

JULY MEAL MENU
July 9 – 13



CACFP Meal Requirement		9 / Mon	10 / Tues	11 / Wed	12 / Thurs	13 / 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	Pears	Apple	Oranges
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Cheerios	Sausage & Hashbrowns (Veggie sausage)	Waffles	Mini Bagels and Cream Cheese	Corn Muffins
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	Three-Cheese Pasta with Marinara Sauce	Chicken Shepherd's Pie with Mixed Vegetables	Beef Lo Mein with Spring Rolls	Cheese Pizza with Cucumber and Tomato Salad
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg					
1/8 cup fruit	¼ cup fruit	Watermelon	Mixed Fruit	Peach	Pineapple	Watermelon
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Same	Same	Veggie Patty	Veggie Crumbles	Same
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk		-	-	Yogurt	-
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Goldfish	Soft Pretzel	Snapea Crisps	Pirate Booty	Pita
½ cup veg or fruit	½ cup veg or fruit	Apple Sauce	Watermelon	Mango	-	Hummus
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	String Cheese	Frozen Yogurt	Cheese Cubes	Mandarin	Frozen Yogurt
½ oz meat	½ oz meat	-	-	-	-	
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Veggie Straws	Grain Bar	-	Aussie Bites	
½ cup veg or fruit	½ cup veg or fruit	-	-	Whole Wheat Crackers		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.

July MEAL MENU
July 16 – 20



CACFP Meal Requirement		16 / Mon	17 / Tues	18 / Wed	19 / Thurs	20 / Fri
Ages 1-2	Ages 2+	BREAKFAST				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
¼ cup veg / fruit*	½ cup veg / fruit*	Bananas	Peaches	Blueberry	Mixed Fruit	Mango
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Cheerios	Mini Bagels and Cream Cheese	French Toast Fingers	Lightly Buttered English Muffins	Blueberry Muffins
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Turkey and Cheese Sandwich, Steamed Broccoli	Meatball Pasta with Mixed Vegetables	Garden Noodle Soup with Breadsticks	Chicken and Vegetable Teriyaki over Rice	Baked Pollock, Potatoes & Peas
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg					
1/8 cup fruit	¼ cup fruit	Apple Slice	Pears	Honeydew	Pineapples	Watermelon
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Veggie Slices	Veggie Crumbles	Same	Veggie Patty	Tofu Slice
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	Cheese Slices	-	-	-
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Grain Bar	Pita	Banana Bread	Graham Crackers	Bunny Snacks
½ cup veg or fruit	½ cup veg or fruit	Clementines	-		Apple Sauce	Melon
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	String Cheese	-	-	Cheese Cubes	Frozen Yogurt
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Raisin Bread	Pirate Booty	Life Cereal	BelVita Biscuit	Club Crackers
½ cup veg or fruit	½ cup veg or fruit	-	Banana	Strawberries		

* 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.