

Site Name: CRHS Menu

Month/Year: February 2025

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	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults	Dates: 3	4	5	6	7		
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	Manager's Choice			Scrambled Eggs			
Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup		Warm Apples	1/2 Banana	Mixed Fruit	Applesauce		
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.		WG French Toast Sticks	Corn Flakes	Grits	Assorted Muffins		
LUNCH/SUPPER												
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.							
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.		Chicken Burrito	Vegetable Beef Soup	Sliced Turkey	Chicken Alfredo		
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup		Oranges	Fresh Apples	Peaches	Strawberries		
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup		Corn	Veggies in Soup	Peas & Carrots	Broccoli		
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.		WG Tortilla	WG Cheese Toast	WG Roll	WG Noodles		
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.					Cheese Cubes	Pimento Cheese	
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup				Mandarin Oranges			
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	Saltines	Round Crackers	1/2 Slice of WG Bread		

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.

*Water must be available during meal service.

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				Dates:	10	11	12	13	14			
Components	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%	Scrambled Eggs	CLOSED	
Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup	Applesauce	Mixed Fruit	Peaches	Mixed Berries			
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	Oatmeal	WG Biscuits	Waffle Sticks	WG Cheese Toast			
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 Nuggets	Meatloaf	Chicken Nuggets	Sliced Turkey			
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup	Cabbage/ Coleslaw	Apples	Tropical Fruit	Peaches			
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup	Baked Beans	Vegetable Medley	Green Beans	Peas & Carrots			
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	Hushpuppies	1/2 Slice of WG Bread	1/2 Slice of WG Bread	WG Roll			
SNACK												
Milk	½ cup 4 oz.	½ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.		Assorted Yogurt					
Meat/Alternate	½ oz.	½ oz.	1 oz.	1 oz.	1 oz.	String Cheese						
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup			Applesauce	Strawberries			
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	Animal Crackers	Strawberry Muffins			

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BREAKFAST						Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Dates:	17	18	19	20	21		
Components	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults	17	18	19	20	21		
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.	President's Day CLOSED				Manager's Choice		
Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup		Bananas	Apples	Peaches			
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.		Cheerios	Assorted Muffins	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.							
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.		Whole/1% Beef Stirfry	Whole/1% Chicken salad	Whole/1% Hamburgers			
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup		Peaches	Oranges	Apple-Carrot Salad			
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup		(Stirfry Veggies)	Broccoli & Carrots	Oven Fried Potatoes			
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.		WG Rice	Crackers	WG Buns			
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.		String Cheese	1/2 slice of Turkey				
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup				Diced Pears			
Vegetable	½ cup	½ cup	¾ cup	¾ cup	½ cup				Salsa			
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.		Rice cakes	Goldfish Crackers	Tortilla Chips			

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				Dates:	24	25	26	27	28			
Components	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults				Turkey Sausage	Manager's Choice		
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%			
Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup	Peaches	Applesauce	Blueberries	Fruit Salad			
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	Cheese Grits	Cinnamon Toast	WG Biscuits	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%			
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.	Beefy Mac	Cheese Quesadilla	Chicken salad	Chicken Stirfry			
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup	Mixed Fruit	Pears	Oranges	Oranges			
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup	Green Beans	Green Salad	Broccoli & Carrots	(Veggies in Stirfry)			
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	WG Noodles	WG Tortilla	Crackers	WG Rice			
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.	Yogurt	Sliced Cheese					
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup		Apples		Strawberries			
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	WG Bread	Cheerios	Soft Pretzels			

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