Matrix Head Start

**Week 1 Winter 2021**

Center: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CACFP Weekly Menu February 22-26 2021**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **2/22** | **2/23** | **2/24** | **2/25** | **2/26** |
| Milk | Milk | Milk | Milk | Milk |
| Diced Peaches | Fresh Apple | Diced Peaches | Fresh Apple | Diced Peaches |
| Oatmeal | Cheerios | Oatmeal | Cheerios | Oatmeal |
| Milk | Milk | Milk | Milk | Milk |
| Lettuce | Marinara Sauce | Potato Smiles | Lettuce | Marinara Sauce |
| Fresh Orange | Diced Peaches | Applesauce | Fresh Orange | Diced Peaches |
| WW Bread | WG Bosco Stick (2) | Turkey Sausage Pancake Wrap | WW Bread | WG Bosco Stick (2) |
| Sliced Turkey Breast | WG Bosco Stick | Turkey Sausage Pancake wrap | Sliced Turkey Breast | WG Bosco Stick |
|  |  | Milk |  |  |
|  |  | Fresh Apple |  |  |
| Potato Smile | Mixed Salad w/ Italian Dressing |  | Mixed Salad w/ Italian Dressing | Potato Smiles |

# **MEAL COMPONENT**

**Milk**

# **AGES 1-2**

**1/2 cup**



# **AGES 3-5**

**3/4 cup**

**BREAKFAST**

**LUNCH & SUPPER**

**SNACK**

**Fruit/Vegetable**

**Grain/Meat+**

**Milk**

**Vegetable**

**Fruit\***

**Grain**

**Meat/Meat Alternate**

**Milk**

**Fruit**

**Vegetable**

**Grain**

**Meat/Meat Alternate**

**1/4 cup**

**1/2 oz eq**

**1/2 cup**

**1/8 cup**

**1/8 cup**

**1/2 oz eq**

**1 oz**

**1/2 cup**

**1/2 cup**

**1/2 cup**

**1/2 oz eq**

**1/2 oz**

**1/2 cup**

**1/2 oz eq**

**3/4 cup**

**1/4 cup**

**1/4 cup**

**1/2 oz eq**

**1 1/2 oz**

**1/2 cup**

**1/2 cup**

**1/2 cup**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| Turkey Sausage Pancake Wrap | Grilled Cheese  sandwich |  | Grilled Cheese Sandwich | Turkey Sausage Pancake Wrap |

**1/2 oz eq**

**1/2 oz**

+ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. \* The fruit component at lunch may be substituted by an additional vegetable.



**Age 1 serve whole milk Ages 2-5 serve 1% or fat-free**

**At least one meal ingredient per day must be whole grain-rich.**

**One 8 oz. glass of water per year of age until 8 years old.**

**8 yrs old +** │ **6-8 8 oz. glasses per day**



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