

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

SITE NAME: RiverTree Christian School & Childcare Center									
Type	Component	Minimum Serving			Date: 1/17/2022	Date: 1/18/22	Date: 1/19/22	Date: 1/20/22	Date: 1/21/22
		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.)	1/2 cup	1/2 cup	1 cup	Milk, unflavored	Milk, unflavored	Milk, unflavored	Milk, unflavored	
	1% Milk (2 yrs.-12 yrs.)								
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup				Pineapple	Pears
	Grains/Breads Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	WG Kix Cereal	WG Graham Cracker	WG Cheerios		Yeast Rolls
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.					
Other extra items								Water	
<b>Lunch</b>	Vitamin. D Milk (12-23 mos.)	1/2 cup	3/4 cup	1 cup	Milk, unflavored	Milk, unflavored	Milk, unflavored	Milk, unflavored	Milk, unflavored
	1% Milk (2 yrs.-12 yrs.)								
	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Diced Ham	PB&J and Cheese or Bean Cheese Burrito	Cubed Chicken	Cheeseburger	Beef Taco
	Fruit and/or vegetable and/or juice (to total 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total	Mashed Potatoes	Carrots & Peas	Peas	Green Beans	Corn
					Peaches	Mandarin Oranges	Pineapple	Applesauce	Papaya Mix Fruit
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Croissant	WG Bread	Snowflake Dinner Roll	WG Bun	Tortilla
Other extra items							Ketchup	Grated Cheddar Cheese	
<b>PM Snack</b> (Serve 2 food components)	Vitamin. D Milk (12-23 mos.)	1/2 cup	1/2 cup	1 cup					
	1% Milk (2 yrs.-12 yrs.)								
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup		Blueberries	100% Juice 4 or 6 ounce	Peaches	
	Grains/Breads Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Crackers	Pancakes or Waffles	Cheez-it Crackers		WG Goldfish Pretzel Crackers
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.	Cheddar Cheese Slice			Yogurt	Provolone Cheese
	Other extra items				Water	Water		Water	Water

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.  
provider

WG= whole grain

Revised 8/19/2014