Caterpillar Clubhouse
Nutrition Menu

5-Week CACFP Meal Plan

Week 1 Dates: _____

MONDAY

BREAKFAST
Milk 1%
Oatmeal with cinnamon and brown sugar
Orange wedges

AM SNACK
Sliced apple
Whole grain graham crackers

FOOD
Milk 1%
Stewed chicken with potatoes
White rice
Lettuce and tomato salad

PM SNACK
Plain Greek yogurt
Strawberries in chunks

TUESDAY

BREAKFAST
Milk 1%
Wholemeal toast with butter
Sliced banana

AM SNACK
Grapes in halves
Cheese cubes

FOOD
Milk 1%
Turkey mince with peas
Corn tortilla
Steamed broccoli
Watermelon cubes

PM SNACK
Banana muffins

WEDNESDAY

BREAKFAST
Milk 1%
Scrambled egg with cheese
Whole wheat tortilla

AM SNACK
Wholemeal crackers
String cheese

FOOD
Milk 1%
Cheesy ground beef tacos
Corn tortilla
Sliced cucumber
Cantaloupe

PM SNACK
Wholemeal crackers
String cheese

THURSDAY

BREAKFAST
Milk 1%
Whole grain oat cereal
Cubed cantaloupe

AM SNACK
Peach wedges
Whole wheat crackers

FOOD
Milk 1%
Chicken noodle soup
Carrot salad
Pear wedges

PM SNACK
Milk 1%
Triscuit with jam

FRIDAY

BREAKFAST
Milk 1%
Whole grain pancakes with honey
Sliced strawberries

AM SNACK
Celery sticks
Peanut Butter

FOOD
Milk 1%
Mac and cheese and turkey ham
Steamed green beans
Grapes in halves

PM SNACK
Sliced apple
Peanut butter

Menu meets USDA CACFP requirements. Unflavored 1% milk for children 2-5 years. All grains are whole grains or enriched. Allergy substitutions with advance notice.

Caterpillar Clubhouse
Nutrition Menu

5-Week CACFP Meal Plan

Week 2 Dates: _____

MONDAY

BREAKFAST
Milk 1%
Wholemeal toast with jelly

AM SNACK
Milk 1%
Cucumber sticks

FOOD
Milk 1%
Chicken enchiladas with salsa verde
Red rice
Black beans
Pear wedges

PM SNACK
Whole Oat Cereal
Milk 1%

TUESDAY

BREAKFAST
Milk 1%
Whole grain waffles
Sliced banana

AM SNACK
Cheese strips
Grapes in halves

FOOD
Milk 1%
Turkey and cheese sandwich on whole wheat bread
Sliced apple
Baked potatoes

PM SNACK
Plain Greek yogurt
Peach chunks

WEDNESDAY

BREAKFAST
Milk 1%
Egg burrito in whole wheat tortilla
Orange segments

AM SNACK
Graham crackers
Milk 1%

FOOD
Milk 1%
Chili with meat and beans
Brown rice
Diced tomato
Lettuce

PM SNACK
Celery sticks
Peanut butter

THURSDAY

BREAKFAST
Milk 1%
Whole grain rice cereal
Cubed papaya

AM SNACK
Sliced peaches
Wholemeal crackers

FOOD
Milk 1%
Herb Baked Chicken
Mashed potatoes
Steamed green beans
Fruit salad

PM SNACK
Cheddar cheese
Whole grain cookies

FRIDAY

BREAKFAST
Milk 1%
Wholemeal French bread
Sliced strawberries

AM SNACK
Baby carrots
Low-fat ranch dressing

FOOD
Milk 1%
Cheese pizza on pita bread
Mixed salad

PM SNACK
Carrot muffin

Menu meets USDA CACFP requirements. Unflavored 1% milk for children 2-5 years. All grains are whole grains or enriched. Allergy substitutions with advance notice.

Caterpillar Clubhouse
Nutrition Menu

5-Week CACFP Meal Plan

Week 3 Dates: _____

MONDAY

BREAKFAST
Milk 1%
Whole grain biscuit
Cubed melon

AM SNACK
Sliced banana
Whole grain Wheat Thins

FOOD
Milk 1%
Chicken pozole
Baked corn toast
Cucumber and lemon salad
Watermelon

PM SNACK
Plain Greek yogurt
Mango in pieces

TUESDAY

BREAKFAST
Milk 1%
Whole grain banana pancakes
Sliced strawberries

AM SNACK
Wholemeal crackers
Milk 1%

FOOD
Milk 1%
Turkey hot dog on whole wheat bun
Steamed carrots
Broccoli
Grapes in halves

PM SNACK
Carrot sticks with lemon

WEDNESDAY

BREAKFAST
Milk 1%
Scrambled egg with cheese and vegetables
Corn tortilla
Cubed mango

