



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	Orange Slices	Tomato	Bananas
	Grain/Meat ⁺	Cereal	Blueberry Muffin	Cream of Wheat	Eggs	Whole Grain Cereal
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*	Mixed Fruit	Watermelon	Cantaloupe	Tangerines	Green Beans
	Vegetable	Cucumber	Celery Sticks	Roasted Cauliflower	Yellow Squash	Zucchini
	Grain	Bread Stick	Whole Grain Rice Cakes	Whole Grain Crackers	Noodles	Roll
	Meat/Meat Alternate	Yogurt	Peanut Butter	Cheese Stick	Roast Beef Slices	Grilled Chicken
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	--	Pineapple	--	--	Pears
	Vegetable	--	Carrots	Snap Peas	--	
	Grain	Whole Grain Bagels	--	--	Whole Grain Tortilla	
	Meat/Meat Alternate	--	--	Tuna Wrap	Cheese	

⁺ 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.