MENU FOR PRESCHOOL (CACFP MEAL PATTERN)
WEEK 1 and 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	**CHICKEN SANDWICH** Whole Grain Breaded Chicken Patty = 1 oz MMA = 1 oz B/G Whole Grain Bun = 2 oz = B/G Sliced Peaches ¼ Cup Garden Peas ¼ Cup 1% or Skim Milk = 1 Cup 1 Pkt Ketchup	**TACOS** 1 Whole Grain Taco Shell = 1½ EQ B/G 1 oz Taco Meat = 1 oz MMA ½ oz Cheese - ½ oz MMA Pineapple = ¼ Cup Romaine (½ Cup) = ¼ Cup Tomatoes = ⅛ Cup Salsa = ⅛ Cup Sour Cream = ½ oz 1% or Skim Milk = 1 Cup	**CORN DOGS** 1 Whole Grain Corn Dog = 2 oz MMA + 2 oz EQ B/G Rosy Applesauce = ¼ Cup French Fries = ¼ Cup Ketchup = 2 Pkt 1% or Skim Milk = 1 Cup	**CHICKEN ALFREDO** Chicken Patty = 2 oz MMA Whole Grain Penne Noodles 4 oz = 1 oz EQ B/G Alfredo Sauce = 2 oz Mixed Fruit = ¼ Cup Fresh Baby Carrots = ¼ Cup 1% or Skim Milk = 1 Cup	**GRILLED CHEESE SANDWICH** 3 Slices Cheese = 1½ MMA 2 Slices Whole Grain Bread = 2 oz EQ B/G Tomato Soup = 3 oz ½ Orange = ¼ Cup Green Beans = ¼ Cup 1% or Skim Milk = 1 Cup
WEEK 2	**POPCORN CHICKEN** 10 Whole Grain Popcorn Chicken = 1.6 oz MMA + ¾ oz EQ B/G ¼ Cup Brown Rice .5 oz EQ B/G Mixed Fruit = ¼ Cup Broccoli = ¼ Cup 2 Pkts Ketchup 1% or Skim Milk = 1 Cup	**CHEESE PIZZA** 1 Slice Whole Grain Cheese Pizza = 2 oz MMA + 2 oz EQ B/G + ⅛ Cup Sliced Peaches = ¼ Cup Green Beans = ¼ Cup 1% or Skim Milk = 1 Cup	**SUB-SANDWICH** ½ Whole Grain Roll = 1⅜ oz EQ B/G Turkey Breast = ½ oz Ham = ½ oz Cheese = ½ oz Grapes = ¼ Cup Baked Beans = ¼ Cup Romaine Lettuce = 1 Leaf Tomatoes = 2 Slices Salad Dressing = ½ oz 1% or Skim Milk = 1 Cup	**SPAGHETTI** Whole Grain Spaghetti Noodles = ½ Cup = 1 oz EQ/BG Meat Sauce = ½ Cup = 2 oz MMA + ½ Cup Veg Mandarins = ¼ Cup Country Blend Vegetables = ¼ Cup 1% or Skim Milk = 1 Cup	**HAMBURGER** Hamburger Patty = 2 oz MMA 1 Slice Cheese = ½ oz MMA Whole Grain Bun = 2 oz EQ B/G Sliced Pears = ¼ Cup French Fries = ¼ Cup Romaine Lettuce = 1 Leaf Tomatoes = 2 slices Ketchup = 2 Pkts 1% or Skim Milk = 1 Cup

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MENU FOR PRESCHOOL (CACFP MEAL PATTERN)
WEEK 3 and 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	**CHICKEN NUGGETS** 4 Whole Grain Chicken Nuggets = 1.6 oz MMA + ¾ oz EQ B/G ½ Orange = ¼ Cup Mashed Potatoes = ¼ Cup Turkey Gravy = 2 oz Ketchup = 2 Pkts 1% or Skim Milk = 1 Cup	**BBQ SANDWICH** BBQ Beef = 1½ oz MMA Whole Grain Bun = 2 oz EQ B/G Mandarin = ¼ Cup Sliced Cooked Carrots = ⅛ Cup 1 Hash Brown Patty = ⅛ Cup Ketchup = 1 Pkt 1% or Skim Milk = 1 Cup	**CHEESE BREADSTICKS** 2 Cheese Whole Grain Breadsticks = 2 oz MMA + 2 oz EQ B/G Strawberries 'N' Banana = ¼ Cup 4/Way Blend Vegetables = ¼ Cup 1% or Skim Milk = 1 Cup	**NACHO SUPREME** Whole Grain Nacho Chips = 1 oz EQ B/G Taco Meat = 2 oz MMA Cheese Sauce = 2 oz Sour Cream = ½ oz Salsa = 1 oz Pineapple = ¼ Cup Romaine Lettuce (½ Cup) = ¼ Cup 1% or Skim Milk = 1 Cup	**MEATBALLS** 4 Meatballs = 1.6 oz MMA Mozzarella Cheese = ½ oz MMA Whole Grain Sub Bun = 2 oz EQ B/G Sliced Peaches = ¼ Cup Corn = ¼ Cup Spaghetti Sauce = ¼ Cup 1% or Skim Milk = 1 Cup
WEEK 4	**CHEESE PIZZA** 1 Slice Whole Grain Cheese Pizza = 2 oz MMA + 2 oz EQ B/G + ⅛ Cup Mandarins= ¼ Cup Green Beans = ¼ Cup 1% or Skim Milk = 1 Cup	**HAMBURGER GRAVY** Hamburger Gravy = ½ Cup = 2 oz MMA Whole Grain Dinner Roll = 1¼ oz EQ B/G Sliced Peaches = ¼ Cup Mashed Potatoes = ¼ Cup 1% or Skim Milk = 1 Cup	**CREAMED TURKEY** 5 oz = 1.6 oz MMA ½ Whole Grain Biscuit = 1 oz EQ B/G Applesauce = ¼ Cup Garden Peas = ¼ Cup 1% or Skim Milk = 1 Cup	**HOT DOG** Hot Dog = 1.5 oz EQ B/G Whole Grain Bun = 2 oz EQ B/G Mixed Fruit = ¼ Cup French Fries = ¼ Cup Ketchup = 2 Pkts 1% or Skim Milk = 1 Cup	**JAPANESE CHERRY BLOSSOM CHICKEN** Cherry Blossom Chicken = 2 oz MMA + .5 oz EQ B/G ¼ Cup Rice = .5 oz EQ B/G Broccoli = ¼ Cup Pineapple = ¼ Cup Fortune Cookie 1% or Skim Milk = 1 Cup

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