

Ohio CACFP Weekly Menu for Children (5-Day)

SITE NAME: Smart Start Academy									
Type	Component	Minimum Serving			Date: Holiday	Date: 9/3	Date: 9/4	Date: 9/5	Date: 9/6
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
	Juice, fruit or vegetable	1/4 cup	1/2 cup	1/2 cup		apples	apricot	peaches	pineapple
	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	cocoa puffs	waffles	biscuits/eggs/ sausage
	Other extra items					jelly		syrup	gravy
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.		meatballs (cn)	cheese ravioli (cn)	pizza (cn)	mac & cheese (cn)
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup		garlic bread			
	Fruit and/or vegetable and/or juice (to total 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total		mixed fruit	applesauce	mandarin oranges	apricot
						green beans	asparagus	beets	peas
	Milk, fluid	1/2 cup	3/4 cup	1 cup		milk	milk	milk	milk
Other extra items						tomato sauce			

For more information on additional food components and amounts, please refer to Ohio CACFP Child Care Meal Pattern Chart.
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SITE NAME: Smart Start Academy										
Type	Component	Minimum Serving			Date: Holiday	Date: 9/2	Date: 9/3	Date: 9/4	Date: 9/5	
PM Snack <small>(Serve 2 food components)</small>		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	
	Grains/Breads/Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup		fig newton bar	banana muffin	animal crackers	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.		pizza (cn)	bean/chse burrito(cn)	fish (cn)	beef quasadilla (cn)	
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup						
	Fruit and/or vegetable and/or juice (to total 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total		apricot	peaches	pineapple	pears	
						carrots	refried beans	peas	mixed veggies	
	Milk, fluid	1/2 cup	3/4 cup	1 cup		milk	milk	milk	milk	
Other extra items										
Evening Snack <small>(Serve 2 food components)</small>	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	
	Grains/Breads Dry cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup		cheese nips	trix cereal bar	giant graham gold fish	choc. chip graham bits	
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.						
	Other extra items									

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