

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

<b>SITE NAME:</b> Smart Start Academy									
Type	Component	Minimum Serving			Date: 9/15	Date: 9/16	Date: 9/17	Date: 9/18	Date: 9/19
Breakfast		1 & 2 years	3 - 5 years	6 - 12 years	Mon.	Tues.	Wed.	Thur.	Fri.
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Juice, fruit or vegetable	1/4 cup	1/2 cup	1/2 cup	pineapple	pears	peaches	apricot	mand. oranges
	Grains/Breads Dry cereal	1/2 slice 1/4 cup or 1/3 oz.	1/2 slice 1/3 cup or 1/2oz.	1 slice 3/4 cup or 1 oz.	biscuits	waffles	golden graham	french toast & pancakes	breakfast burrito
	Other extra items				eggs, sausage	sausage		syrup	
AM Snack  (Serve 2 food components)	Milk, fluid	1/2 cup	1/2 cup	1 cup	X	X	X	X	X
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	X	X	X	X	X
	Grains/Breads/ Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	X	X	X	X	X
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.	X	X	X	X	X
	Other extra items				X	X	X	X	X
Lunch	Meat or meat alternate	1 oz.	1-1/2 oz.	2 oz.	pork rib patty (cn)	chicken chili crispito (cn)	chicken alfredo	chalupas (cn)	pizza (cn)
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	roll		noodles		
	Fruit and/or vegetable and/or juice (to total 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total	pears	peaches	apricot	mand. oranges	applesauce
					broccoli	3 bean salad	mixed veggies	butter beans	lima beans
	Milk, fluid	1/2 cup	3/4 cup	1 cup	milk	milk	milk	milk	Milk
	Other extra items					sour cream		sour cream	

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.

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

<b>SITE NAME:</b> Smart Start Academy										
Type	Component	Minimum Serving			Date: 9/15	Date: 9/16	Date: 9/17	Date: 9/18	Date: 9/19	
PM Snack (Serve 2 food components)		1 & 2 years	3 - 5 years	6 - 12 years	Mon.	Tues.	Wed.	Thur.	Fri.	
	Milk, fluid	1/2 cup	1/2 cup	1 cup						
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	100 % Juice	100% juice	100% Juice	100% Juice	100% Juice	
	Grains/Breads/ Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	cin. toast crisps	banana bread	cheese bread stick	blueberry nutrigrain	choc. chip oatmeal bar	
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.						
	Other extra items									
Supper	Meat or meat alternate	1 oz.	1-1/2 oz.	2 oz.	tacos (cn)	beef/ckn sticks (cn)	bean/chs burrito (cn)	pizza (cn)	beef dippers (cn)	
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	tortilla				roll	
	Fruit and/or vegetable and/or juice (to total 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total	apples	mand oranges	apricot	peaches	pears	
					carrots	peas	refried beans	mixed veggies	broccoli	
	Milk, fluid	1/2 cup	3/4 cup	1 cup		milk	milk	milk	milk	
Other extra items				cheese & sour cream		sour cream				
Evening Snack (Serve 2 food components)	Milk, fluid	1/2 cup	1/2 cup	1 cup						
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	100 % Juice	100% Juice	100% Juice	100% Juice	100% Juice	
	Grains/Breads Dry cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	trix cereal bar	choc. chip gripz	gold fish	cheese bread stick	blueberry nutrigrain bar	
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.						
	Other extra items									

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.