

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

SITE NAME: RiverTree Christian School & Childcare Center									
Type	Component	Minimum Serving			Date: 5/16/22	Date: 5/17/22	Date: 5/18/22	Date: 5/19/22	Date: 5/20/22
		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% 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 Frosted Mini Wheat or Kix Cereal	Corn Muffin	Croissant	WG Ritz Crackers	
	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	Turkey and Provolone Cheese	PB&J or Soy Sandwich Cheesestick	Black Bean Burrito	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	Pepper Slices	Corn	Carrots & Peas
					Applesauce or slices	Pineapple	Peaches	Pears	Grape 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 Soft Tortilla	WG Bread	Tortilla	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	100% Juice 4 or 6 ounces		
	Grains/Breads Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	WG Graham Cracker	Snack mix	Fruit Bread	WG Goldfish Pretzel or Cheez-it	WG Dinner Roll
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.				Hard-boiled Egg	Yogurt
	Other extra items							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.