



CACFP Vegetable and Fruit Snack Menu with Cultural Recipe Options

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>*Items containing an asterisk do not link to a CACFP Snack Menu recipe.</i>				
DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____
Mango Smoothie Bowl (fruit, meat alternate)	Peanut Butter Rice Cake Faces (fruit, meat alternate)	Veggies on a Stick (vegetable) Greek Yogurt Ranch Dip (meat alternate)	Black Bean Hummus (vegetable or meat alternative) Pita Bread*	Cauliflower Popcorn (vegetable) Hummus*
DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____
Zucchini Sticks (vegetable) Marinara Sauce Cheese Cubes*	Fruit on a Waffle Rafts (fruit, WGR grain)	Sweet Carrot Sticks (vegetable) Cottage Cheese Dip (meat alternate)	Broccoli Bites (vegetable) Strawberry Yogurt*	Apple Wedges* (fruit) Fruity Dip (meat alternate)
DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____
Roasted Chickpeas (vegetable) Pita Bread*	Veggie Rollups (vegetable, WGR grain)	Lentil Soup (vegetable or meat alternate) WG Crackers*	Strawberry Banana Pops (fruit) Fruity Dip (meat alternate)	Zucchini Rounds (vegetable) White Bean Ranch Dip (vegetable)
DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____
Banana Rollups (fruit, meat alternate, WGR grain) Pita Bread*	Tasty Tots (vegetable) Greek Yogurt Ranch Dip (meat alternate)	Fruit Salad (fruit) Cheese Cubes*	Pumpkin Pie Yogurt Smoothies (vegetable, meat alternate) Fruity Dip (meat alternate)	Tomato Soup* Sliced Grapes*

CULTURAL RECIPE OPTIONS

DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____
HISPANIC RECIPE: Arroz Con Pollo (vegetable, WGR grain, meat alternate)	AFRICAN AMERICAN RECIPE: Chickpeas and Tomatoes (vegetable) Couscous*	TRIBAL RECIPE: Creamy Wild Rice (vegetable, WGR grain, equivalent meat) Cooked Diced Carrots*	ASIAN RECIPE: Thai Inspired Salad with Chicken (vegetable, meat/meat alternate)	POLYNESIAN RECIPE: Hawaiian Japanese Pickled Cucumbers (vegetable) Pineapple Chunks*
DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____
TRIBAL RECIPE: Corn Griddle Cakes & Blueberry Groundcherry Sauce (fruit, WGR grain)	HISPANIC RECIPE: Corn and Zucchini Mexicana (vegetable) Shredded Mexican-Style Blend Cheese*	MIDDLE EASTERN RECIPE: Toasted Pita Wedges and Fruit Dip (fruit, WGR grain)	AFRO CARIBBEAN RECIPE: Black Beans with Plantains (vegetable, WGR grain) Tortillas*	AFRICAN AMERICAN RECIPE: Veggie Mash-up (vegetable) Sliced Baked Chicken*
DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____
TRIBAL RECIPE: Great Garden Soup (vegetable) Cornbread*	POLYNESIAN RECIPE: Polynesian Pizza (+ dough recipe) (vegetable, fruit, meat/meat alternate) Mixed Polynesian Fruit Salad* (fruit)	ASIAN RECIPE: Sesame Roasted Green Beans (vegetable) Rice*	MIDDLE EASTERN RECIPE: Mediterranean Style Cucumber Salad (vegetable) Pita Bread*	AFRO-CARIBBEAN RECIPE: Baked Cod Olé (vegetable, equivalent meat) Jicama Slices* (vegetable)