

# March 16-22, 2025 CELEBRATE NATIONAL



## WEEK!

# SAMPLE MENU

Encourage trying new foods! The recipes in **Blue** are from our members-only CACFP Creditable Spotlight series, which you can find at [cacfp.org/everyday-education](https://cacfp.org/everyday-education).

		AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	<b>Turn Up the Beet Smoothie</b> Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Mixed Berries	<b>Spinach Frittatas</b> Spinach	<b>Watermelon Parfait</b> Watermelon	Bell Peppers	<b>Turn Up the Beet Smoothie</b> Beets, Banana, Berries
	Grain or Meat/Meat Alternate <sup>1</sup>	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	<b>Oat Pancakes</b> <b>WGR Pancakes</b>	<b>Spinach Frittatas</b> Egg, Cheese	<b>Watermelon Parfait</b> Loose Granola <sup>4</sup> , Yogurt <sup>4</sup>	<b>Tofu Scramble</b> Tofu	<b>WGR Toast</b>
LUNCH/SUPPER	Milk <sup>2</sup>	1/2 cup	3/4 cup	1 cup	1 cup <sup>3</sup>	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	<b>Orzo, Chicken and Tomato</b> Tomato	<b>Squashy Black Bean Quesadilla</b> Butternut Squash, Salsa	<b>Ground Beef Cheesesteak</b> Cabbage, Onion, Bell Pepper	<b>Savory Oat Bowl</b> Avocado, Spinach	<b>Watermelon Jicama Slaw</b> Jicama
	Fruit <sup>3</sup>	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Cucumber Slices	<b>Colorful Cabbage Salad</b> Cabbage, Carrot	Halved Grapes	Green Apple Slices	<b>Watermelon Jicama Slaw</b> Watermelon
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	<b>Orzo, Chicken and Tomato</b> Chicken	<b>Squashy Black Bean Quesadilla</b> Black Beans, Cheese	<b>Ground Beef Cheesesteak</b> Beef, Cheese	<b>Savory Oat Bowl</b> Egg, Pork Sausage	<b>Chili Lime Cod</b> Cod
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	<b>Orzo, Chicken and Tomato</b> Orzo	<b>Squashy Black Bean Quesadilla</b> <b>Whole Wheat Tortilla</b>	<b>Ground Beef Cheesesteak</b> Hoagie Bun	<b>Savory Oat Bowl</b> <b>Oatmeal</b>	<b>WGR Roll</b>
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup		<b>Sinh Tố Bơ Smoothie</b> Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)			
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Celery Sticks				<b>Swift Salsa</b> Tomato, Onion
	Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup				Strawberry Slices	
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	<b>Classic Egg Salad</b> Egg, Greek Yogurt <sup>4</sup>		<b>Tofu Musubi</b> Tofu	<b>Heavenly Chickpea Dip</b> Chickpeas	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq		Graham Crackers	<b>Tofu Musubi</b> <b>Brown Rice</b>		Pita Bread

Grains in **bold** signify a whole grain-rich serving.

oz eq = ounce equivalents

<sup>1</sup>Meat and meat alternates may be served in place of the entire grain component at breakfast a maximum of three times per week.

<sup>2</sup>A serving of milk is not required at supper meals for adults.

<sup>3</sup>The fruit component at lunch and supper may be substituted by a second, different vegetable.

<sup>4</sup>Breakfast cereals and yogurts must meet the CACFP sugar limits.



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