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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Monday | | Tuesday | | | | Wednesday | Thursday | Friday | | |
|  | | Date\_1  Food 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\_2  Food 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\_3  Food 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\_4  Food 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\_7  Food 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\_8  Food 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\_9  Food 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\_10  Food 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\_11  Food 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\_\_14  Food 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\_16  Food 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\_\_17  Food 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\_18  Food 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\_21  Food 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\_24  Food 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\_25  Food 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\_28  Food 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.) | |  | |  | |  |
|  |  | | |  | | |  | |  |  | |