February 2022 **CACFP SUPPER MENU** Ages 5-18

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|  Monday |  Tuesday |  Wednesday |  Thursday |  Friday |
|  | Date\_1Food Items/Portion Size:#1 Nacho Fun Lunch (2M, 2 G) Tortilla chips (22grams) Shredded cheese 2oz (1M) Salsa#2 Fresh Broccoli (½ C.)#3 Fresh Red Apple (½ C.)#4 Milk (8 oz.)  | Date\_2Food Items/Portion Size:#1 Cereal Fun Lunch (2M, 2G)Cereal (28g) Goldfish (22grams)Yogurt 4 oz.(1M)Cheese stick (1M)#2 Fresh Carrots (½ C.)#3 Frozen Peach Cup (½ C.)#4 Milk (8 oz.) |  Date\_3Food Items/Portion Size:#1 Turkey & Cheese Sandwich (2M/28g)#2 Fresh Celery (1/2 C.)#3Frozen Berry Cup (1/2 C.)#4 Milk (8 oz.)  | Date\_4Food Items/Portion Size:#1 Bagel Fun Lunch (2M, 2 G) Bagel 2.3 oz. (22 grams) Yogurt 4 oz. (1M) Cheese (1M)#2 Fresh Assorted Veggie (½ C.)#3 Applesauce Cup (1/2 C )#4 Milk (8 oz.)  |
| Date\_7Food Items/Portion Size:#1 Cheese Sandwich (2M, 2G)Bread slice (2) (22grams)#2 Fresh Carrots (½ C.)#3 Strawberry Cup (½ C.)#4 Milk (8 oz.) | Date\_8Food Items/Portion Size:#1 Nacho Fun Lunch (2M, 2 G) Tortilla chips (22grams) Shredded cheese 2oz (1M) Salsa#2 Fresh Broccoli (½ C.)#3 Fresh Orange (½ C.)#4 Milk (8 oz.)  | Date\_9Food Items/Portion Size:#1 Cereal Fun Lunch (2M, 2G)Cereal (28g) Goldfish (22grams)Yogurt 4 oz.(1M)Cheese stick (1M)#2 Fresh Cherry Tomatoes (½ C.)#3 Fresh Red Apple (½ C.)#4 Milk (8 oz.) | Date\_10Food Items/Portion Size:#1 Turkey & Cheese Sandwich (2M/28g)#2 Fresh Celery (1/2 C.)#3 Applesauce Cup (1/2 C.)#4 Milk (8 oz.)  | Date\_11Food Items/Portion Size:#1 Bagel Fun Lunch (2M, 2 G) Bagel 2.3 oz. (22 grams) Yogurt 4 oz. (1M) Cheese(1M)#2 Fresh Assorted Veggies (½ C.)#3 Assorted Fruit (½ C.)#4 Milk (8 oz.) |
| Date\_\_14Food Items/Portion Size:#1 Cereal Fun Lunch (2M, 2G)Cereal (28g) Goldfish (22grams)Yogurt 4 oz.(1M)Cheese stick (1M)#2 Applesauce Cup (½ C.)#3 Fresh Orange (½ C.)#4 Milk (8 oz.) | Date\_15#1 Turkey & Cheese Sandwich (2M/28g)#2 Fresh Cherry Tomatoes (1/2 C.)#3 Frozen Strawberry Cup (1/2 C.)#4 Milk (8 oz.)  | Date\_16Food Items/Portion Size:#1 Bagel Fun Lunch (2M, 2 G) Bagel 2.3 oz. (22 grams) Yogurt 4 oz.(1M) Cheese (1M)#2 Fresh Carrots (½ C.)#3 Frozen Peach Cup (1/2 C )#4 Milk (8 oz.)  | Date\_\_17Food Items/Portion Size:#1 Cereal Fun Lunch (2M, 2G)Cereal (28g) Goldfish (22grams)Yogurt 4 oz.(1M)Cheese stick (1M)#2 Fresh Celery (½ C.)#3 Raisins (½ C.)#4 Milk (8 oz.) | Date\_18Food Items/Portion Size:#1 Nacho Fun Lunch (2M, 2 G) Tortilla chips (22grams) Shredded cheese 2oz (1M) Salsa#2 Fresh Assorted Veggies (½ C.)#3 Assorted Fruit (½ C.)#4 Milk (8 oz.)  |
| Date\_21Food Items/Portion Size:#1 Cheese Sandwich (2M, 2G)Bread slice (2) (22grams)#2 Fresh Carrots (½ C.)#3 Frozen Mixed Berry Cup (½ C.)#4 Milk (8 oz.) | Date\_22#1 Muffin Fun Lunch (2M, 2 G) Muffin (1) Goldfish (22g) Yogurt 4 oz. (1M) Cheese (1M) #2 Fresh Celery (1/2 C.)#3 Fresh Orange (1/2 C.)#4 Milk (8 oz.)  | Date\_23#1 Turkey & Cheese Sandwich (2M/28g)#2 Fresh Cherry Tomatoes (1/2 C.)#3 Frozen Strawberry Cup (1/2 C.)#4 Milk (8 oz.)  | Date\_24Food Items/Portion Size:#1 Cereal Fun Lunch (2M, 2G)Cereal(28g) Goldfish(22g)Yogurt 4 oz.(1M)Cheese stick (1M)#2 Fresh Broccoli (½ C.)#3 Frozen Peach Cup (1/2 C )#4 Milk (8 oz.)  | Date\_25Food Items/Portion Size:#1 Ham & Cheese Wrap(2M/28g)#2 Fresh Assorted Veggies (½ C.)#3 Assorted Fruit (½ C.)#4 Milk (8 oz.) |
| Date\_28Food Items/Portion Size:#1 Cereal Fun Lunch (2M, 2G)Cereal (28g) Goldfish (22grams)Yogurt 4 oz.(1M)Cheese stick (1M)#2 Fresh Cherry Tomatoes (½ C.) | #3 Fresh Orange (½ C.)#4 Milk (8 oz.) |  |  |  |
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