

# CACFP Healthier Kansas Menus – Fall-Winter 4-Week Cycle

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**PLEASE NOTE:** Milk served is unflavored whole milk for one year olds and unflavored non-fat or 1% milk for children 2 years and older.

All Grain items are Whole Grain-Rich. Note: The CACFP Meal Pattern only requires that a whole grain-rich food be included in at least one meal or snack per day.

## WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b> Cereal Fresh Grapes Milk	Oatmeal Diced Apples Milk	Bagel with Toppings Strawberries and Bananas Milk	Muffin Pineapple Chunks Milk	Breakfast Pizza Sliced Peaches Milk
<b>LUNCH:</b> Pig in a Blanket Roasted Red Potatoes <b>OR</b> Broccoli with Cheese Fresh Apple Slices Milk	Chicken Wrap Spanish Brown Rice Sautéed Zucchini Tropical Fruit Milk	Spaghetti with Meat Sauce and Cheese Green Beans Mandarin Oranges Milk	Taco Salad Tortilla Chips & Tomato Salsa Refried Beans Fresh Watermelon Milk	Chicken & Noodles Yogurt Mashed Potatoes <b>OR</b> Fresh Baby Carrots Fresh Grapes Milk
<b>SNACK:</b> Mixed Berry Smoothie Graham Crackers Water	Tortilla Chips Salsa Milk	Pretzels Fresh Grapes Milk	Sliced Cucumbers Hummus Milk	Cheese Stick Apple Slices Water

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## WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b> Cereal Fresh Orange Milk	Pancake on a Stick Fruit Cocktail Milk	Biscuit Mandarin Oranges Milk	Sausage Breakfast Sandwich Pineapple Chunks Milk	Muffin Tropical Fruit Milk
<b>LUNCH:</b> Mini Meatball Sub Ranch Potato Wedges <b>OR</b> Tossed Salad Fresh Peach Milk	BBQ Chicken Drumstick Dinner Roll Baked Beans <b>OR</b> Creamy Cole Slaw Apricot Halves Milk	White Chicken Chili Cornbread Mini Muffin Cucumber Slices Banana Milk	Cheese Pizza Fresh Baby Carrots Fresh Citrus Fruit Cup Milk	Biscuit & Sausage Gravy Sausage Patty Fresh Sugar Snap Peas <b>OR</b> Hash Brown Patty Fresh Plum Milk
<b>SNACK:</b> Tortilla with Banana and Honey** Milk	Broccoli Florets with Ranch Dressing Cheese Stick Water	Peach Smoothie Graham Crackers Water	Cheese Quesadilla Tomato Salsa Water	Apple Slices Peanut Butter/Yogurt Dip Water

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\*\*Honey is not recommended for children under 1 year of age.

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## WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b> Cereal Fresh Pineapple Milk	Pancake with Syrup Tropical Fruit Milk	Bagel with Toppings Sliced Peaches Milk	Breakfast Pita Mandarin Oranges Milk	English Muffin with Peanut Butter Sliced Pears Milk
<b>LUNCH:</b> Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Slice <b>OR</b> Sweet Potato Puffs Fresh Apple Milk	Taco Soup Tortilla Chips Broccoli Florets Fresh Strawberries Milk	Corn Dog Green Beans <b>OR</b> Tater Tots Fruit Cocktail Milk	Chicken Quesadilla Black Bean & Corn Salsa Refried Beans Fresh Cantaloupe Milk	Cowboy Cavatini Seasoned Corn <b>OR</b> Garden Salad Fresh Orange Milk
<b>SNACK:</b> Rice Cakes Applesauce Milk	Cherry Tomatoes Snack Crackers Milk	Cottage Cheese Pineapple Water	Celery with Peanut Butter Milk	Cheese Snack Crackers Dried Cranberries Milk

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### WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b> Cereal Fresh Apple Milk	Biscuit & Gravy Pineapple Chunks Milk	Blueberry Mini Muffins Fresh Citrus Fruit Cup Milk	Excellent Egg Tacos Banana Milk	French Toast Sticks with Syrup Fruit Cocktail Milk
<b>LUNCH:</b> Hamburger on a Bun Dark Green Leaf Lettuce & Tomato Slice Strawberries & Bananas Milk	Chili Crackers Red Bell Pepper Strips Fresh Peach Milk	Chicken Nuggets Mashed Potatoes with Gravy Fresh Pear Milk	Baked Ham Angel Biscuit Apple Glazed Sweet Potatoes <b>OR</b> Green Beans Fresh Grapes Milk	Macaroni & Cheese Mini Meatballs Seasoned Peas Apple Salad Milk
<b>SNACK:</b> Mandarin Oranges Snack Crackers Milk	Baby Carrots with Ranch Dressing Milk	Blackberries String Cheese Water	Bell Pepper Strips Hummus Milk	Fresh Strawberries Yogurt Water

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