz.	8 oz.	Milk	4 oz.	6 oz.	8 oz.	Milk	4 oz.	6 oz.	8 oz.	Milk	4 oz.	6 oz.	8 oz.	Milk	4 oz.	6 oz.	8 oz.
Fruit	Berry Blend	1 oz.	2 oz.	2 oz.	Fresco Fruit F	1 oz.	2 oz.	2 oz.	Plums	1 oz.	2 oz.	2 oz.	Halved Grapes	1 oz.	2 oz.	2 oz.	Pears	1 oz.	2 oz.	2 oz.
Vegetable	Augratin				Broccoli	1 oz	2 oz.	4 oz.	California Blend	1 oz.	2 oz.	4 oz.	Carrot Sticks	2 oz.	4 oz.	4 oz.	Diced Tomatoes	1 oz.	2 oz.	4 oz.
Grain	Potatoes	1 oz.	2 oz	4 oz.	w/cheese				Veggies				Cooked Carrots	1 oz.			Shredded			
Meat/meal alt.	Bread & Butter (WG)	½ slice	½ slice	1 slice	Bread and Butter	½ slice	½ slice	1 slice	Pizza Crust	1 oz.	2 oz.	2 oz.	Wheat Bread	1 sl	1 sl	2 sl.	lettuce	1/2	1	1
	Boneless				Fish Stars CN	2 pcs.	3 pcs.	4 pcs.	Cheese Pizza	1 oz.	1.5 oz.	2 oz.	WG				Taco shell	1 oz	1 oz.	1.5 oz.
	Chicken Wings	1 oz.	1.5 oz.						PFS				Deil Sliced Ham	1 oz.	1.5 oz	2 oz.	Ground Beef	½ oz.	1 oz.	oz.
													Sliced Cheese	½ oz.	1 oz.	1 oz.	Shredded			
																	Cheese			
PM SNACK 2:30																				
(choose two):	Water	4 oz.	4 oz.	8 oz.					Milk	4 oz.	4 oz.	8 oz.	Water	4 oz.	4 oz.	8 oz.	Fresh			
Milk																	Orange slices	4 oz.	4 oz.	6 oz.
Fruit	Pineapple	4 oz.	4 oz.	6 oz.	Veggie Juice	4 oz.	4 oz.	8 oz.					Pepper Strips F	4 oz.	4 oz.	6 oz.	Water			
Vegetable	Cottage Cheese	1 oz.	1 oz	2 oz	Triscuit Crackers	3	3	5	Soy Nut Butter & Jelly jammer	½	½	1					WG Snack	4 oz.	4 oz.	8 oz.
Grain													Rice Cakes	7	7	1 bag	Cracker	4	4	8
Meat/meal alt.																				

Denise Ferrell

Water is always available and offered throughout the day.

Milk

1 year olds: whole, unflavored
 2-5 year olds: 1%, unflavored
 6 years +: 1%, unflavored

Key

WG = whole grain or whole grain rich
 HM = homemade
 CN = child nutrition label
 *= Toddler substitution