



Child and Adult Sample Menus

CACFP Week
March 10-16, 2024



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
Child and Adult Care Food Program



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www.SquareMeals.org

Child – Sample Menu A

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	 <u>Peachy Oatmeal Bake</u> Milk	 <u>Waffle Fruit Pizza</u> Milk	 <u>Breakfast Burrito with Salsa¹</u> Cantaloupe Chunks Milk	 <u>Lemon-Blueberry Corn Muffins²</u> Orange Wedges Milk	 <u>Hashbrown Bake¹</u> Peach Slices Milk
Lunch/ Supper	 <u>Grilled Cheese² with Tomato Soup</u> Apple Slices Milk	 <u>Barbecue Beef Sliders²</u> Celery Sticks Diced Peaches Milk	 <u>Ooodles of Noodles With Tomato and Mozzarella Pearls²</u> Applesauce Milk	 <u>Chicken Burrito²</u> Pinto Beans Pear Slices Milk	 <u>Pizza Kebab²</u> Pineapple Tidbits Milk
Snack	 <u>Mini Graham Crackers</u> <u>Berry Nut Butter</u>	 <u>Banana Sushi Roll</u>	 <u>Strawberry Yogurt Parfait</u>	 Animal Crackers Watermelon Slice	 Hummus Baby Carrots

Serve the appropriate milk type to the appropriate age group.

¹Meat/meat alternative can replace a grain at breakfast up to 3 times per week.

²WG= Whole Grain. At least one serving of grain each day must be whole grain or whole grain-rich across all meals.

For complete meal patterns please go to www.fns.usda.gov.

Child – Sample Menu B

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	 <p><u>Build-a-Bear Pancake</u> Milk</p>	<p><u>Cinnamon-Citrus French Toast Squares</u> Strawberries Milk</p>	<p><u>WG² Bagel with Cream Cheese</u> Halved Grapes Milk</p>	 <p><u>Breakfast Fruit Pizza</u> Milk</p>	<p><u>Cheesy Egg, Sausage, and Potato Casserole¹</u> Orange Wedges Milk</p>
Lunch/ Supper	<p><u>Bean Tostada</u> Diced Mango Milk</p>	 <p><u>Chicken Stir Fry</u> Brown Rice Pineapple Bits Milk</p>	<p><u>Crabby Sandwich</u> Cucumber Sticks Orange Wedges Milk</p>	<p><u>Arroz Con Pollo</u> Cubed Watermelon Milk</p>	<p><u>Spaghetti and Meat Sauce</u> Honeydew Melon Milk</p>
Snack	<p>Graham Crackers Applesauce</p>	<p>Baby Carrots <u>Yogurt Ranch Dip</u></p>	 <p>Muffin Banana</p>	<p><u>Mini Egg Salad Sandwiches</u></p>	 <p><u>Deli Bento Box</u></p>

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Adult – Sample Menu A

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Chicken and Waffles² with Syrup Orange slices Milk</p>	 <p>WG² Bagel with Cream Cheese Sliced Pears Milk</p>	<p><u>Roasted Potato and Turkey Hash</u>¹ Cubed Melon Milk</p>	<p>WG² English Muffin with Jam Apple Slices Milk</p>	 <p><u>Sweet Cherry and Chocolate Oats</u> Milk</p>
Lunch/ Supper	 <p><u>Bean Burrito Bowl</u> Diced Mango Milk</p>	<p><u>Mini Salmon Loaves and Tabbouleh</u> Orange Slices Milk</p>	<p><u>Honey Lime Chicken with Spanish Rice</u>² Pineapple Tidbits Milk</p>	 <p><u>Pasta Bolognese</u> Steamed Broccoli Sliced Pears Milk</p>	<p><u>Stir-Fry Pork</u> Seasoned Brown Rice Honeydew Melon Milk</p>
Snack	<p><u>Strawberry Smoothie Bowl</u> with Granola</p>	 <p><u>Macaroni Salad</u></p>	<p><u>Savory Yogurt-Hummus Dip with Veggies</u></p>	<p>Celery Sticks with Sunbutter</p>	 <p><u>Caprese Bruschetta</u></p>

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Adult – Sample Menu B

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	 <u>Vegetable Frittata</u>¹ Apple Slices Milk	 <u>Baked Sweet Potato and Apple Oatmeal</u> Milk	 <u>Orange Cranberry Quick Bread</u>² Strawberries Milk	 <u>Breakfast Burrito Salsa</u>¹ Honeydew Melon Milk	 <u>WG Pancakes</u>² Turkey Sausage ¹ Diced Pears Milk
Lunch/ Supper	 <u>Beef Picadillo with Rice</u>² Calabasitas Cubed Watermelon Milk	 <u>Tuna Salad on a Whole Grain Roll</u> Kiwi Milk	 <u>Turkey Stew</u> WG Rolls ² Apple Slices Milk	 <u>Baked Chicken with Creamy Wild Rice</u> Steamed Veggie Mix Blackberries Milk	 <u>Vegetable Chili</u> Cornbread WG Crackers Pineapple Tidbits Milk
Snack	 <u>Chicken and Cheese Snack Cup</u>	 <u>Very Berry Parfaits</u>	Celery with Sunbutter and Raisins	Cucumber Slices with Ranch Dressing Soft Pretzel	<u>Toasted Pita Wedges and Fruit Dip</u>

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