

CACFP Healthier Kansas Menus – Spring-Summer 4-Week Cycle

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
BREAKFAST: Cereal Fresh Pineapple Milk	Pancake with Syrup Tropical Fruit Milk	Bagel with Toppings Fresh Strawberries Milk	Breakfast Pita Cantaloupe Cubes Milk	Mini Waffles with Syrup Mandarin Oranges Milk
LUNCH: Hot Ham & Cheese on a Bun Potato Wedges OR Broccoli Florets Fruit Cocktail Milk	Pepperoni Pizza Cherry Tomatoes OR Tossed Salad Fresh Orange Milk	Taco Burger on a Bun Refried Beans Dark Green Leaf Lettuce & Tomato Slice Fresh Banana Milk	Lasagna Garden Salad Fresh Apple Slices Milk	Chicken Patty Dinner Roll Mashed Potatoes with Gravy OR Steamed Asparagus Sliced Pears Milk
SNACK: 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
BREAKFAST: Cereal Fresh Apple Slices Milk	Biscuit & Gravy Pineapple Chunks Milk	Toast with Peanut Butter Fresh Citrus Fruit Cup Milk	Quick Blueberry Bubble Bread Fresh Grapes Milk	French Toast Sticks with Syrup Fruit Cocktail Milk
LUNCH: Sweet & Sour Chicken Nuggets Seasoned Brown Rice Asian Fresh Vegetables Tropical Fruit Milk	Super Nachos Southwestern Lentils Fresh Mixed Fruit Cup Milk	Cheese Breadstick with Marinara Sauce Yogurt Seasoned Corn OR Tossed Salad Fresh Kiwi Milk	Pulled Pork on a Bun Creamy Cole Slaw OR Baked Beans Fresh Strawberries Milk	Rock & Roll Beef Wrap with Cheese Steamed Carrots Fresh Pineapple Milk
SNACK: 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
BREAKFAST: Cereal Fresh Banana Milk	Mini Waffles with Syrup Fresh Watermelon Chunks Milk	Breakfast Pizza Peach Slices Milk	Excellent Egg Tacos Fresh Kiwi Milk	Muffin Pineapple Chunks Milk
LUNCH: Chicken Tetrazzini Seasoned Peas OR Tossed Salad Apricot Halves Milk	Hamburger on a Bun Oven Fries OR Red Bell Pepper Strips Fresh Clementine Milk	Beef & Noodles Yogurt Mashed Potatoes OR Green Beans Fresh Grapes Milk	Baked Chicken Drumstick Savory Rice Fresh Broccoli OR Cherry Tomatoes Fresh Mango Milk	Yummy Sloppy Joe on a Bun with Cheese Roasted Red Potatoes OR Edamame Fresh Apple Slices Milk
SNACK: 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
BREAKFAST: Cereal Fresh Grapes Milk	Oatmeal Diced Apples Milk	Bagel with Toppings Cantaloupe Cubes Milk	Chicken Biscuit Breakfast Sandwich Fresh Mixed Fruit Cup Milk	Pancake on a Stick Watermelon Cubes Milk
LUNCH: Beef & Bean Burrito Romaine Lettuce & Tomato OR Mexican Corn Fresh Banana Milk	Stromboli Squares Garden Salad Diced Peaches Milk	BBQ Beef on a Bun Fresh Snow Peas OR Baked Beans Summer Fruit Salad Milk	Turkey & Cheese on a Sub Bun Dark Green Leaf Lettuce & Tomato Slice OR Sweet Potato Fries Fresh Kiwi Milk	Country Style Beef Patty Mashed Potatoes with Gravy OR Steamed Broccoli Fresh Pineapple Milk
SNACK: 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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