

## Ohio CACFP Weekly Menu for Children (5-Day)

SITE NAME: RiverTree Christian School & Childcare Center									
Type	Component	Minimum Serving			Date: 1/11	Date: 1/12	Date: 1/13	Date: 1/14	Date: 1/15
		1 & 2 years	3-5 years	6-12 years	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b> (Serve 2 food components)	Vitamin. D Milk (12-23 mos.) 1% Milk (2 yrs.-12 yrs.)	1/2 cup	1/2 cup	1 cup	Milk, unflavored	Milk, unflavored			Milk, unflavored
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup				Pineapple & Mandarin Fruit	Banana
	Grains/Breads Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	WG Chex Cereal or WG Cherrios Cereal	Blueberry Muffin	WG Club Crackers	Croissant	
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.			Cheese stick		
	Other extra items						Water	Water	
<b>Lunch</b>	Vitamin. D Milk (12-23 mos.) 1% Milk (2 yrs.-12 yrs.)	1/2 cup	3/4 cup	1 cup	Milk, unflavored	Milk, unflavored	Milk, unflavored	Milk, unflavored	Milk, unflavored
	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Bosco Cheesestick and Yogurt	Soy/ PB&J Sandwich Cheesestick	Turkey and Provolone Cheese	Cheese Omelet	Hot Ham & Swiss Cheese Sandwich
	Fruit and/or vegetable and/or juice (to total 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total	Green Beans	Peas	Lima Bean Mixed Vegetables	Diced Potatoes	Corn
					Applesauce	Pineapple	Peach Slices	Pears	Papaya Mixed Fruit
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Bread	WG Bread	WG Soft Tortilla	WG Corn Muffin	WG Bun
	Other extra items								
<b>PM Snack</b> (Serve 2 food components)	Vitamin. D Milk (12-23 mos.) 1% Milk (2 yrs.-12 yrs.)	1/2 cup	1/2 cup	1 cup				Milk, unflavored	
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	100% Juice 4 or 6 ounces	Mandarin oranges	Fruit Bread		
	Grains/Breads Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	WG Goldfish Pretzels	WG Graham Cracker	Hard Boiled Egg	Snack Mix	Yeast Roll
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.					Yogurt
	Other extra items								

For more information on additional food components and amounts, please refer to Ohio CACFP Child Care Meal Pattern Chart.  
This institution is an equal opportunity employer. Menu items subject to change due to availability.