

CACFP Monthly Menu: November

Center Name:

APPLE Pre-School and Presidents Pre-K

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Breakfast	Blueberry Muffin* and an Apple	Mini Pancakes* and Orange Slices	Pumpkin Bread* and Applesauce	Whole Grain Cheerios* and a Fruit Cup	---	---	---
	Lunch	Teriyaki Beef Dippers with WG Rice,* Edamame and an Apple	Rotini* with Meat Sauce, Broccoli and Orange Slices	Sausage and Pancakes* with Carrot Sticks and Applesauce	Chicken Sandwich* with Oven Baked Potatoes and a Fruit Cup	---	---	---
Week 2	Breakfast	Bagel* with Cream Cheese and an Apple	---	Banana Bread* and Applesauce	Whole Grain Cheerios* with a Fruit Cup	---	---	---
	Lunch	Chicken Teriyaki with WG Rice* Broccoli and an Apple	---	Cheeseburger* with Oven Baked Potatoes and Applesauce	Quesadilla* with Black Beans and Carrot Sticks with a Fruit Cup	---	---	---
Week 3	Breakfast	Chocolate Chip Muffin* and an Apple	Mini Strawberry Bagels* and Orange Slices	Pumpkin Bread* and Applesauce	Whole Grain Cheerios* and a Fruit Cup	---	---	---
	Lunch	Orange Chicken with WG Rice* Broccoli and an Apple	Macaroni and Cheese* with Carrot Sticks and Orange Slices	Chicken Tenders* Whole Wheat Roll* Mashed Potatoes and Applesauce	Bean and Cheese Burrito* with Black Beans and a Fruit Cup	---	---	---
Week 4	Breakfast	Blueberry Muffin* with an Apple	Mini Maple Waffles* and Orange Slices	Banana Bread* and Applesauce	---	---	---	---
	Lunch	Teriyaki Beef Dippers with WG Rice* Broccoli and an Apple	Chicken Nuggets, WW Roll,* Mashed Potatoes and Orange Slices	Mini Corndogs* Carrot Sticks, and Applesauce	---	---	---	---

*Meat and Meat alternates may be served in place of the entire grain component at breakfast a maximum of three times per week.

+A second different vegetable may be served in place of the entire Fruit component at lunch and/or supper.

At Snack, select 2 of the 5 components



Age 1 serve whole Milk

Age 2-18 serve 1% or fat-free

Age 5 & under serve unflavored Milk



At least one serving of grains per day must be whole grain-rich.

Designate the WGR on the menu with an *

☐ Check this box to certify that this menu reflects USDA meal pattern flexibilities for sites serving primarily Alaska Native or Native American participants allowing a vegetable to be served in place of a grain

"This institution is an equal opportunity provider."