

Sample Cycle Menu

Here is a sample cycle menu to help you plan your calendar with creditable recipes that meet the CACFP Meal Pattern guidelines. Visit us @ cacfp.org/recipes-menus for full recipes, serving sizes and other CACFP creditable information.

		MONDAY DAY 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5
BREAKFAST	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit/Vegetable	Mandarin Oranges	Bananas	Strawberries	Hashbrowns	Peaches
	Grain/Meat ⁺	Whole Grain Oatmeal	Waffles	Whole Grain Cereal	Ham Steak	Pancakes
LUNCH	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit / Vegetable*	Honeydew	Sliced Grapes	Sliced Apples	Cantaloupe	Bell Pepper Slices
	Vegetable	Carrots	Steamed Broccoli	Spinach	Jicama	Baked Sweet Potato Wedges
	Grain	English Muffin	Whole Grain Roll	Spaghetti	Whole Grain Brown Rice	Whole Grain Bun
	Meat/Meat Alternate	Eggs	Baked Turkey Breast	Meatballs	Baked Fish	Hamburger
SNACK	Milk		Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)		
	Fruit	Strawberry				Mixed Berries
	Vegetable		Beets		Refried Beans	
	Grain	Graham Cracker			Tortilla	
	Meat/Meat Alternate			Peanut Butter with crackers		Yogurt
		DAY 6	DAY 7	DAY 8	DAY 9	Day 10
BREAKFAST	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit/Vegetable	Raisins	Applesauce	Orango Clicos	Tomato	5
		Raisilis		Orange Slices		Bananas
	Grain/Meat ⁺	Cereal	Blueberry Muffin	Cream of Wheat	Eggs	Whole Grain Cereal
	Grain/Meat ⁺	Cereal Whole Milk (age 1) or	Blueberry Muffin Whole Milk (age 1) or	Cream of Wheat Whole Milk (age 1) or	Eggs Whole Milk (age 1) or	Whole Grain Cereal Whole Milk (age 1) or
LUNCH	Grain/Meat ⁺ Milk	Cereal Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Blueberry Muffin Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Cream of Wheat Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Eggs Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Grain Cereal Whole Milk (age 1) or Low/Fat Free Milk (2-5)
LUNCH	Grain/Meat ⁺ Milk Fruit / Vegetable*	Cereal Whole Milk (age 1) or Low/Fat Free Milk (2-5) Mixed Fruit	Blueberry Muffin Whole Milk (age 1) or Low/Fat Free Milk (2-5) Watermelon	Cream of Wheat Whole Milk (age 1) or Low/Fat Free Milk (2-5) Cantaloupe	Eggs Whole Milk (age 1) or Low/Fat Free Milk (2-5) Tangerines	Whole Grain Cereal Whole Milk (age 1) or Low/Fat Free Milk (2-5) Green Beans
LUNCH	Grain/Meat ⁺ Milk Fruit / Vegetable* Vegetable	Cereal Whole Milk (age 1) or Low/Fat Free Milk (2-5) Mixed Fruit Cucumber	Blueberry Muffin Whole Milk (age 1) or Low/Fat Free Milk (2-5) Watermelon Celery Sticks	Cream of Wheat Whole Milk (age 1) or Low/Fat Free Milk (2-5) Cantaloupe Roasted Cauliflower	Eggs Whole Milk (age 1) or Low/Fat Free Milk (2-5) Tangerines Yellow Squash	Whole Grain Cereal Whole Milk (age 1) or Low/Fat Free Milk (2-5) Green Beans Zucchini
LUNCH	Grain/Meat+ Milk Fruit / Vegetable* Vegetable Grain	Cereal Whole Milk (age 1) or Low/Fat Free Milk (2-5) Mixed Fruit Cucumber Bread Stick	Blueberry Muffin Whole Milk (age 1) or Low/Fat Free Milk (2-5) Watermelon Celery Sticks Whole Grain Rice Cakes	Cream of Wheat Whole Milk (age 1) or Low/Fat Free Milk (2-5) Cantaloupe Roasted Cauliflower Whole Grain Crackers	Eggs Whole Milk (age 1) or Low/Fat Free Milk (2-5) Tangerines Yellow Squash Noodles	Whole Grain Cereal Whole Milk (age 1) or Low/Fat Free Milk (2-5) Green Beans Zucchini Roll
LUNCH	Grain/Meat+ Milk Fruit / Vegetable* Vegetable Grain Meat/Meat Alternate	Cereal Whole Milk (age 1) or Low/Fat Free Milk (2-5) Mixed Fruit Cucumber Bread Stick Yogurt Whole Milk (age 1) or	Blueberry Muffin Whole Milk (age 1) or Low/Fat Free Milk (2-5) Watermelon Celery Sticks Whole Grain Rice Cakes Peanut Butter	Cream of Wheat Whole Milk (age 1) or Low/Fat Free Milk (2-5) Cantaloupe Roasted Cauliflower Whole Grain Crackers	Eggs Whole Milk (age 1) or Low/Fat Free Milk (2-5) Tangerines Yellow Squash Noodles	Whole Grain Cereal Whole Milk (age 1) or Low/Fat Free Milk (2-5) Green Beans Zucchini Roll Grilled Chicken Whole Milk (age 1) or
LUNCH	Grain/Meat+ Milk Fruit / Vegetable* Vegetable Grain Meat/Meat Alternate Milk	Cereal Whole Milk (age 1) or Low/Fat Free Milk (2-5) Mixed Fruit Cucumber Bread Stick Yogurt Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Blueberry Muffin Whole Milk (age 1) or Low/Fat Free Milk (2-5) Watermelon Celery Sticks Whole Grain Rice Cakes Peanut Butter	Cream of Wheat Whole Milk (age 1) or Low/Fat Free Milk (2-5) Cantaloupe Roasted Cauliflower Whole Grain Crackers Cheese Stick	Eggs Whole Milk (age 1) or Low/Fat Free Milk (2-5) Tangerines Yellow Squash Noodles Roast Beef Slices	Whole Grain Cereal Whole Milk (age 1) or Low/Fat Free Milk (2-5) Green Beans Zucchini Roll Grilled Chicken Whole Milk (age 1) or Low/Fat Free Milk (2-5) Pears
	Grain/Meat+ Milk Fruit / Vegetable* Vegetable Grain Meat/Meat Alternate Milk Fruit	Cereal Whole Milk (age 1) or Low/Fat Free Milk (2-5) Mixed Fruit Cucumber Bread Stick Yogurt Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Blueberry Muffin Whole Milk (age 1) or Low/Fat Free Milk (2-5) Watermelon Celery Sticks Whole Grain Rice Cakes Peanut Butter Pineapple	Cream of Wheat Whole Milk (age 1) or Low/Fat Free Milk (2-5) Cantaloupe Roasted Cauliflower Whole Grain Crackers Cheese Stick	Eggs Whole Milk (age 1) or Low/Fat Free Milk (2-5) Tangerines Yellow Squash Noodles Roast Beef Slices	Whole Grain Cereal Whole Milk (age 1) or Low/Fat Free Milk (2-5) Green Beans Zucchini Roll Grilled Chicken Whole Milk (age 1) or Low/Fat Free Milk (2-5)

 ⁺ 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.