

Ohio CACFP Weekly Menu for Children (5-Day)

SITE NAME: Smart Start Academy									
Type	Component	Minimum Serving			Date: 9/8	Date: 9/9	Date: 9/10	Date: 9/11	Date: 9/12
Breakfast		1 & 2 years	3 - 5 years	6 - 12 years	Mon.	Tues.	Wed.	Thur.	Fri.
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Juice, fruit or vegetable	1/4 cup	1/2 cup	1/2 cup	pineapple	pears	applesauce	peaches	apricot
	Grains/Breads Dry cereal	1/2 slice 1/4 cup or 1/3 oz.	1/2 slice 1/3 cup or 1/2oz.	1 slice 3/4 cup or 1 oz.	cocoa & rice krispies	egg/sausage burrito	frosted mini wheats	waffles	honey nut cheerios
	Other extra items								
AM Snack (Serve 2 food components)	Milk, fluid	1/2 cup	1/2 cup	1 cup	X	X	X	X	X
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	X	X	X	X	X
	Grains/Breads/ Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	X	X	X	X	X
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.	X	X	X	X	X
	Other extra items				X	X	X	X	X
Lunch	Meat or meat alternate	1 oz.	1-1/2 oz.	2 oz.	cntry fried pork chop (cn)	beef dippers (cn)	grill chicken nugget (cn)	beef/chicken sticks(cn)	pizza (cn)
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup		roll	roll		
	Fruit and/or vegetable and/or juice (to total 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total	mango	apricot	peaches	pears	pineapple
					lima beans	butter beans	carrots	peas	mixed veggies
	Milk, fluid	1/2 cup	3/4 cup	1 cup		milk	milk	milk	milk
Other extra items									

For more information on additional food components and amounts, please refer to Ohio CACFP Child Care Meal Pattern Chart.
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PM Snack (Serve 2 food components)		1 & 2 years	3 - 5 years	6 - 12 years	Mon.	Tues.	Wed.	Thur.	Fri.
	Milk, fluid	1/2 cup	1/2 cup	1 cup					
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	100 % Juice	100% juice	100% Juice	100% Juice	100% Juice
	Grains/Breads/Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	pretzels	animal crackers	giant graham fish	saltine cracker	graham crackers
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.				cheese cubes	
	Other extra items								
Supper	Meat or meat alternate	1 oz.	1-1/2 oz.	2 oz.	grilled cheese (cn)	chicken salad	hamburger w/ cheese	pizza (cn)	meatballs (cn)
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup		tortilla	bun		garlic bread
	Fruit and/or vegetable and/or juice (to total 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total	mand oranges	pineapple	pears	apricot	peaches
					green beans	asparagus	beets	mixed veggies	refried beans
	Milk, fluid	1/2 cup	3/4 cup	1 cup		milk	milk	milk	milk
	Other extra items								tomato sauce
Evening Snack (Serve 2 food components)	Milk, fluid	1/2 cup	1/2 cup	1 cup					
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	100 % Juice	100% Juice	100% Juice	100% Juice	100% Juice
	Grains/Breads Dry cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	graham crackers	fig newtons	pretzels	cheese nips	saltine crackers
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.					cheese cubes
	Other extra items								

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