AM SNACK
Sliced apple
Peanut butter

FOOD
Milk 1%
Latin-style chicken rice
Pinto beans
Lettuce and tomato salad
Pear wedges

PM SNACK
Whole grain cereal
Milk 1%

THURSDAY

BREAKFAST
Milk 1%
Whole wheat bread
Sliced banana

AM SNACK
Grapes in halves
Cheese cubes

FOOD
Milk 1%
Cream of zucchini with cheese
Croutons
Fruit salad

PM SNACK
Graham crackers
Peanut butter

FRIDAY

BREAKFAST
Milk 1%
Oatmeal with raisins and cinnamon
Orange segments

AM SNACK
Sliced cucumber with lemon

FOOD
Milk 1%
Cheese and potato broth
Corn tortilla
White rice

PM SNACK
Plain Greek yogurt
Strawberries

Menu meets USDA CACFP requirements. Unflavored 1% milk for children 2-5 years. All grains are whole grains or enriched. Allergy substitutions with advance notice.

Caterpillar Clubhouse
Nutrition Menu

5-Week CACFP Meal Plan

Week 4 Dates: _____

MONDAY

BREAKFAST
Milk 1%
Whole Oat Cereal
Pear wedges

AM SNACK
Whole grain Goldfish
Milk 1%

FOOD
Milk 1%
Grilled chicken with lemon and garlic
Rice with noodles
Peas
Apple wedges

PM SNACK
Milk 1%
Whole grain cookies

TUESDAY

BREAKFAST
Milk 1%
Wholemeal blueberry muffin
Orange segments

AM SNACK
Sliced banana
Peanut butter

FOOD
Milk 1%
Chicken quesadillas in whole wheat tortillas
Refried beans
Jicama with carrot

PM SNACK
Oatmeal muffins

WEDNESDAY

BREAKFAST
Milk 1%
Whole Grain French Toast
Sliced strawberries

AM SNACK
Wholemeal oatmeal cookies
Milk 1%

FOOD
Milk 1%
Chicken in oyster sauce
White rice
California Vegetable Combination

PM SNACK
Sliced apple
Cheddar cheese

THURSDAY

BREAKFAST
Milk 1%
Whole-grain waffles with honey
Cubed melon

AM SNACK
Baby carrots
Low-fat ranch dressing

FOOD
Milk 1%
Breaded fish
Shredded cabbage with lemon
Brown rice

PM SNACK
Plain Greek yogurt
Strawberries

FRIDAY

BREAKFAST
Milk 1%
Whole grain cereal with raisins

AM SNACK
Cheese strips
Grapes in halves

FOOD
Milk 1%
Tuna sandwich on whole wheat bread
Mixed salad
Pear wedges

PM SNACK
Triscuit
Guacamole

Menu meets USDA CACFP requirements. Unflavored 1% milk for children 2-5 years. All grains are whole grains or enriched. Allergy substitutions with advance notice.

Caterpillar Clubhouse
Nutrition Menu

5-Week CACFP Meal Plan

Week 5 Dates: _____

MONDAY

BREAKFAST
Milk 1%
Wholemeal toast
Smashed egg
Orange segments

AM SNACK
Sliced apple
Cheese cubes

FOOD
Milk 1%
Meatballs in tomato sauce
Wholemeal spaghetti
Steamed green beans
Cubed melon

PM SNACK
Milk 1%
Graham crackers

TUESDAY

BREAKFAST
Milk 1%
Oatmeal with shredded coconut and cinnamon
Blueberries

AM SNACK
Carrot sticks
Lemon

FOOD
Milk 1%
Mild chicken curry
White rice
Black beans
Sliced cucumber
Grapes in halves

PM SNACK
Plain yogurt
Whole grain granola

WEDNESDAY

BREAKFAST
Milk 1%
Bean and egg burrito in a whole wheat tortilla
Sliced strawberries

AM SNACK
Wheat thins
Milk 1%

FOOD
Milk 1%
Broccoli mac and cheese
Steamed carrots
Pear wedges
Whole wheat bread

PM SNACK
Sliced banana
Peanut butter

THURSDAY

BREAKFAST
Milk 1%
Whole grain pancakes with honey
Peach wedges

AM SNACK
Sliced apples
Graham crackers

FOOD
Milk 1%
Beef broth with vegetables
Corn tortilla
Rice
Watermelon cubes

PM SNACK
Milk 1%
Corn muffins

FRIDAY

BREAKFAST
Milk 1%
Whole grain oat cereal
Sliced banana

AM SNACK
Grapes in halves
Cheese cubes

FOOD
Milk 1%
Homemade pizza on whole wheat bread with cheese and peppers
Mixed salad
Pear wedges

PM SNACK
Milk 1%
Whole grain Goldfish

Menu meets USDA CACFP requirements. Unflavored 1% milk for children 2-5 years. All grains are whole grains or enriched. Allergy substitutions with advance notice.