Matrix Head Start

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

**CACFP Weekly Menu February 2021**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **2/8** | **2/9** | **2/10** | **2/11** | **2/12** |
| Milk | Milk | Milk | Milk | Milk |
| Diced Pears | Mixed Fruit | 100% Apple Juice | Fresh Orange | Diced Peaches |
| Grits | Special K Cereal | Grits | WG Blueberry Muffin | Special K Cereal |
| Milk | Milk | Milk | Milk | Milk |
| Salsa Cup | Celery Sticks | Salsa Cup | Celery Sticks | Sweet Potato Tater Tots |
| Mixed fruit | Fresh Apple Slices | Diced Pears | Mixed Fruit | Fresh Orange |
| WG Beef Burrito | Turkey/Ham/Cheese Sandwich | WG Beef Burrito | Turkey/Ham/Cheese Sandwich | Mini Maple Pancakes |
| WG Beef Burrito | Turkey/Ham/Cheese sandiwch | WG Beef Burrito | Turkey/Ham/Cheese Sandwich | Turkey Sausage |
| Milk |  |  |  |  |
|  | Pineapple Tidbits |  | Pineapple Tidbits |  |
|  |  |  |  | Mixed Fruit |

# **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**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Mini Maple Pancakes |  | WG Blueberry Muffin |  |  |
|  | Cheese Pizza | LF Vanilla Yogurt | Cheese Pizza | LF vanilla Yogurt |

**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.

-- A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents



[www.cacfp.org](http://www.cacfp.org/)

**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.**



**Week 3 Winter 2021**

This institution is an equal opportunity employer.