

Site Name: CRHS Menu

Month/Year: November 2024

Milk Reminders:

One Year Olds → Whole unflavored milk

2-5 Year Olds → Unflavored 1% or skim (fat free) milk

6 and older → Flavored or unflavored 1% or skim (fat free) milk

*2% milk can **ONLY** be served to ages 24 months-25 months



BREAK for a PLATE

CARE CENTERS

CACFP MENU PLANNING

BREAKFAST						Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Components	Dates:									1		
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults							
	Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.					Whole/1%	
	Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup					Manager's Choice	
	Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.						
	LUNCH/SUPPER											
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.						Whole/1%	
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.						Manager's Choice	
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup							
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup							
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.							
SNACK												
Milk	½ cup 4 oz.	½ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.							
Meat/Alternate	½ oz.	½ oz.	1 oz.	1 oz.	1 oz.						Manager's Choice	
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup							
Vegetable	½ cup	½ cup	¾ cup	¾ cup	½ cup							
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.							

Breakfast: Meat/Alternates may be used to substitute the entire grain component a maximum of 3 times per week.

Lunch/Supper: All 5 components must be served.

Snack: Select any 2 of the 5 components.

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Components	Dates:					4	5	6	7	8		
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults							
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%		
Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup	Applesauce	Mixed Berries	Peaches	Manager's Choice	Mixed Fruit		
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Cheese Toast	Apple Muffins	WG Bagels		WG English Muffins		
LUNCH/SUPPER												
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%		
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.	Chicken a la King	Beef Burrito	Chili	Manager's Choice	Chicken Alfredo		
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup	Pears	Mixed Fruit	Tropical Fruit		Oranges		
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup	Mixed Vegetables	Corn	Celery/Carrot Sticks		Spinach		
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Pasta	WG Tortilla	Tortilla Chips		(WG Noodles)		
SNACK												
Milk	½ cup 4 oz.	½ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.				Manager's Choice			
Meat/Alternate	½ oz.	½ oz.	1 oz.	1 oz.	1 oz.		Assorted Yogurt			Cheese Cubes		
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup	Oranges		Melon Mix				
Vegetable	½ cup	½ cup	¾ cup	¾ cup	½ cup							
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	Chex Mix	Graham Crackers	Crackers		Animal Crackers		

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BREAKFAST						Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Components	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Dates: Adults	11	12	13	14	15		
	Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	Veteran's Day Holiday	Turkey Sausage				
Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup		Peaches	Tropical Fruit	Warm Apples	Manager's Choice		
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.		WG Biscuits	WG Crossiants	WG Waffles			
LUNCH/SUPPER												
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.			Whole/1%	Whole/1%	Whole/1%	Whole/1%	
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.		Fish Squares	Cheese Pizza	Chicken Vegetable Soup			
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup		Fruit Salad	Mixed Berries	Oranges	Manager's Choice		
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup		Cole Slaw/ Cabbage	Green Salad	Veggies in Soup			
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.		Hushpuppies	WG Crust	Crackers			
SNACK												
Milk	½ cup 4 oz.	½ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.					Nutrition Activity		
Meat/Alternate	½ oz.	½ oz.	1 oz.	1 oz.	1 oz.		Wow Butter	Hummus		Manager's Choice		
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup					Cooked Apples		
Vegetable	½ cup	½ cup	¾ cup	¾ cup	½ cup							
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.		Graham Crackers	Tortilla Chips	Graham Crackers			

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BREAKFAST						Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Dates:	18	19	20	21	22		
Components	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults		Scrambled Eggs					
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%		
Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup	Blueberries	Peaches	Pineapples	Warm Apples	Manager's Choice		
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Crossiants	WG Biscuits	Breakfast Pizza	WG Waffles			
LUNCH/SUPPER												
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%		
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.	Beef Sliders	Chicken Broccoli Casserole	Chicken Salad	Turkey w/Gravy			
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup	Kiwi Fruit	Tropical Fruit	Peaches	Fruit Salad	Manager's Choice		
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup	Corn	Turnip Greens	California Blend	Green Beans			
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Slider Buns	1/2 Slice of WG Bread	1/2 Slice of WG Bread	Cornbread Dressing			
SNACK												
Milk	½ cup 4 oz.	½ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.			Whole/1%				
Meat/Alternate	½ oz.	½ oz.	1 oz.	1 oz.	1 oz.	Turkey Ham			Cheesestick	Manager's Choice		
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup		Apples					
Vegetable	½ cup	½ cup	¾ cup	¾ cup	½ cup							
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	Round Crackers	Teddy Grahams	Blueberry Muffins	Goldfish crackers			

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BREAKFAST						Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Dates:	25	26	27	28	29		
Components	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults		Manager's Choice	School Closed	School Closed	School Closed		
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	Whole/1%	Whole/1%					
Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup	Apples						
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG French Toast Sticks						
LUNCH/SUPPER												
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	Whole/1%	Whole/1%					
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.	Chicken Nuggets						
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup	Applesauce						
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup	Sweet Potato Fries						
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Rolls						
SNACK												
Milk	½ cup 4 oz.	½ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.							
Meat/Alternate	½ oz.	½ oz.	1 oz.	1 oz.	1 oz.	Mozzarella Cheese						
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup	1/2 Apple						
Vegetable	½ cup	½ cup	¾ cup	¾ cup	½ cup							
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.							

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