

JULY MEAL MENU
July 23 – 27



CACFP Meal Requirement		23 / Mon	24 / Tues	25 / Wed	26 / Thurs	27 / Fri
Ages 1-2	Ages 2+	BREAKFAST				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
¼ cup veg / fruit*	½ cup veg / fruit*	Bananas	Blueberries	Peaches	Triple Berry	Oranges
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Cheerios	Waffles	Corn Muffins	Raisin Bread	Min Bagels & Cream Cheese
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Sunflower and Fruit Spread on Whole Wheat Bread	Cheese Tortellini with Pesto and Peas	Corn, Bean and Cheese Burrito with Peas	Curry Chicken with Veggies and Rice Served with Naan	Chicken Sliders with Potato Salad
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg	Carrots				
1/8 cup fruit	¼ cup fruit	Apple Slices	Pears	Mango	Tropical Fruit	Watermelon
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Same	Same	Same	Veggie Crumbles	Veggie Patty
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	Cottage Cheese	Sliced Cheddar	-	-	-
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Pineapple	Club Crackers	Graham Crackers	Pita	Oatmeal Raisin
½ cup veg or fruit	½ cup veg or fruit	-	-	Apple Sauce	Hummus	Apple Slices
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	-	-	Cheese Cubes	Frozen Yogurt
½ oz meat	½ oz meat	-	-	-	-	
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Nutrigrain Bar	Pirate Booty	Soft Pretzel	Fig Bar	
½ cup veg or fruit	½ cup veg or fruit	Watermelon	Bananas	Edamame	-	Trail Mix

* Pasteurized full-strength juice may only be used to meet the vegetables or fruit requirement at one-meal, including snack, per day

** Serving sizes and food components are in accordance with USDA food guidelines for children ages 1-5. All meals are served with water and another liquid, if indicated. Parents may be required to pack substitutions for children with allergies and/or dietary restrictions.

AUGUST MEAL MENU
July 30 – August 3



CACFP Meal Requirement		30 / Mon	31 / Tues	1 / Wed	2 / Thurs	3 / Fri
Ages 1-2	Ages 2+	BREAKFAST				
½ cup whole milk	¾ cup 1% milk	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
¼ cup veg / fruit*	½ cup veg / fruit*	Bananas	Orange Wedges	Pear Slices	Apple Slices	Berries
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Multi-Grain Cheerios	Cheesy Omelet with Whole Wheat Toast (Eggs in Egg-sensitive rooms)	Mini Bagel with Fruit Yogurt Spread	Apple Cinnamon Muffins	Eggo Waffles
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
1 oz meat	1.5 oz meat	Ham and Cheese Sandwich on Whole Wheat	Spaghetti Bolognese with Zucchini & Peas	Homemade Mac and Cheese with Broccoli	Chicken Biryani with Raisins, Steamed Carrots and Broccoli	Beef Burger Sliders, Sweet Potato Fries & Peas
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg	Carrots				
1/8 cup fruit	¼ cup fruit	Fruit Salad	Pears	Watermelon	Tropical Fruit	Watermelon
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Veggie Slices	Veggie Crumbles	Same	Veggie Crumbles	Veggie Patty
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	Cheddar Cubes	-	-	<input checked="" type="checkbox"/>	-
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Veggie Crisps	Yogurt Parfait	Club Crackers	Oatmeal Raisin Bars	Belvita Biscuits
½ cup veg or fruit	½ cup veg or fruit	-		Apple Sauce	-	Seasonal Fruit
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	-	String Cheese	Ritz Cracker Sandwich (Ham & Cheese)	Frozen Yogurt
½ oz meat	½ oz meat	-	-	-		
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Fig Bar	Pita Bread	Soft Pretzel		Fig Bar
½ cup veg or fruit	½ cup veg or fruit	Edamame	Hummus	-	-	

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