

CACFP Monthly Menu:

January

Center Name:

Betty J. Taylor Early Learning Academy

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Breakfast	CLOSED	CLOSED	CLOSED	CLOSED	Yogurt Granola* & Blueberries	---	---
	Lunch	CLOSED	CLOSED	CLOSED	CLOSED	Chicken Noodle Soup, Peas, Mangos & Oyster Crackers	---	---
	PM Snack	CLOSED	CLOSED	CLOSED	CLOSED	Soft Pretzels* & Cauliflower	---	---
Week 2	Breakfast	Rice Chex Cereal*, Turkey Sausage & Bananas	Dutch Waffles*, Strawberries & Canadian Bacon	Mini Wheats*, Hard Boiled Eggs & Sliced Oranges	Scrambled Eggs, Biscuit* & Pears	Blueberry Muffins*, Yogurt & Blueberries	---	---
	Lunch	Swedish Meatballs, Brown Rice*, Peas & Cantelope	Chicken Alfredo with Fettuccini Noodles*, Caesar Salad, Garlic Bread & Mandarin Oranges	Beef Barley Soup, Roll*, Corn & Raspberries	Beef Taco Salad, Tortilla*, Cheddar Cheese, Sour Cream, Lettuce, Salsa & Pineapple	Flatbread Sausage Pizza, Snap Peas & Orange Slices	---	---
	PM Snack	Tropical Fruit & Ritz Crackers*	Blueberries & Soft Pretzels*	Graham Crackers & Apple Slices	Cereal Mix* & Carrot Sticks	Banana Bread & Applesauce	---	---
Week 3	Breakfast	Rice Krispies Cereal*, Turkey Sausage & Banana	Waffles*, Canadian Bacon & Strawberries	Sausage & Cheese Scones & Orange Slices	Scrambled Eggs, Toast* & Peaches	Sausage & Cheese Biscuit Sandwich & Cantelope	---	---
	Lunch	Chicken Stuffing* Casserole, Corn & Blueberries	Cheeseburger Sliders, French Fries & Pineapple	Mac & Cheese, Green Salad & Raspberries	Beef Stew W/ Potatoes, Celery, Carrots, Roll & Apple Slices	Chicken Yakasoba W/ Celery, Carrots Peas & Mandarin Oranges	---	---
	PM Snack	Sliced Zucchini & Naan Bread	Graham Crackers & Mango	Ritz Crackers* & Carrot Sticks	Sun Butter & Celery Sticks	Animal Crackers* & Strawberry Smoothies	---	---
Week 4	Breakfast	CLOSED	Cheerios Cereal*, Turkey Sausage & Banana	Scrambled Eggs, Canadian Bacon, Toast* & Applesauce	Waffles, Hard Boiled Eggs & Banana	French Toast Sticks, Turkey Sausage & Mixed Fruit	---	---
	Lunch	CLOSED	Chicken Sliders, Sliced Cucumber & Orange Slices	Beef Stroganoff, Green Peas & Pears	Fish Sticks, Tater Tots, Roll & Mango	Chicken Tenders, Mashed Potatoes, Brown Gravy, Roll & Honevdeu	---	---
	PM Snack	CLOSED	Spinach Dip, Naan Bread & Carrot Sticks	Goldfish Cracker* & Broccoli	String Cheese & Blackberries	Banana Wraps with Sun Butter	---	---
Week 5	Breakfast	Crispix Cereal, Turkey Sausage & Banana	Scrambled Eggs W/ Cheese, Toast & Blackberries	French Toast Sticks*, Canadian Bacon & Raspberries	Biscuits* & Sausage Gravy, Turkey Sausage & Cantelope	Waffle, Hash Brown Patty, Hard Boiled Egg & Mixed Fruit	---	---
	Lunch	Beef Sloppy Joes, Carrot Sticks & Honey Dew	Chicken Tacos, Tortilla Lettuce, Cheese, Sour Cream, Snap Peas & Mango	Sweet & Sour Meatballs, Brown Rice, Corn & Pineapple	Chicken Sandwich, Sweet Potato Tots & Orange Slices	Beef Spaghetti, Garlic Bread, Green Beans & Strawberries	---	---
	PM Snack	Cheese & Ritz Crackers* & Apple Slices	Sun Butter & Celery Sticks	Banana Bread* & Applesauce	Hummus & Cauliflower	Cheese Crackers & Mango Smoothies	---	---



*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."